

BUSINESS CASUAL

(What exactly is it?)

Business casual does not apply to grooming standards!!! Dress down etiquette is to look professional and groomed; therefore, efficient. Dress down is not for being laid back and sloppy.

SLACKS, PANTS, SOFT PANTS

Appropriate: similar to Dockers (cotton, synthetic material), wool pants, flannel, and nice synthetic pants.

Inappropriate: jeans, sweat pants, shorts, leggings or spandex

SKIRTS, DRESSES, AND SKIRTED SUITS

Appropriate: Just above the knee. (No more than 2" above the knee)

Inappropriate: No mini skirts, sun dresses, beach dresses or spaghetti strap dresses.

SHIRTS, TOPS, BLOUSES, AND JACKETS

Appropriate: casual shirts, golf shirts, dress shirts, sweaters, tops and turtlenecks.

Inappropriate: tanks, sweatshirts, midriff, shirts with pictures or cartoons, halter tops and tops with bare shoulders.

SHOES

Appropriate: open-toe (depends on office) if so, clean, manicured toe nails a must. Loafers, boots, flats, and clogs.

Inappropriate: thongs, flip flops, slippers



BRAS—HOW TO GET THE PROPER FIT!!

An estimated 80% of women wear the incorrect bra size! Measure yourself or have someone else measure you. You will be surprised to find out that you have been wearing the incorrect size. Don't concentrate on the size you wear but how the bra fits.

BRAS SIZING

Measure Band Size: Measure below bust and shoulder blades then add five inches. If you get an odd number, round up one.

Measure Cup Size: With bra on and clothes off, measure around the fullest part of the bust.

Compare bust measurement to band measurement: The difference indicates the cup size. See chart below.

0 in.	1 in.	2 in.	3 in.	4 in.	5 in.	5 ½-6 ½ in.	6 ½-7 ½ in.
AA	A	B	C	D	DD	DDD	EG

QUOTE: "Fashion is architecture: it is a matter of proportions."—Coco Chanel