

Dress With Intention

5 Principles of Dressing Elegantly Every Day

so you can finally stop guessing and start glowing

“Elegance is not something you add on. It is something you remember— because it has always been yours.”

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My Message for You

We may all have been there at some point.

You are standing in front of your wardrobe in the morning, looking at everything in your closet, and you feel like you have nothing to wear. Your closet is not empty, and you may even have many beautiful pieces, but you have this deep feeling of frustration as if something is missing. What feels missing is not a piece of clothing — it is a sense of **clarity, direction**, and above all, a sense of **what is truly you**. An **alignment** with who you are.

When you look in the mirror, something does not quite flow. Sometimes the outfit is technically fine, but it does not *feel* like you. And you cannot quite say why.

I am Aude de Vathaire. I blend 25 years of personal development, my experience as an artist and therapist, and my traditional French family background to share tools and principles on manners, elegance, and self-confidence. In all that time, the question I hear most often is not “which trends should I follow?” It is this:

“How do I dress in a way that actually feels like me—and makes me feel good?”

The answer is not a formula, nor a list of rules. It is about learning to dress with **intention**, from the inside out.

In this guide, I share five principles that are simple and practical. And when you truly embody them, they change everything—not just the way you **look**, but the way you *feel* when you walk out the door.

You are already more elegant than you know. This guide will help you see it.

And I want to tell you something I believe with my whole heart, because it is the foundation of everything I teach.

Elegance isn't about being perfect or sophisticated. It isn't reserved for a certain type of woman, or for the days when everything is finally in order. It is not for special occasions alone.

Elegance is a way of living and being. **ELEGANCE IS YOUR ESSENCE**. It is already inside you. It has always been there.

Every woman carries an innate elegance — a natural grace, a warmth, a way of being that is uniquely hers. Most of us have simply forgotten it. We have buried it under the noise of everyday life, under the endless to-do lists, caring for others and getting through the week.

My work is not about adding something new on top of all of that. It is about **clearing space**, so that what is already beautiful in you has room to breathe, to be seen, and to glow.

When you give yourself **permission** to glow, to take up space, to be fully and unapologetically yourself, something shifts. Not just in how you look — but in how you move through your day, in your mindset, attitude, energy, and presence.

Being elegant for a special occasion, everyone can do that. But *Living Elegance* is long lasting. It is about giving yourself permission to glow who you truly are in your **everyday** life.

Elegance on a Tuesday morning when the children are late for school.

Elegance on the days you are tired and the week has been long.

Elegance in the garden, in the supermarket, in difficult conversations, in the moments you are navigating painful emotions, in the ordinary beautiful moments that make up a life...

I am here to help you uncover elegance that stems from your **heart** — and therefore never leaves you, no matter what life brings.

“It changed the trajectory of my whole week. My relationships, my activities and work — it all changed for the better. I am thankful.”

“I was in town at the weekend and 3 strangers came up to me and complimented me on my outfit. I also compliment myself in the morning when I am dressed and I can see that I look nice.”

“Her programs have helped me change my whole attitude, my habits, goals. I am so grateful.”

With warmth, — Aude de Vathaire

The 5 Principles

Before we dive in, here is a bird's eye view of what we are going to explore together:

- 1 Harmony — the whole picture matters more than any single piece
 - 2 Fit — clothes that allow your energy to move freely
 - 3 True Colours — finding beautiful colours that support your natural glow
 - 4 Your Colour Tone — gold or silver, the most fundamental distinction
 - 5 Dress with Intention — dressing as an act of self-expression
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A note before we begin: elegance is not a set of rules to follow. I have never believed in that approach. The principles I am sharing here are invitations — to observe, to feel, to discover what is yours. Take what resonates. Leave the rest. And above all, enjoy the process.

Harmony

The whole picture matters more than any single piece

There is a simple test I love to give, and it tells you almost everything you need to know about an outfit in under thirty seconds.

Stand in front of your mirror. Take a step back. And let your eyes travel freely — from your shoes, all the way up to the top of your head, and back again.

