

# The Bargain Queens

Affordable style for smart women

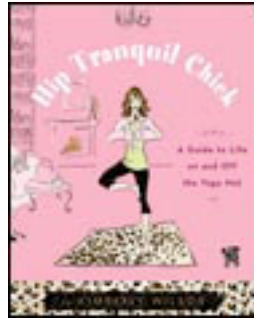
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## Exploring your signature style

By The Bargain Queens' editor-in-chief, Kimba. January 21, 2008.



Here are some fabulous style tips from Bargain Queen real style icon Kimberly Wilson, taken from her book *Hip Tranquil Chick: A Guide to Life on and Off the Yoga Mat*.

And don't miss our interview in which she shares the secrets of her personal style.  
Weed out your wardrobe

Make it a habit to give away at least one item for every new piece you add to your closet. This will help keep your wardrobe from growing too large with tons of last year's must-haves.

Also, determine at the beginning of fall and spring what new pieces you need to update your wardrobe, and write these down. Avoid on-the-fly shopping and coming home with emotional pieces that will sit for months in your closet with the tags on. Clothing, shoes, or accessories that have not been worn in over a year (excluding special-occasion gear) should be donated to a local women's shelter or offered up during a girl's-night-in swap.  
Explore different styles

Tape up images on the inside of your closet doors with captivating outfits you've craved in magazines. Collect images that appeal to you from various magazines and put together a style collage to post inside your closet door. Explore ways to play with your look by putting together some of what you already have on hand. The more organized and stylish your closet feels, the more fun you'll have creating your masterpiece look.

If you need new pieces to complete the look, keep a wish list based on the missing staples or must-haves inside your closet door. This will help you stay focused when engaging in the fine art of retail shopping as you can have your list in tow.  
Invest in accessories

The easiest and most economical way to update your wardrobe is through accessories. Find special pieces that you treasure. Adding a simple scarf or multicolored beaded necklace can make even the most overworn white T-shirt-and-jeans combo shine.

Indulge in high-quality staples such as a great coat, a delightful designer handbag, shoes that will survive several seasons, a great pair of sunglasses, and the perfect hip-hugging jeans. By buying all your basic staples at reasonable outlets, you will be able to indulge each season in at least one classic high-quality piece to add longevity to your wardrobe.

Even if you're on a budget, a well-accessorized look can do so much to add panache to your wardrobe. Shop discount specialty stores to pick up the trendy must-haves. Peruse vintage or second-hand shops for more unique trinkets. And remember to never leave home without your smile and fun-loving attitude.  
Outer beauty

\* If you wear concealer, search for a tinted moisturizer that feeds your thirsty skin while also covering blemishes. Think win-win!

- \* There are also fabulously tingly lip moisturizers with color (Burt's Bees Merlot lip shimmer is a 5-star).
- \* Since you're constantly on the go, there is no time for drips—buy waterproof mascara and douse your upper lids.
- \* Keep some powder sheets on hand as a fun way to dab off an excessive yoga glow.
- \* Eyeliner across the upper lid can help those doe eyes pop!
- \* Never forget the power of tidy brows—a nice waxing helps frame your eyes beautifully. \$10–\$20 and well worth it.

#### Self-care when traveling

Little treats for your suitcase to make your travel more tranquil while maintaining your signature style:

- \* Scented candles—I like lavender or lilac—are wonderful for the bathroom. Look for the ones in small tins for easy transport, and don't forget matches!
- \* Bring some of your favorite herbal tea bags for hotels who think Earl Grey is the only tea, as well as healthy snacks like almonds, nutrition bars, and plenty of water.
- \* Rosebud salve reduces hair frizzies, soothes lips, relieves dry skin, and smells divine.
- \* A silk eye pillow soothes tired, jet-lagged eyes.
- \* Moist body and face wipes are a great pick-me-up for the weary traveler.
- \* Pack a swimsuit. (Don't you always find that the hotel has a pool or a hot tub your tired body craves but you forgot the suit?)

#### Embrace your personal style

Embodying a style that projects your personality is sure to have a positive effect on how you feel about yourself, and how others perceive you. Build on your assets by emphasizing your uniqueness. You may be six feet tall and in love with stilettos or platinum blonde and wear all white. Let these unique styles share a story with others about who you are. Celebrate your differences. Enjoy what makes you unique. Play it up, and revel in your own personal style.

