

BUSBEE STYLE

Your most *pressing*
questions and toughest
style challenges...
answered!

Q&A



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HELP!! I just lost a bunch of weight and need to start my wardrobe over completely. Where do I start? Obviously shoes and accessories still fit, but almost nothing else. Is anything worth tailoring?

Start by investing in high quality basics. Our *Busbee Style Wardrobe Basics Checklists* include the only pieces you actually NEED. I think tailoring depends on how much weight you lost. If it's just a size down, then it is definitely worth tailoring pieces you love. If it's multiple sizes, I don't think you'll be able to tailor much. You can sell/donate the rest and replace them with pieces that fit your body *right now!*

Do you have any specific style advice for women over 60? I still love fashion and looking and being stylish, but many trends feel too youthful for me now.

I believe style is ageless, but not everything that I share is for everyone. Dress for YOU and your confidence will show through. Don't forget to experiment! Try new styles and see how they feel ...Your style can and should evolve over time! Also remember that fashion is meant to be fun. Don't forget to add the "fun."

I have a jam-packed closet full of clothes. I'd like to whittle it down a bit to more of a capsule size, but I have no idea how to even begin. Any advice?

Start by getting rid of any clothes that are damaged beyond repair, look tired and worn out, don't fit you *right now* AND things you haven't worn in over two years (exceptions include sentimental items). Then, using our *Busbee Wardrobe Basics Checklists*, begin building your foundational wardrobe of high quality basics that you love wearing.





Q

Thoughts on sustainability in fashion and in your own wardrobe.
How has Busbee Style chosen to address sustainability?

I want to encourage women to buy high-quality, longer lasting clothing so they don't have to continuously shop. It is MUCH better for the environment, more sustainable...and it saves you time (And, potentially lots of money! Do not forget about cost per wear) Plus, you end up with clothes that you are more excited to wear. Fast fashion is horrible for the environment and the clothing doesn't last. We want NOTHING to do with sketchy manufacturing practices. There are plenty of people online sharing the latest sale finds that will fall apart in 3 washes. Our team is keeping a close eye on sustainability and we carefully vet the brands that we partner with, and the products that we share, to ensure value alignment.

Q

Years ago, I was told that we need to be careful to NOT break the look at the "half way" mark on our body. It needs to be cut in thirds for the best portion. Do you agree?

The "Rule of Thirds" is often best to look as long and lean as possible, but it's not a definitive rule that works for every body shape. You have to find your own style uniform that works best for you. That said, in most cases, I think a strategic third layer really helps to transform your overall look!

Q

Why don't you show more content for mid-size and plus-size body types?

We will continue to share tips for each body shape and work on new resources, but we won't have other "models." There are SO many wonderful creators out there, and if this is important to you, I'm sure you'll find one whose body shape more closely resembles your own. That said; I want to remind you that I did work as a wardrobe stylist for five years, dressing women of all shapes and sizes, and I routinely share the tips that I know *truly* work from those experiences.

BUSBEE STYLE

HEALTH & BEAUTY

What is your current diet and exercise routine? Are you still doing Tracy Anderson? You look amazing!

I've been working on my gut health over the past year... Finding what foods I'm sensitive to and decreasing those to rebuild my gut barrier. The main ones for me are dairy, gluten, and sugar. I also take Chinese herbs, Ritual multivitamin, Cielo Pre/Probiotics, hormone replacement therapy including estrogen, progesterone and testosterone. I exercise 30 minutes daily (Tracy Anderson Metamorphosis), six days per week. I do not drink alcohol. The most important thing I want to share with you is...you do NOT have to 'accept' a new normal that doesn't feel great to you. You CAN and SHOULD advocate for your health so you feel like *the best* version of you.

Could you do a skincare update soon? Your face looks so youthful. Have you undertaken any treatments lately? Whatever you are doing is working!

