



Bobbie's Tips for Wearing White

As a part of *The LO-DOWN on Wearing White* program, style maven Bobbie Thomas has teamed up with Ortho Women's Health & Urology, makers of ORTHO TRI-CYCLEN® LO (norgestimate/ethinyl estradiol), to help women wear white with confidence.

White is the new black, according to Thomas. "White is here to stay, not just for this season, but as a classic staple in every wardrobe," she says, "And, if you understand how to wear white, it is a color that can work for any woman."

Do you want to wear white with confidence? Just follow these simple tips from Bobbie – you'll find that it's easier than you may think:

1. ***White can be right for any time, any shape.*** Many designers and contemporary collections are showing white for all seasons, not just for summer. Select white clothing carefully. In the same way that you would choose classic pieces in black, they can be a long-term investment.
2. ***White is just as slimming as black.*** Don't make the common mistake of thinking that black is the only color that can make you look sleek. Wearing white from head to toe can give you just as clean a silhouette as black and help streamline almost any body shape or type. As with any color, fit comes first, and the correct balance and proportion of your look will be key.
3. ***Undergarments are the building blocks to a fantastic white look.*** Take a tip from the celebrities - even those with "perfect bodies" wear spandex or other supportive undergarments under white clothing. The right undergarments will expand your options and can give you more confidence to wear white pieces that may be more transparent. Also, rather than matching the color of your undergarments to your clothing, you should actually match them to your skin tone.
4. ***Different textures and tones create a sleek and slimming illusion.*** Consider different weights, weaves, and patterns of white fabrics for a figure-flattering effect. Layering with different textures and hues of white will create visual interest. This will help you highlight your best features, and draw attention away from others, by pulling the eyes up and down rather than focusing on one area.
5. ***Not all shades of whites are equal.*** Take your complexion into account when selecting the particular shade of white that will look best on you. Some shades will be more flattering based on your skin and hair color. For example, someone with a peach or coral skin tone would look better in ivory than a stark, bluish, bright white, which would look fabulous on a woman with pink or rosy undertones.

6. ***Balance and proportion: the keys to a great look.*** You can use accessories to accentuate the positive parts of your body, and belts can be your best friend. A wide structured belt over a white blazer in a contrasting color can create an hourglass effect for someone with a square midsection, while a soft black ribbon belt tied under the chest over a flowy white eyelet dress will form a flattering empire waistline for someone who is pear-shaped. A long chain or vest added to an all white look will help balance someone who is wider on top than at their hips. And white pieces with dark outline top-stitching will literally give you a fabulous outline.
7. ***White complements everything.*** Take a look in your wardrobe and think about how you can use white to re-invent older outfits to make them look more modern. For example, pair that little black sleeveless dress with a white jacket for a whole new look.
8. ***When it comes to cleaning, white is the most forgiving color.*** Don't shy away from white because you think you will stain it. There are so many products on the market made for removing just about any stain and because of its nature, white is actually the easiest color to get back to its original look.
9. ***If you feel fabulous, you'll look fabulous.*** If you just can't seem to shake that "white fright," try easing into white with smaller touches like white jewelry, shoes, handbags and other other accents such as white buttons. Wearing white is a vote of confidence, in yourself and in your pill – and that's a great reason you should be comfortable wearing it. And remember, confidence is appealing and comfort is chic... style is all about self expression. It's the way we speak to the world without words. So... what do you want to say?!



ABOUT BOBBIE THOMAS

Bobbie Thomas is a fashion guru and style expert extraordinaire. She is the co-host of the Style Network's "Fashion Police," an E! red carpet countdown co-host and the style contributor for NBC-TV's "Today." But this fashionista isn't ashamed to admit she shops at thrift stores and sews her own glam creations. And while Bobbie also covers celebrity trends in her *In Touch* column "The Buzz," talks shop on *The Best Damn Sports Show Period* and served as style correspondent for *On-Air with Ryan Seacrest*, she's here to help you feel fabulous without spending a fortune.

Important Safety Information

Serious as well as minor side effects have been reported with the use of oral contraceptives. Serious risks, which can be life threatening, include blood clots, stroke and heart attacks, and are increased if you smoke cigarettes. Cigarette smoking increases the risk of serious cardiovascular side effects, especially in woman over 35. Women who use oral contraceptives are strongly advised not to smoke. Some women should not use the Pill, including women who have blood clots, certain cancers, a history of heart attack or stroke, as well as those who are or may be pregnant. **The Pill does not protect against HIV or sexually transmitted diseases.**

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