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## **Real style icons: Kimberly Wilson**

**By The Bargain Queens' editor-in-chief, Kimba. January 21, 2008**



Kimberly Wilson is one Hip Tranquil Chick. She's also a teacher, designer, writer, activist, and entrepreneur with a Master's in Women's Studies. She is the founder of Tranquil Space Yoga in Washington, DC., named among the top 25 yoga studios in the world by Travel and Leisure.

Her book, *Hip Tranquil Chick*, explores how to live a mindfully extravagant life on and off the yoga mat. She designs the eco-luxe TranquiliT lifestyle clothing collection and has produced three yoga CDs. Her work has been featured in *Fit Yoga*, *Daily Candy*, *Lucky*, *Shape*, and *Yoga Journal*. Kimberly founded the Tranquil Space Foundation to assist young girls with finding their inner voice and enjoys serving on the board of the Mid-Atlantic Yoga Association.

Inspiring women to lead a chic, creative, and conscious life is close to her heart. Through her empowering podcast and blog she encourages inner beauty, self-exploration, wellbeing and living a luscious and luxurious life.

We caught up with her to find out the secrets behind her fabulous style.

### **Describe your own style**

My style is comfy chic. I wear all black with funky accessories that I find at discount stores or make. I live in my TranquiliT line – made with eco-friendly bamboo fabrics and super cozy or similar pieces I find at great prices. I'm all about being comfy, looking chic, wearing pieces with yummy lines and drapes, and layering.

### **What do you wear for work? For leisure?**

My work, leisure, and everything-in-between clothing is the same as noted above. I love wearing pieces that transition from my yoga practice to bookstore browsing to a date with my beau or a meeting at the bank.

### **Your go-to items you wear over and over?**

I live in leggings, tunics, and wraps right now. I love to throw on a sparkly long necklace, mala beads, arm warmers, leg warmers or shiny brooch to add flair.

### **What is the standard dress code where you work? Do you follow it, or spice it up?**

As a yoga studio owner, my dress code is yoga wear that needs to transition easily to the rest of my life. This is where layering (a long skirt to throw over summer leggings) comes in handy.

### **How does being 'time poor' affect the way you dress?**

I'm terribly time poor but passion-filled so it balances out. Keeping my closet organized by pieces – tops, pants, skirts, dresses, and accessories – ensures that I'm able to find what I need quickly. Also, living in black ensures that I'm always color-coordinated! I have a basket of arm warmers and leg warmers that I pull from on chilly days, my necklaces are hung out for easy access, and my earrings are stashed near my watch so I never leave home without being fully accessorized. Doing a semi-annual

clean-out of the closet also ensures that I'm not digging through clothing or accessories that I no longer wear.

### **Share your beauty and wellbeing tips, please?**

Oh, there are SO many. I love my black eyeliner for the lids, live in waterproof mascara, and can't imagine life without lipgloss. These are my three daily staples. In addition, I wash my face with Cetaphil – a gentle cleanser, moisturize morning and night, take my multi-vitamins, drink heaps of water, practice yoga daily, try to meditate (ongoing journey), write in my journal, and love hosting soirees for friends. I also get facials, brow waxes, pedicures, massages, and highlights regularly.

### **Your best tips for looking great on a working woman's salary**

Buy your basics at discount stores. I've never understood paying tons for basics such as mascara, lipgloss, or eyeliner. Choose your splurges – like a must-have moisturizer or a massage – but don't overindulge as many basics can be found for a reasonable price. Even massages – you can check out your local massage school as the students need willing bodies (you!) to work on!

### **What's the most important thing you'd like to share with other working women?**

Write in your journal. Practice yoga. Keep an idea notebook. Live your passion. Volunteer. Accessorize. Send handwritten thank you notes. Throw intimate dinner parties. Take vacations. Get massages. Bake cookies. Sip green tea. Get a pet. Buy the highest thread count linens you can afford. Invest in an eye pillow. Take long baths. Think positively. Meditate. Make a difference.

*Explore more style tips from Kimberly Wilson in this extract from her book, Hip Tranquil Chick.*