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"Getting your colours done" was all the rage in the 80s, and recently there's been a resurgence in the popularity of colour

Knowing which colour palette - spring, summer, autumn or winter - best complements your skin tones will boost your

and make-up you'll wear again and again.

A visit to a personal colour clinic will help. One Of A Style offers a bespoke service and you'll also get a book of fabrics so you know exactly which shades to seek out.

NB: For more details see oneofastyle.com