

The spectrum of emotions

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KUALA LUMPUR: You're getting ready for your first date and feeling excited and a bit nervous.

You go through your wardrobe wondering which outfit will make the best impression.

Image consultants say women should go for demure pastels rather than black, which they feel is perfect for men.

"If a woman wants to appear demure and feminine on her first date, then black is a big no. They should wear pastels," said image consultant Wendy Lee.

Pastels like yellow, blue and pink should be top choice as men prefer women to be feminine.

But for men black is ideal. It creates something of the "bad boy" image that women find attractive.

Lee's tips on how to recognise if your date is an introvert or an extrovert: an introvert would wear pastels or low contrast colours like beige while an extrovert would choose something more daring.

Colour and how you wear it can affect how people feel about you.

Image consultant Evelyn Ch'ng said men looked appealing and sexy in pink or lavender.

"If a man wants to attract a partner, he should try wearing these colours to bring back the romance in his life or first date."

The right colours can draw attention away from wrinkles, blotches, pimples, dark shadows and a double chin. The wrong colours accentuate these features.

Lee, who has been an image consultant for six years, added that working women and women politicians should wear more skirt suits.

"A woman should never try to look like a man. She should wear skirts to look attractive and noticeable," she said.

And women in the corporate world should avoid wearing black every day. On the positive side, she said black lent authority and confidence but too much black would make others gloomy.

The exception is lawyers. Black gives the profession an air of authority. It also masks their feelings.

As for white, nurses wear it to signify purity. It is an all-round colour of protection, bringing peace and comfort, alleviating shock and despair, and helping the inner cleansing of emotions, thoughts and spirit.

Petite women should wear brighter colours to make them stand out. But not too much red because it can make others feel uncomfortable as it raises anger.

Lee said: "And larger women should not wear all black. It is a myth that black makes a person look thinner."

If you want to wear black, add some colour. Use a bright scarf or accessories to draw attention away from the problem areas in your figure.

HOW COLOURS AFFECT OUR EMOTIONS



Red

Stimulating and relates to sexuality. It is also associated with vitality and ambition. But too much red also creates anxiety and aggressiveness.



Orange

Joyous colour. It combines physical and emotional stimulation and acts as an anti-depressant. Subtle shades of orange, such as apricot or peach, are good for nervous exhaustion.



Pink

Colour of romance. It is also a nurturing colour and helps to alleviate loneliness.



Yellow

A happy and uplifting colour. It is associated with the intellectual side of the mind and the expression of thoughts. It helps clear thinking, decision-making and good judgment. It also builds self-confidence.



Gold

Gold, like the sun, is about abundance and power. It is mentally revitalising, energising, and inspiring. It reduces fear and uncertainty.



Green

Creates a feeling of comfort and calmness, lessening stress and balancing the emotions.



Turquoise

It heightens communication, sensitivity and creativity, and alleviates loneliness.



Blue

Creates a calm and relaxed feeling.



Magenta

Helps lift anger, frustration and worry.



Brown

Earthy colour and brings a sense of stability and alleviates insecurity. However, it also relates to bottling up of emotion, a retreat from and a fear of the outside world, and narrow-mindedness, all of which can result in a lack of self-worth.



Black

Mysterious and to hide from the world, which explains its predominance in fashion.



White

Associated with purity. It is an all-round colour of protection, bringing peace and comfort, alleviating emotional shock and despair, and helping inner cleansing of emotions, thoughts and spirit.



Silver

Silver is the colour of the moon, which is ever-changing. It relates to the feminine principle and the emotional, sensitive aspect of the mind. It balances, harmonises and is mentally cleansing.



Indigo and Purple

Balances the mind, helping to alleviate obsessions and fears and cleansing the mind from emotional disturbances. Indigo is a powerful psychic colour associated with the right side of the brain and stimulates intuition and imagination. It is also a strong sedative. Women find lavender and purple sexy on man.