

THE LOOK

by Evelyn
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Is it really necessary to wear hosiery in the office- even in warmer months? Many would argue this is not rational or practical, yet it is an essential part of projecting a professional image. After all, you don't see men discarding their socks and doing business in sandals!

Stockings worn with suspenders are a preferred option for summer months for many women (and men!) but be aware the suspenders can show through some finer fabrics, and they can be uncomfortable when seated for a long time.

WHAT TO BUY?

So you think that buying hosiery is like throwing money out the window because it ladders or snags after just one wear - sometimes when opening the packet.

Its best to buy quality. Not only does it project your success and how much you value yourself and your job, you get better value for money and have a greater chance to get the fit right. And they do last longer.

TAKING CARE OF YOUR HOSE

To avoid laddering your hose when putting them on - and taking them off, apply hand cream if your hands are dry or wear cotton gloves, especially if prone to very dry skin and hang-nails. This, together with careful laundering, should see them lasting for many months.

THE FIT

Ever taken off your tights several times and tried to re-position them to rectify that 'leg-screwing' effect?

STYLE SINS

- In the table (above right) you will notice the absence of the white shoe. There is no place in business for it. No matter the price or the designer, white shoes are tacky and incapable of projecting success. Wear them at your peril!
- Avoid opaque hosiery in conservative business settings. Opaques are more suitable for casual wear and less formal business environments.
- Lacy and patterned hosiery draw attention to your legs, and are unsuitable for business. Keep them for social wear.
- Suntan hosiery is to be avoided because it casts an unflattering orange/yellow shade on the leg.
- Hosiery should never be darker than the hemline. For example, a cream or ivory skirt with black shoes should have natural or ivory hosiery rather than black.
- Never wear:
 - ~ Light hemline, dark hosiery, light shoes
 - ~ Light hemline, dark hosiery, dark shoes
 - ~ Dark hemline, dark hosiery, light shoes
- Keep spare hosiery in your personal draw at the office.
- Check the colour in daylight before heading off to the office. Not quite as bad as a bad-hair-day, the mismatched hosiery day comes very close.

Photograph courtesy of Rede

LEG WORK

Hosiery with a percentage of lycra will fit better. Read the sizing charts carefully to ensure proper fit. If your height and weight put you in the 'grey' area between sizes, choose the larger size to prevent leg strangulation and 'low-crotch' syndrome.

Beware of some supermarket brands or ones purporting to fit any size as they can look hideous, often making legs look like artificial limbs.

THE DENIER DILEMMA

The density of your hosiery needs to match what you are wearing. Winter weight wool needs hosiery of a slightly thicker density than lightweight suiting which looks better with very fine tights or stockings.

For cooler months wear 20 - 40 denier hosiery, in summer 10-15 denier.

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