

# 5 signature pieces of an elegant woman


*“The secret of great style is to feel good in what you wear.” — Inès de la Fressange*


Elegance isn't about having more. It's about choosing well. The 'elegant woman' doesn't fill her wardrobe with trends... she fills it with meaning.



The pieces she wears say something about who she is, without her ever needing to explain.

These five pieces are not about strict rules or rigid style formulas. They're items that can help you reconnect with your essence by wearing items that feel like YOU, and tell your story quietly but clearly.

 [@frenchelegance.and.more](https://www.instagram.com/frenchelegance.and.more)

 [Aude De Vathaire - French Elegance](https://www.youtube.com/AudeDeVathaire)





## 1 - A SILK SCARF WITH SOUL...

It is no secret that I love scarves. They are not only practical and versatile, but also the easiest way to bring some color and personality to an outfit. I say silk, but really any fabric that feels nice against your skin is good.

I recommend looking for one that is patterned, in colors you love. Choose something that makes you feel at home in yourself or that lights your outfit up. Wrap it around your neck, your hair, your wrist, or your bag... and let it tell a little story each time you wear it.

## 2 - JEWELLERY THAT MEANS SOMETHING..

Jewellery can elevate any outfit, and it doesn't necessarily have to be flashy heirloom pieces, trendy items, or the kind of jewels that scream for attention... but you should seek out the kind of jewellery that makes you feel something, or holds a story for you.

Maybe you find a pair of statement earrings that remind you of trying on your mother's earrings in the mirror, feeling grown-up and joyful at once. Maybe you have a necklace with little charms on it, tied to a memory, or a person you loved. Or maybe you simply find something in a regular store, and know it just feels like "you".

Wearing pieces with some meaning creates a connection between your outer appearance and your inner life, and that's where real elegance begins. Remember: to develop innate elegance, it isn't really about impressing. It's about *expressing*.



### 3 - A BEAUTIFULLY-MADE BLOUSE WITH PERSONALITY

Whether it's billowy, ruffled, embroidered, or structured; neutral or colored....It can be a piece that adds shape, movement, or texture to your outfit – whatever works – the main thing is: it should feel like YOU. I often say that elegance captures energy in *motion*, so ensure you find a special blouse that fits you well, and doesn't restrict your movement through being too tight or too large.

Take note of fabrics that feel good for you and will suit your lifestyle (for example, it's often impractical to always have to dry-clean a beloved item you want to get a lot of use from).

When you find a blouse that moves with you, suits your personal style, and feels like home, you will reach for it again and again.



### AN EVERYDAY SHOE

...that feels you could walk the streets of Paris in it! Not sky-high stiletto heels or big sneakers (unless these are what feels GREAT for you!). I mean something that balances your comfort, confidence, and a quiet elegance...

One of my elegance principles is that one should always adapt for the occasion, the weather, the season, the mood etc... and that applies to your everyday shoe, too. For example, you won't see Princess Catherine wearing towering thin heels to the polo, because it's just not appropriate or comfortable in this context!

So for every day, it could be a leather ankle boot, a sleek pair of Mary-Janes, or soft loafer flats... Just choose a pair you can walk in, and not only literally (though that is the most important!), but walk through life in... The kind that makes you feel grounded, capable, comfortable, and unmistakably yourself.



## 5- YOUR “SIGNATURE” PIECE

This is your personal emblem and it can be anything you want that feels good!

It might be a beautiful vintage belt, a masculine-meets-feminine blazer that fits you just the right way, a beloved leather bag you have worn over and over again, or a “good luck” ring you never take off.

This doesn't have to be something that calls attention to itself, or acts as a “statement”. It can be something subtle that only you notice. But it is something that anchors you: a symbol of your essence, not just your style.

There really is something special that happens when your wardrobe starts to reflect your inner world. You walk a little bit differently, choose differently, and carry yourself with more certainty. Your wardrobe stops being a place that brings you stress and confusion. If these resonate for you, let these five pieces be a starting point... a framework to help you build a wardrobe that speaks before you do. And remember: it's never about being perfect or overly polished. It is about being honest, joyful and comfortable in what you wear.... and letting your elegance show up naturally.

### ***A Gentle Prompt to Uplift Your Wardrobe***

*Here are a few questions to help you begin making your wardrobe feel more joyful:*

- *What in your wardrobe still feels like you — and what feels like it belongs to an older version of yourself?*
- *What pieces bring you joy, ease, or a sense of quiet power when you wear them?*
- *What deserves a second chance — and what has quietly had its time?*
- *What feels like a true companion... and what simply fills space?*

*You don't need to overhaul everything, just start small and follow the feeling.  
Let elegance grow from there!*