



COLOR TRANSFORMATION

COURSE

The ULTIMATE GLOWUP *Series*

DIVE INTO PERSONAL COLOR
ANALYSIS: LEARN TO IDENTIFY
YOUR MOST FLATTERING COLORS
TO ENHANCE YOUR WARDROBE
AND PERSONAL STYLE.

Color Transformation: The First Step
in the Ultimate Glow-Up. Master color
analysis to revolutionize your look and
radiate confidence.



OUTLINE

Part One

- **Color Analysis seasons**
 - Definition and Importance
 - Fundamentals of Seasonal Color Analysis
- **Dividing the Seasons into Twelve**
 - Introduction of 12-Season Color Theory
- **Elements of Color Analysis**
 - Understanding Hue, Contrast, and Chroma
- **Contrast : Light or Dark**
 - The Role of Contrast in Design and Color Theory
- **Hue: Warm or Cold**
 - The Impact of Hue in Color Theory
- **Chroma: Bright or Muted**
 - Exploring Chroma in Visual Design
- *Workbook Assignments*
 - *Artwork Analysis: Translating Art Elements into Fashion*
 - *Practical Exercises for Understanding Color Concepts*
 - *Training Your Eye for Color Analysis*

OUTLINE

Part Two

- **Finding Your Season: Self-Test Guide**
 - Contrast, Hue, and Chroma Self-Assessment
- **Contrast Test: Light or Dark**
 - Grayscale Photo Test and Feature Comparison
- **Hue Test: Warm or Cold**
 - Various Techniques for Determining Hue
- **Chroma Test: Bright or Muted**
 - Assessing Color Saturation in Personal Features
- **Determining Your Season**
 - Guidelines for Integrating Test Results
 - Warm, Cool, Light, Dark, Bright, Muted Categories
- **Introduction to the Twelve Seasons**
 - Overview of Each Seasonal Category
- **And Contrast?**
 - How Contrast Affects Your Best Outfit Combos
- **Skin of Color**
 - Misconceptions About Dark Skin Color Seasons
- **No Season Fits?**
 - Designing Your Own Colors
- *Workbook Assignment:*
 - *To Season or Not to Season?*

OUTLINE

Part Two

- **Detailed Seasonal Profiles**
 - Deep Winter Profile
 - Cool Winter Profile
 - Clear Winter Profile
 - Light Spring Profile
 - Warm Spring Profile
 - Clear Spring Profile
 - Light Summer Profile
 - Cool Summer Profile
 - Soft Summer Profile
 - Deep Autumn Profile
 - Warm Autumn Profile
 - Soft Autumn Profile

OUTLINE

Part Three

- **Color Psychology**
 - What do Colors Mean When You Wear Them
- **Application Color Psychology**
 - How to Use This in Real Life
- *Workbook Assignment:*
 - *Personal Expression*
 - *Finding Your 3 Power Colors*
 - *Hair and Makeup Experiment*
- **Wardrobe Palette**
 - Creating a palette for your wardrobe
- **Harmony Rules**
 - Learn what makes a color paletter balanced
 - Palette Examples
- **Accent Colors**
 - How to use accent colors
 - Accent Examples
- **Focus on your best Features**
 - Make your best characteristics stand out with colors

