



Inspire confidence and trust: Image makes the difference

Hot weather style survival for the office

It's a tough time of year to look (and feel) cool without sacrificing your business look.

Flat or frizzy hair? Get advice from your hairstylist on products or a style that adaptable for humidity. Or, wear a hat--very stylish and protects your skin.

Keep an extra shirt in your car, at the office or gym. Light colours won't show clamminess--one reason tennis players wear white. A light cotton layer under your shirt helps you feel cooler and avoids embarrassing wet patches.

White pants look great but are magnets for dirt (and as a friend of mine found out, red wine). Make sure they're washable or you'll have to win the lottery to cover cleaning bills. If you're toned, a skin tone thong underneath is best. If you're not, consider full coverage skin tone underwear. Some styles guarantee no panty lines but ask someone before you leave the house what they see. It's easier to change than spend the day carrying your laptop in creative ways.

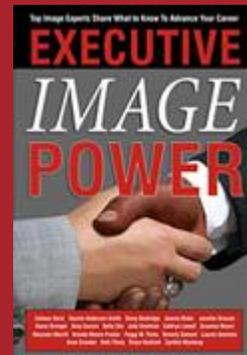
Think twice before spritzing yourself with cologne to cool off. Perfume reacts with your body heat. Your usual scent will be stronger or not smell the same. Try misting your face with water or using a handheld fan.

Yes, real men have pedicures--not necessarily pink nail polish. Your feet will look, and feel great, in sandals.

Summer is time to show a bit of skin. But, the more skin you show, the less professional you look. Keep a jacket or cardi handy to make that sleeveless dress or top office worthy. How low is too low for necklines? As my colleague Angie Michael says, "No lower than three fingers above your cleavage. Or, three fingers above where you'd *like* your cleavage to be".

No matter how casual your office is, never show up in surfer shorts (with or without a surfboard), flip flops, sarong, bathing suit, hat adorned with fishing flies, or the worst infraction of all--socks and sandals.

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