

How To Choose the Best Color for Your Skin Tone

By Donna Singleton

Have you ever fallen in love with an outfit because of the color only to try it on and realize it wasn't flattering at all? That happens to many people and the reason is simple. All colors are not right for everyone.

The last thing anyone wants is to wear the perfect dress or makeup in the wrong color. Certain colors may make the most beautiful face appear washed-out and/or tired-looking. Choosing the best color for your skin tone is the first step in determining what your personal style is and projecting the type of image you wish.

There are general rules of thumb about colors and skin tone that have worked out well for many people. The concept is based upon the "Color Me Beautiful" skin typing system. It breaks down skin tones into seasons: winter, spring, summer and autumn. The system also puts skin tones into cool and warm categories. Generally speaking, summers and winters look best in cool tones and autumn and springs looks best in warm tones.

Aromaleigh is a website that specializes in providing information and giving tips to people to help them look and feel their best naturally. If you don't know your skin tone, this site can offer tips on how to figure it out. While individuals vary in their coloring and in hairstyles, the following list provides a close estimate of skin tones as identified by Aromaleigh.

People with cool skin tones typically have blue or gray eyes. Their hair color is usually blonde, brown or black and the skin has deep blue and pinkish undertones. Veins, on the underside of the wrist, are usually a bluish color in natural light. Cool-toned people look best in colors such as blue, red, pink and purple or in gem-tones. They also look best in silver jewelry. White shirts flatter them.

When someone is described as having a neutral skin tone, his or her hair and eyes may be any color. Their skin usually has a non-specifiable undertone such as pink, olive, or yellow. People with neutral skin tones can wear almost any color without a problem. Gold and silver jewelry look equally well.

Those with warm skin tones generally have brown, green or hazel eyes. Their hair color is typically brown, black, auburn, red, blonde or strawberry blonde. Their skin has a yellow-orange or olive undertone. Veins, on the undersides of their wrists, are greenish in natural light. Earthy-toned colors such as browns, yellows, oranges, yellowish green and ecru look fine on a person who has a warm skin tone. Gold jewelry looks best on them. Pure white shirts make their complexion look washed out. But off-white, cream or ecru shirts flatter them.

Any professional trained in the art of cosmetics will be able to identify your natural skin tone. They can be consulted at cosmetic counters in large department stores, at beauty salons or in manicure and pedicure shops. Private cosmetologists can also be helpful.

There are variations within colors. It is possible for a color to be both cool and warm. Aromaleigh says once a basic understanding of the coloring system is learned anyone can differentiate between colors. A cool pink would be a purplish pink. A warm pink is a peachy pink. A warm green would be a yellowish green. A cool green would be more blue.

By learning more about your skin tone, you will be better able to select the right colors for yourself, colors that flatter you and give you the look you are searching for.

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