OUTLINE

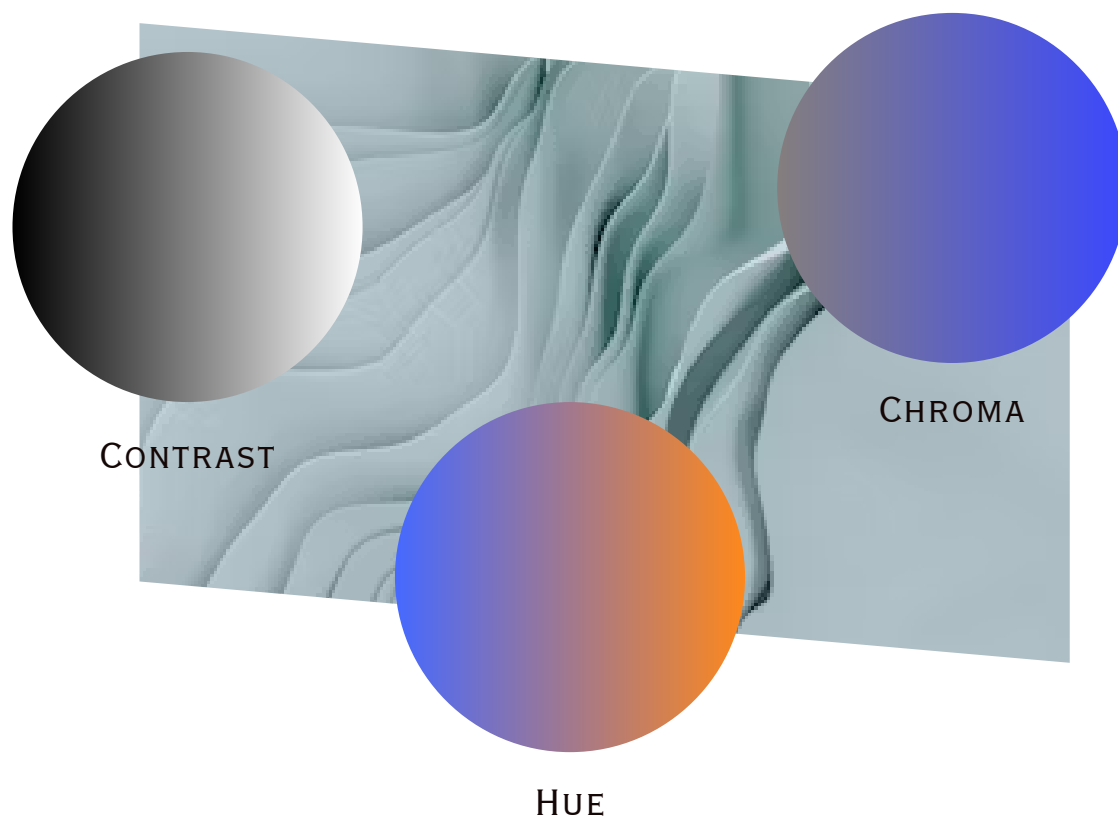
Part Three

- **60-30-20 Rule**
 - Formula for Balance
- *Workbook Assignment:*
 - *Design Your Personal Closet Color Palette*
- **Personal Moodboard**
 - How to Make a Moodboard for Your Ideal Warderobe
- *Workbook Assignment:*
 - *Create Your moodboard*
 - *Warderobe Audit Activity*
 - *Outfit Planning*
 - *Shopping*
 - *Visual Planning and Diariy*
- **Body Shapes and Thank You**

COLOR ANALYSIS

Elements

TO HARMONIZE PERSONAL STYLE WITH NATURAL COLORING, COLOR ANALYSIS EXAMINES THREE CORE ELEMENTS: HUE, THE COLOR'S ROOT; CONTRAST, THE INTENSITY BETWEEN COLORS; AND CHROMA, THE PURITY OR SATURATION OF A COLOR.



The foundational pillars of color analysis are hue, contrast, and chroma, which guide individuals towards a palette that complements their natural coloring. Hue identifies the root colors that best complement a person's skin tone, whether it has a warm golden or cool blue undertone. Chroma is a color saturation measurement that ranges from rich and intense to soft and muted. Aligning your clothing's chroma with your personal intensity can either brighten your overall appearance or ensure that your clothes do not overshadow your features.

