

Building Capsules



To start with, building capsules is so much fun!

What is a wardrobe capsule, I hear you ask? Well, its not a pill you take – that would be easier but sooo much less satisfying.

A wardrobe capsule is simply a minimum of five clothing items that mix and match and as you add to them you add to the number of outfits you can put together. With capsules, you can have lots of outfits but don't need so many clothes. You can capsules for different parts of your life: casual, work, evening, travel etc. These separate capsules can even be interchanged, working with each other as well as just within their own group.

Like everything, to be successful at organising wardrobe capsules, you need to follow a few simple rules. Become expert at that, then you can learn how to break the rules and have even more fun! Ideally, the lines and styles should be simple and the fabrics complementary. Classic pieces mix more easily than trendy styles. But, having said that, if you're clever or careful even trendy styles can be organised into capsules that last the test of time.

One formula I like to use is:

- 2 x jackets/cardis/wraps
- 6 x tops
- 4 x bottoms (skirts, pants, jeans etc)

With this formula you can get at least 48 combinations. Out of only 12 pieces! There are just two rules:

Each jacket/wrap must work with all the tops and bottoms

Each top must work with all the jackets/wraps and bottoms.

One extra top will take your outfit options to 56, add an extra jacket or cardie and you'll have 84 outfits. Wow!

Would you like some help putting your own capsule wardrobe together? Just email me at christine@exclusivelyyou.co.nz or phone 021 975 815, or watch out for our next capsule-building workshops.