

Color Your Way to the Best You Can Be

BY KIMBERLY HERR

LANCASTER — She wears a lavender suit, with a plum turtleneck. Her shoes are a soft, soft lavender. The chain around her neck features lavender beads and pearls.

Her outfit is well put together and the color flatters her natural skin tone.

Her name is Barbara Emery. She is the wife of C. Donald Emery and the mother of four children. She is a former public school teacher, who retired to care for her husband and four young children.

And then her youngest child "got off her lap," as she explained, and she went seeking a new interest.

So, at the age of 40, she went to modeling school.

"I don't mind saying I was the oldest, shortest and heaviest one in my class," Barbara laughed.

But, she did well. She was invited to come back to take the advanced class at John Robert Powers Modeling School in Philadelphia. She graduated and was awarded the "Miss Congeniality" title.

At the modeling school, Barbara

learned this phrase: "There is no such thing as an unattractive woman . . . only the woman who does not know how to make the most of herself."

And you might say that Barbara has taken that phrase and turned it into the theme for the programs and classes she offers on color analysis, fashion and design, skin care, natural-looking make up, visual poise and wardrobe coordination.

Barbara's interest in color began when she worked with an interior designer who soon began a career in fashion design. Barbara apprenticed with her for almost four years.

"I am very much into color and understanding it," Barbara explained.

"I guess it is the teacher in me," Barbara chuckled, "but I want to teach people about color. I want to make people aware that they have already been influenced by color."

This influence can be seen in many areas. For example, according to Barbara, low-calorie sweeteners are in a pink pack to

make them seem even sweeter, fabric softeners are pastel to make them even softer, bottle bleaches for even whiter whites are packed in pure white plastic.

"We learn to expect that an aerosol can in a green can will freshen the air better than one in a black can. And did you know that you are less apt to buy furniture polish in a purple can than in a brown one that suggests the richness of wood?" Barbara added.

Another example is the Estee Lauder line of perfume and cosmetics.

According to Barbara, studies have proven that blue is the favorite color of many women over the age of 40, and Estee Lauder products, as many know, come packaged in blue.

"It (knowledge of color) is practical," Barbara said. "It is not vanity."

The subconscious messages women receive from the colors on packages can also be received from colors they and others wear.

Barbara gave this example. If you are feeling good on a certain day, you slept well, the weather is nice and you are looking forward to the day's activities, you are likely to wear something in a color that you especially like, a color that flatters you.

If, on the other hand, you do not feel well, it is raining or you are dreading the activities you have planned for the day, you may reach for an outfit that you do not especially like, one that does not really flatter you.

"Most people gravitate toward their best color," Barbara explained.

And there are colors that flatter certain skin tones better than others, according to Barbara.

She explained that there are two skin types, one calls for cool colors and one that warrants warm tones.

The cool skin tones are broken down into winter and summer groups, while the warm tones are made up of autumn and spring divisions.

"We have adopted the names winter, summer, spring and autumn because colors naturally fall into these groupings," Barbara said. "Your season is determined by your skin, your eyes and your hair."

"All skin has a blue undertone with a purple base, or it has a yellow undertone with a green base. What we are trying to create with the proper use of the color palette is a harmony between skin, eyes, hair and clothing."

People with skin that calls for



Barbara Emery explains to Pat Herr what colors of lipstick she should wear. Barbara did a color analysis on Pat to determine what colors she looks best in.



Barbara Emery, of Lancaster County, is the instructor for her "Looking Terrific at Every Age" classes. Barbara advises coordinating your wardrobe in colors that look best on you. Here, she shows how accessories in the same color scheme can be combined to mix and match different outfits.



Barbara tries different colors on Pat Herr to see whether she belongs in the summer, winter, fall or spring color category. Pat's skin tone, combined with her black hair and dark eyes, made her look her best in colors from the winter group.



Barbara's carefully planned wardrobe began with this plum colored jacket. She has added to it a variety of clothing and accessory items that can be mixed and matched to form numerous outfits. This, according to Barbara, is a practical way to shop, as you save money when you do not purchase items that you have absolutely nothing to wear with and consequently, need to buy another item that goes with the first one purchased.

cool colors look good in colors with a blue, grey or rose undertone. Those with warm skin tones look good in colors with a yellow, orange or gold base.

Pat Herr, the model used during Barbara's explanation of her color analysis, was a winter person. Her skin tone, combined with black hair and dark eyes, caused her to look her best in vibrant colors, such as red, hot pink or true blues. She also looked good in icy tones, such as whites or greys.

Colors such as gold, rust, yellow beige, yellow green or brown gave Pat a more washed out look.

Barbara explained that the winter colors often denote the "Christmas colors." People who fall under the summer category, like Barbara, look most attractive in soft blues, navy, lavender, rose brown, taupe, rose pinks or winter

white. These colors, according to Barbara, denote the haziness of summer.

Those people who fall under the autumn group look best in dark brown, camel, beige, orange, teal blues, moss greens or tomato red. These colors illustrate the colors of harvest season.

The spring people look their best in camel, golden brown, peach pink, corals, soft blues, golden yellows or light, clear navy. And, of course, these colors correspond with those seen in the spring.

Before judging to what group a person belongs, Barbara stressed that it is important to see them wearing the drapes of material that she has in a wide variety of colors. According to Barbara, a person in any one of the four

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