

shop smart

Before you start shopping for the new season's must-haves, spend a little time planning so you make the right moves.



Photo: AP/Jennifer Graylock

Inspiration At the beginning of each season have a good look through magazines and check out what your favourite celebrities are wearing – this will help you decide on the looks you want to emulate.

Preparation Although you should be open to unexpected items that pop up during your shopping spree, in order to avoid wasting time it's wise to know what you're looking for before you set out.

Evaluate By assessing the items already in your wardrobe you won't double up. Make a list of the things you need to complete the various looks you want to create.

Endurance Getting caught up in a shopping frenzy can mean that you forget to fuel your body. The idea is to eat something that will sustain your energy levels but won't cause bloating – it's no fun trying on clothes when you feel either heavy or hungry!

Strategy If you simply don't have time to wander around the shops, choose one area and stick to it. Also set yourself a budget and stick to that. Before heading out fill your handbag with shopping essentials: mobile, credit card, a small amount of cash, lipgloss and energy snacks. Now you really are ready to hit the shops!

Enjoy Make your outing fun and be sure to experiment with the season's must-have items – fabulous frilled dresses and 1950s-inspired full skirts and cardigans. The hottest hues include pretty pastels and plenty of 9TO5's favourite colour – pink.