Ask yourself: do my eyes move smoothly? Is there a flow, an energy moving through the whole look? Or do my eyes get caught somewhere — stuck at my feet, pulled only toward my earrings, stopped by something that feels disconnected from the rest? Is the story and style of my outfit coherent? Are the colours playing together? Is this in harmony with my energy today, my mood, my taste?

This is harmony. And it is the first and most important principle of elegant dressing.

Harmony means that all the elements of your outfit are in conversation with each other. The shoes speak to the bag. The colours belong to the same family or go very well together. The proportions make sense together.

You may have a statement piece that clearly stands out, but the dynamic and harmony must flow. It must not feel like there is something that does not belong and that ruins the rest.

My grandmother, who taught me watercolour painting, always said: never more than three colours in a composition. The same principle applies to an outfit. When you see someone on the street and something does not quite work, it is almost always a harmony issue — too many different worlds in one outfit, too many colours from different families, no coherent story being told.

Elegance is a **coherent story**. And **harmony** is how it all blends together.

YOUR MORNING PRACTICE

Before you leave the mirror, let your eyes travel from head to toe. If they flow easily and land back with a sense of “yes, this works” — there is harmony. If something catches and stops your eye, adjust that one element.

Fit

Clothes that allow your energy to move freely

I want to say something clearly, because so much of the conversation about “fit” gets tangled up in body type and flattering silhouettes — and that is not what I mean at all.

Fit, in my understanding, is about whether your clothes allow your natural energy to flow, or whether they suppress it. Fit means the clothes are the **right size** for you.

Pay attention when you go outside and watch people in the street. The people you see as elegant wear clothes that fit them perfectly — they are the right size.

Clothes that are too large and baggy weigh you down. They make the body disappear rather than allowing it to express itself. And elegance is dynamic — it is movement, it is aliveness, it is something that moves with you.

On the other side, clothes that are too tight create a different problem. Everything is over-exposed, nothing is left to breathe, and instead of a free silhouette you have a constrained one.

What you are looking for is the place in between — where the fabric falls with intention, where the shoulder seam sits exactly where the shoulder is, where there is room to breathe and to move.

The outfit is putting *you* forth. It must align with who you are.

THE FIT TEST

When trying something on, move in it before you decide. Raise your arms. Sit down. Walk across the room. If the clothing responds to your movement with ease — it fits. If it pulls, bunches, or restricts, no matter how beautiful it looks on the hanger, leave it. Your body knows.

True Colours

Finding the colours that are alive

When you look at fabric, some colours are not true colours. You must learn to see the difference between a beautiful colour and a colour that is dull. It will change the way you shop forever.

Think of a sunset. The colours in a true sunset are vivid, alive, almost vibrating with their own light. Every tone is clear, saturated, luminous. That is what I mean by a true colour.

Now think of a red that has just a touch too much grey or black mixed into it. It still reads as red. But something is not so beautiful. It looks slightly muddied, slightly flat. It does not have that same aliveness.

A true colour does not have to be a bright red, yellow or blue. You have beautiful true colours in any shade and density. A true colour *strikes your eye*. It is by essence beautiful — just like when you look at a beautiful flower. There is no doubt.

Colour is energy. A true, alive colour vibrates at a higher frequency. It catches the light. It supports your own natural radiance. A muddied or flat colour absorbs rather than reflects — and it can quietly drain the energy from everything around it, including you.

I have seen this so clearly with many women I have worked with. They swap out one muted piece for a version in a true colour, and the difference is immediate. Their face lifts. Their eyes brighten. The whole outfit comes alive.

This is not about price — an expensive garment can have a flat colour, and an inexpensive one can be gloriously vivid. It is about the quality of the colour itself.

HOW TO SPOT A TRUE COLOUR

In the shop, hold the garment in natural light. Is the colour beautiful? Or does it look muddied, a little flat or greyish? Trust your first impression. True colours announce themselves immediately — they attract your eye, just like flowers attract bees.

Your Colour Tone

The most fundamental distinction — warm or cool

Before any seasonal palette, before any colour analysis system, there is one distinction that matters above all others: are you a warm-toned woman or a cool-toned woman?