I've had a PDO threadlift (these are kinda controversial now), done BBL twice over the past year (highly recommend), and I typically get botox injections 2x per year (although recent backlash is making me rethink it). I've also been using OneSkin skincare and it is amazing. It's science backed, AND it's clean. It took me about 4 weeks, using it twice a day, to see a noticeable difference. Dark spots are gone, skin tone is even and brighter overall. I've also had a major focus on my gut health over the past year and that has made a huge difference in my skin and decreased inflammation throughout my body. Also, I don't drink alcohol, which is an easy one to ignore, but it makes a HUGE difference. I think you can tell when someone is a big drinker...especially as we get older.

Do you wash your hair every day? How to keep hair looking good yet easy to care for and style?

Absolutely not. I wash my hair every other day or even every 3 days. I'm a huge fan of dry shampoo between washes. I do use a clarifying shampoo at least once a week to remove that dry shampoo build-up. I am currently loving Davine's NouNou shampoo and Commence 3-in-1 conditioner. I also put collagen in my coffee daily, which helps with hair growth and thickness. I've been using ARMRA Colostrum for almost 2 months and haven't noticed any difference.

Advice for dealing with a perimenopausal changing body?

Don't freakin' settle. I think you can get to a place of acceptance and grace, while also receiving the support you need. I have been on the roller coaster for more than 8 years and gone through many phases; overdoing it and exercising like crazy, extreme diets, not doing ANYTHING for 6 months because of burn-out, etc. I've finally gotten to a place where I understand that I need support and that is OKAY. There is no shame in accepting support. In fact, it's essential! I also get that I don't want to do anything in extremes anymore including how I eat. Bottom line here... do what you have to do to feel / look better, working closely with medical professionals, of course. And, don't worry about what anyone else says or thinks. You have to do what is right for you. This is your ONE life. And, it's way too short to not feel amazing!

Are you still doing HRT (Hormone Replacement Therapy)?

Yes! PLEASE be sure to do your homework here and work with an HRT expert (nurse or doctor). They will traditionally get baseline bloodwork, and then test you again after 3 to 6 months to finesse your HRT dosage. According to more recent studies and leading menopause experts, HRT does *not* lead to increased risk of breast cancer! (Read that again, please.) For me, HRT is a game-changer! It's the difference between walking through life like a zombie, feeling uninspired and borderline depressed...and having my 'spark' back. I've tried it. I went off HRT for 6 months during my f-it phase where I thought, I don't need any of this stuff anymore. Well, let me tell you, you couldn't pay me to do that again. I take estrogen, progesterone and testosterone in troche form (dissolves in gums). I've also tried patches and pills. I think the patch is more intense and the troche is more gentle. You can experiment a bit and decide what is right for you.

QUICK TIPS

You only have \$1000 to spend on your wardrobe from September-December... what FOUR items would you purchase?

Tailored blazer, high-quality jeans, black boots, & a cashmere sweater.

How do I style gray jeans for the upcoming fall and winter seasons? I'm sure there are more color combos than just my go-to black and gray and I'd love to get some new ideas.

Gray is such a neutral, versatile color. Try pairing your gray jeans with white, blush, burgundy, navy, black, olive, or even gray on gray... so many options!

What is the best bra to wear with all of these drop shoulder, racerback and cutout styles. Something trendy and not "matronly?"

There really isn't one that is perfect. Let's be real, they all kinda suck, but my preference is the red carpet convertible by [Wacoal](#), [Skims](#) or [Nippies](#)

What rain jacket do you recommend for travel?

[J.Crew trench](#) for city travel or [The North Face rain jackets](#) for outdoor activities

How did you clean your white jeans? I'm going to Madrid and Mallorca and Spain this October and always find I can only wear them for one day.

Spot-clean right away. Use cool water and whatever soap you have access to on your tip. Your finger nails work just fine scrubbing the stain. Never put white jeans in the dryer - it will set the stains and cause discoloration.

Best cooling pajamas for menopause?

[Soma Cool Nights](#) (run large) and [Eberjay](#) (sexier)

Accessories this season - dainty or chunky?

BOTH!! Seriously, cannot pick... Let your own style personality shine through!