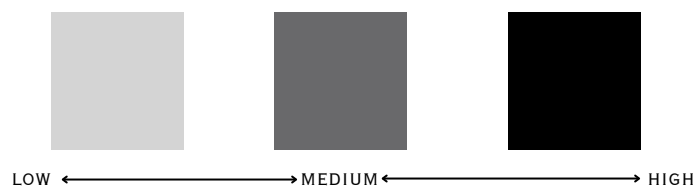


Contrast

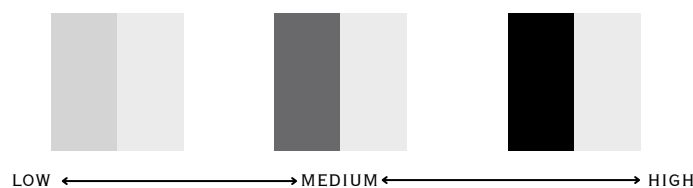
Light or Dark

"CONTRAST IN DESIGN DICTATES THE DRAMA AND CLARITY OF AN IMAGE, ORCHESTRATING A PLAY OF LIGHT AND SHADOW THAT DEFINES FORM, EMPHASIZES CONTENT, AND GUIDES THE VIEWER'S FOCUS."

Contrast in color theory refers to the difference in brightness or color that separates one object from others and the background.



Value contrast, in particular, refers to the lightness or darkness of a color, which is important in defining form and creating spatial illusions in art and design.

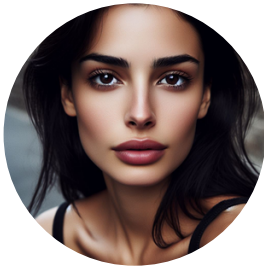


When light and dark colors are compared, they create a dynamic and bold visual effect that draws attention and can convey drama or tension. Low-value contrast, on the other hand, uses colors of similar lightness or darkness to create a more harmonious and serene visual experience with subtler distinctions between elements.

In the context of the 12-season color analysis, contrast plays an important role in determining which of the seasons an individual matches with. It involves considering value contrast, which is the relative lightness or darkness of colors in one's complexion, hair, and eyes.

AFTER IDENTIFYING YOUR SEASON, PROCEED TO THE RELEVANT SECTION IN THIS BOOK,
THEN CONTINUE WITH THE FOLLOWING CHAPTERS

Introducing the **TWELVE SEASONS**



DEEP WINTER

Dark, intense, cool;
highest contrast between
hair, eyes, and skin.



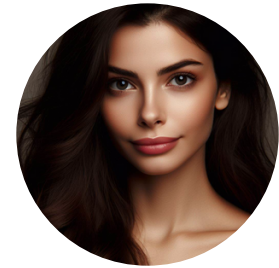
LIGHT SPRING

Light, warm, and soft;
subtle with low contrast,
think gentle pastels.



LIGHT SUMMER

Cool, muted, and light;
low contrast with soft,
dusty colors.



DEEP AUTUMN

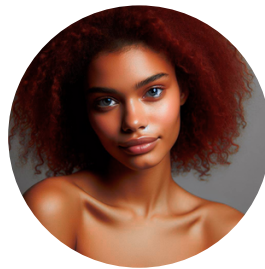
Deep, warm, and high
contrast; saturated with
rich, golden undertones.

CONTRAST



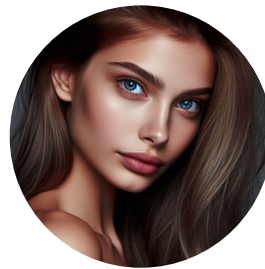
COOL WINTER

Cool, high contrast, and
bright; think icy tones
mixed with deeper
shades



WARM SPRING

Warm, clear, and light;
medium contrast with
fresh, sunny colors.



COOL SUMMER

Cool, muted, and soft;
think cool, subtle, and
blue-based shades.



WARM AUTUMN

Warm, rich, and medium
contrast; think golden,
earthy, and autumnal
hues.

HUE



CLEAR WINTER

Vibrant, high contrast,
cool undertones with
clear, bright colors.



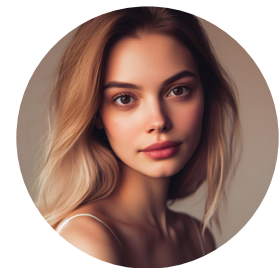
CLEAR SPRING

Warm, bright, and high
contrast; clear, saturated
colors with a warm
undertone.



SOFT SUMMER

Soft, cool, and neutral;
medium contrast with
muted, sophisticated
hues.



SOFT AUTUMN

Warm, soft, and rich; low
contrast with earthy,
spicy colors.

CHROMA