



The Skinny Line

**Closet
Detox**

The Skinny Line 30-Day Diet Program

Getting your closet in shape will help keep your mind focused and ensure a relaxed daily routine. Organize your shelves based on color coordination, purchase 'skinny' hangers, stick to basics and put things away based on season. Follow the six-month rule- if you haven't worn it in six months, donate it! When your space is more organized and filled with only those things that make you look and feel good, you can stay stress free, and that adds to your overall well-being. This in turn helps to strengthen your immune system-



all while picking out your favorite pair of skinny jeans. After all, it's about looking and feeling good from the inside out.

Whether you have a walk-in closet (lucky you!) or a small apartment sized mini-version, there are plenty of ways you can keep your clothes organized and accessible. No more rummaging through the racks for your favorite blouse! Some easy ways you can add to your new and improved organized closet include investing in some easy-to-use products, including hooks, tie racks, and even accessory drawers or maneuverable and attractive storage baskets. You can also have fun with these by purchasing different colors to go with your décor – add some cuteness while consolidating.

Do you love it? Do you wear it often? Is it “mix and match-able?” meaning do you have things to go with your separates to make a full outfit? If the answer is no, chances are these items can be recycled or donated. It will clear up your closet and you probably won't even miss it. Not sure if you're ready to break-up with a particular piece of clothing? Put it in the maybe pile. If six months goes by and you still don't find yourself wearing it, it's time to go your separate ways! Plus, this makes room for new pieces you might fall in love with later.

Some easy to incorporate ideas for a less stressed – and more stylish you!

- **Behind-the-door rack:** Perfect for accessories – especially jewelry – as well as shoes. The best part? This takes up no room whatsoever and everything is completely visible.
- **Full-length mirror:** This will help you put looks together so you can see which parts look great and what can go. Ask yourself this: is it trendy, timeless or time to go, just like one

of our segments on “Ladies, What The F! Fashion. Food. Fitness & Fun!”

- **Colorful baskets:** Stash all your loose items – hair clips, headbands, belts, etc. Go crazy and get a few of these fun and stackable baskets. They’re also perfect for socks and lingerie.

Color coordinating is a great way to keep you organized. Make sure to separate items by light and dark colors, as well as prints. This will also make it easier to find items when laying out an outfit. To make extra room, put things away by season. If it’s sweater weather, put the shorts and bikinis in a bin under the bed, or even in a suitcase! Then reverse when seasons change.

If you have room in your closet, florals, picture frames or other accent pieces make this special place in the home extra personal and make you more motivated to get organized!