Warm-toned women have golden, honey, or peachy undertones in their skin, hair, and eyes. They glow in earthy, warm colours — terracotta, camel, olive green, rust, warm cream, chocolate brown. Gold jewellery almost always suits them better than silver.

Cool-toned women have pink, blue, or ash undertones. They glow in clear, cool colours — navy, cobalt, rose, burgundy, soft grey, pure white, emerald. Silver jewellery tends to suit them naturally.

When you wear colours that align with your natural undertone, your face is lit from the inside out. Your eyes look brighter. Your skin looks healthier. There is a harmony between you and what you are wearing — something that blends in naturally as if it was always part of you.

I believe deeply that your soul and personality have colours that are yours. When you dress in alignment with those colours, the clothing **supports** you. It does not compete with you. And you stop having to work so hard to feel like yourself — because you already are.

When you know what colour tones fit you best, this does not mean you cannot wear the other colours. This is a general guide. What matters most is how you *feel* — how alive, how joyful, how fun it all is.

QUICK SELF-TEST

Hold a piece of gold jewellery near your face, then a piece of silver. Which one makes your skin look warmer and more radiant? The one that lifts you is your answer. Then place both next to your fabrics — this will train your eye to see whether your clothes are warm or cool toned.

Dress with Intention

Dressing as an act of self-expression

This is the principle that ties everything else together.

Elegance is not a uniform, not a specific style you need to fit into. Elegance is the visible expression of **who you are**, in this moment.

You have probably had that morning where you took an outfit from your closet that was perfect last time — and this time, it just does not feel right. Even if you check all the boxes from an expert point of view, something is missing. *The right outfit you had yesterday may not be the right one for today.*

Elegance is about adapting to the situation, AND in that range of adaptation, it is about giving yourself permission to glow who you really are.

This means wearing what reflects the woman you are today, given the specific situation. You need to adapt to *where* you are going, *who* you are meeting, *what* you are doing — AND pay attention to your **mood**, your **energy** that day, the **weather** and **season**, your **personality** and personal **taste**.

Unless you are painting your ceiling (!) — the only time I wear pants already full of stains — you can be elegant anywhere. In the garden, at the grocery store, caring for young children, when you are tired, when you travel. The error is to think elegance equals very high heels and a boss-babe shirt. Elegance **adapts** to your life.

What I always suggest: start with one item that you like and want to wear today. Earrings you love, a dress, a belt, a pair of shoes. Start with something that lights you up. Ask: “How fun would it be to wear this?” And from there, build your outfit.

When you bring more joy and beauty into your life, people will see it. Don’t hold back. Give yourself **permission** to glow who you are.

YOUR DAILY INVITATION

Tomorrow morning, before you reach for your usual pieces, pause for one breath and ask: “What is one thing in my wardrobe that genuinely lights me up today?” Start with that. Let it be your foundation. Let everything else follow.

What Comes Next

You have just read five principles that can genuinely transform the way you dress — and the way you feel in your own skin.

But reading is only the beginning.

Elegance is not something you learn once and then have forever. It is a practice. A daily conversation between who you are and how you show up. And like any beautiful thing, it deepens the more attention you bring to it.

Inside **Living Elegance** — my monthly membership — we go much further than these five principles. Every week, you receive a new audio teaching to listen to at your own pace. Every month, we meet live for a coaching call where you can ask your real questions and be part of a community of women from around the world.

We talk about how to dress with intention and how to feel at home in your own body. About navigating difficult conversations with grace. About what to do when life gets heavy and how to find your way back to yourself. About creativity, hobbies, self-care, and the art of building a life that feels truly yours.

*Because this is what Living Elegance is, at its heart: not a style course. A way of being. A daily, embodied, **living practice** of honoring who you are — and who you are becoming.*

If something in this guide has opened a door for you — I would love to welcome you inside.

elegance.audedevathaire.com

Thank you for being here. I hope this guide has brought you one step closer to the woman you already are.

— Aude de Vathaire