



WEARING THE RIGHT COLOURS - COLOURS THAT HARMONISE WITH YOUR COLOURING - WILL DRAW ATTENTION TO YOUR FACE. WEARING THE WRONG COLOURS WILL DRAW ATTENTION TO YOUR BODY.

BUT HOW DO I KNOW?

TRY THIS OUT AT HOME!

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TO TEST IF A COLOUR IS FLATTERING, TRY THE FOLLOWING 'BLINK' TEST:

1. Stand in front of a mirror and hold the garment up just under your chin.
2. Then close your eyes and count to 3.
3. Open your eyes with the intention of looking into your eyes.

WHAT TO LOOK FOR:

If you feel that your eyes are magnetically drawn to the colour, it's not the right colour for you. Or if you feel like you suddenly look older or drab, it's NOT the right colour for you.

If you feel that your eyes rest easily on your face and you look bright and alive, it IS the right colour for you.

WARM OR COOL

All colours have an overtone (the colour you see) and an undertone. In colour analysis, we are looking for the undertone in your skin, hair and eyes. If you have a COOL colouring, colours that harmonise with your skin, hair and eyes will have a blue undertone. If you have a WARM colouring, colours that harmonise with your natural colouring will have a yellow undertone.

WEARING COLOURS THAT DON'T SUIT YOU (AKA. CAN I WEAR BLACK?)

The question on most people's lips when they have a colour analysis is about whether or not they can wear black! Black is a deep (dark), cool and clear colour, so if you have this natural colouring, then YES! In the Absolute Colour System, 3 out of the 18 palettes look really amazing in black.

For the rest of us (me included), black isn't our best colour. As colours reflect up onto our face, then black can create shadows and emphasise lines, wrinkles and imperfections on some people. I never tell people is that they can't wear black, because black is a versatile, sophisticated colour AND there's no such thing as can't! I do tell people how best to wear black, if it's not a good colour for you!

Once you've had your colour analysis, you'll want to wear your colours anyway!

THE ABSOLUTE COLOUR SYSTEM

There are 18 colour palettes in the Absolute Colour System, which is an extended tonal system that takes into account three aspects of your natural colouring:

COOL VS WARM
LIGHT VS DEEP
CLEAR VS SOFT

The best thing about this system is that we don't need to put people into categories that only partially work for them. There are enough categories so that we can all have a more or less individualised palette. We also change colouring as we age, or we may change colouring if we change our hair colour too. Therefore it's always worth having your colours redone with me (and every 5-15 years), even if you already know which seasonal colour system you are.

The next best thing about this system is the fab names of the colour palettes:

WILL YOU BE COOL?

Tranquil
Dynamic
Refined
Sublime
Serene
Dramatic
Elegant
Sophisticated
Mysterious

OR WARM?

Exquisite
Radiant
Zesty
Spicy
Intriguing
Rich
Exotic
Enigmatic
Opulent