



real life style

presents

*Eight Items Every
(Well-Dressed)
Mama Must Have*



Number 1. The Trench Coat



Images courtesy of www.Avenue32.com, www.mytheresa.com, www.johnlewis.com, www.net-a-porter.com, and www.houseoffraser.co.uk

Whether you invest in a classic Burberry trench that will last for years or spring for a bright, fun option at a more modest price, the trench coat should be a go-to piece in your closet. With a tie to create a flattering waist-line, this coat will keep you looking effortlessly chic, even when it's thrown over your pajamas. Pajamas? Yes, I too sometimes wear oatmeal-covered pajamas to take my kids to school in the morning. However, I cover them with a bright yellow trench coat as a proven method of distraction!

Number 2. The Scarf



Images courtesy of www.net-a-porter.com, www.calypsostbarth.com, and www.modcloth.com

Believe it or not, there is one piece that will draw attention away from your post-baby body, brighten and flatter your face, and turn your regular t-shirt-and-jeans combo into a put-together outfit. The best part? It doesn't have to be expensive. While it is great to invest in good quality, interesting scarves as your budget permits, there are plenty of options under \$25. This accessory is a must have for moms with little time for fussing with accessories. It's as easy as wrapping around your neck twice! Or for an even easier method, look for an infinity scarf that fits right around your neck with no fancy draping necessary. Voila. Dressed!

Number 3. Bright Lipstick



Images courtesy of www.net-a-porter.com, www.Sephora.com, and www.Ulta.com

Pinks, purples, reds or oranges? Whatever your color family may be, you need a bright lipstick in your makeup kit. By simply swiping on some bright lipstick before you leave the house (or if you're like me, you find yourself putting makeup on in the car), you'll look more rested, put-together, and confident. From the cult-favorite Nars to the all-organic Ilia, there are hundreds of brands out there to choose from. Want to get more for less? The lipstick which garners the most compliments for me is actually from Revlon in this all-flattering color called Teak Rose. Think you look too made up in lipstick? Try a generous dab of bright blush on the apples of your cheeks and tinted lip balm.

Number 4. Hot Jeans



Images courtesy of www.net-a-porter.com

This one may seem obvious to some, but sometimes it still needs to be said. It's time to get rid of your ill-fitting and outdated jeans. If you spent money on premium denim that no longer fits, consider selling them to a consignment shop. Every mom needs a pair of comfortable and flattering jeans that fits them RIGHT NOW, not after losing 10 pounds. Even if you don't expect to stay in your current size, consider some less expensive options, such as my favorite Uniqlo legging jeans. It is important to look and feel your best in your current size and shape.

Number 5. Bold Blouse



Images courtesy of www.net-a-porter.com, www.hm.com, www.equipmentfr.com, and www.calypsostbarth.com

While at first you may not believe it, a range of colored blouses should be at the top of every mom's shopping list. Blouses will help you feel and look much more styled than a simple t-shirt. Not only is the silhouette much more flattering than your go-to tee, but you can also find them at the same price as a t-shirt at stores like H&M and T. J. Maxx. Back to work? Invest in the real silk versions from Theory and Equipment. Find a blouse that skims over your mid-section while still maintaining your figure around the sides and the bust. When in doubt, look for a universally flattering v-neck.

Number 6. Flirty Dress



Images courtesy of www.farfetch.com, www.matchesfashion.com, and www.net-a-porter.com

A defined waist, an eye-catching pattern, a flattering neckline; the perfect dress is able to go from the office to date night to Sunday brunch. You get compliments every time you wear it because it is fuss-proof and always works. That, my fellow mamas, is the dress you need in your closet. I've found that my clients gravitate towards faux-wrap dresses and fit-and-flare shapes because they tend to be the most comfortable, timeless and flattering styles.

Number 7. Chic Black Pump



Images courtesy of www.colehaan.com

The key ingredient to looking good in your flirty dress? A chic black pump. I recommend Cole Haan to all of my clients, because of their special “Nike Air” technology (though they recently dropped the Nike name) They will be the most comfortable pair of heels you ever wear. My favorite is the patent peep-toe Chelsea with a small platform, but the matte-leather and the closed-toe options are just as chic. Need one shoe to go many places? Black patent is appropriate for work, date night and even cocktail attire.

Number 8. Bootie with an Edge



Images courtesy of www.BergdorfGoodman.com and www.net-a-porter.com

“What is a bootie?” you ask. This is a question I hear often. A bootie is a chic ankle-grazing boot that you can pair with skinny or boot cut jeans. Booties become my shoe of choice in the colder seasons because of their ability to make you look tall, lean and just plain super cool. Visit any department store from August to April and you’ll find the color, heel-height, and style for you. The trick to making them kid-proof? Be sure to spray your booties with leather and suede protector to repel the milk that will inevitably spill on your favorite new footwear.

Real Life Style presents *Eight Items Every (Well-Dressed) Mama Must Have*

real life style

Now that you have read our e-book "Eight Items Every (Well-Dressed) Mama Must Have," you are familiar with our favorite pieces for any women's closet. But what if you're still struggling to figure out which silhouettes best fit your body type and which trends are right for you? Contact Real Life Style! You may have read that we're a fashion consultancy providing personal styling services for private clients, as well as fashion and style seminars for corporate and private groups. But, what does that mean for you?

A Real Life Style fashion stylist will come to you. First we'll clear the clutter. Then we'll shop for your best looks in your closet or in the stores, identifying the brands, silhouettes and styles that are most flattering on your body and appropriate for your lifestyle. Our services are customized for each client. We have stylists located in Washington, DC and New York City. Our stylists also travel and work via Skype.

In addition to our fashion stylists, Real Life Style includes a broad network of resources, from hair and makeup experts to skilled tailors, jewelers and more. We're here to help you look and feel put together, every day. We believe that fashion should be fun, not frustrating. Join us for some fun!

Real Life Style was founded by Lani Inlander. Lani has been helping clients look & feel their best for 15 years. Her fashion expertise has been featured in In Style, New York Magazine, The Washington Post & Washingtonian. She has styled segments for major television programs, including Oprah Winfrey & The View. Lani is deeply passionate about empowering clients through fashion, & helping them find clothing & accessories that fit their figures, suit their style, & boost their confidence. A Chicago native & graduate of Parsons School of Design in New York, Lani lives with her husband & two sons in Washington, DC.

Real Life Style has been featured in:

