

FASHION, SHOPPING & CARE™

The 3-Minute Newsletter for Men, Women & Teens

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CLOTHING CARE ... with Steve

FASHION & STYLE 411 ... with Pascale



Stain School - Packing Concepts

Summer is a great time to see the world. Travel generally implies packing; backpacks, suitcases and wardrobe bags. Clothing selection is just as important as *how* we pack.

Packing Tips

Fold it, roll it, layer it, protect it ... in the end you may still have some ironing or steaming to do!



- Many wrinkles can be avoided by packing each garment, individually, in a drycleaning bag. While I advocate removing plastic bags from your clothing as soon as you get home from the cleaners, I do suggest that you keep a dozen to use when packing.
- Knits and textures wrinkle less; knitted polo shirts, light-weight sweaters, sport jackets with a texture.
- Printed clothing shows fewer wrinkles and fewer stains.
- Roll "wash and wear" clothing to reduce wrinkles and to fill odd spaces. Roll neckties and slide them inside shoes.
- To reduce packing time, and the possibility of damaging clothing with hotel irons, purchase a Jiffy travel steamer. (Also available with 230V adapters for European travel.)

Shopping Savvy - Saving Time

Professional Personal Shoppers

Consider trying a Personal Shopper. More and more stores offer this service; Bloomingdales, Nordstrom, Neiman Marcus, Saks Fifth Avenue and other fine stores. In most cases, the service is *free* and the advice and time savings is unparalleled. More on Personal Shoppers in coming issues.

Steve Boorstein is an author, clothier, drycleaner and radio host

Building a Wardrobe: Travel Tips!

Most of us have a method for packing that assures us of bringing the "right stuff" when we travel. I keep my list, for each season, on the computer in a Word document. Each time I pack, I edit the list, depending on changes in my life.

Travel Tips

Many people feel worn out from travel. It affects us in different ways. However, many of our symptoms will disappear if we remain hydrated. In case you don't know, soda, alcohol and coffee are diuretics that zap our body of needed fluids and hydration.

- BYOW – Stay hydrated, especially when flying. My suggestion is to bring your own water (BYOW). Two 16oz bottles are a good start. If you want to keep things light, pop a tiny kiddie-sized bottled water in your bag in case the flight service is off to a slow start.
- Spill-proof – If you are packing lots of lotions and hair products, here's a solution for avoiding lots of goopy lotion spilling into your luggage. Take a piece of plastic wrap and place it over the opening of your shampoo bottle and then close it. That will keep things tight. Always put gooey liquids and bottles in a large zip-lock in case they spill out. (During my 20 years in drycleaning, I saw many garments ruined from exploding bottles and defective tops – Steve)
- Big Chill – If you tend to get chilly with changing air conditioning temperatures in planes or restaurants, then grab a pashmina and pack it in your bag when traveling. They are light, fold into next to nothing, and can be a blanket or cover-up. Besides, who knows where those nasty airline blankets have been or when they ever saw a washer!



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