



DONNA ROLAND

Speaker & Stylist

She is clothed with strength and dignity; she can laugh at the days to come

Proverbs 31:25

Inspiring women to develop an outward style to reveal their inner beauty!

Hello Beautiful Friend!

Today is officially the first day of summer! I love living in beautiful East Tennessee where we get to experience all 4 seasons and none of them too drastic; but I have to admit Summer is one of my favorites. I love the warmer weather, spending time at the beach, cookouts, and especially the longer days! What is your favorite part of summer?

Of course, with the changing of seasons comes the changes in fashion trends which is always fun! Here are some essentials you will need this summer at the pool, lake and beach.

SWIMWEAR!

Since this is the time of year we can spend a lot of time in a swimsuit, I wanted to expand on these a little more.

Here are some more practical tips for finding the best poolside look:

- **Focus on fit.** Whether you need extra coverage for your bust or backside, buy a suit that is not too small for you, no matter the size on the tag.
- **Choose flattering styles.** Experiment with different silhouettes to find what works best for you. Wrap-style tops and ruched details can help to camouflage problem areas on almost every body shape.
- **Focus on comfort.** Opt for soft, stretchy fabrics that move with your body and won't dig in or pinch. Seamless construction and adjustable straps can minimize irritation and discomfort.



COVER-UPS!

Embrace cover-ups. Not only are they a practical way to add an extra layer of confidence when you're not in the water, but they also bring a chic factor to your swim outfit. Whether you choose a white one over your colorful swimsuit or a fun colorful, patterned one, it is a fun way to add to your summer poolside wardrobe!



SUN HATS!

Protect your hair and scalp this season with a fun summer hat. Straw hats can come in all sizes and shapes. Make sure you are wearing one that is in proportion to your frame size so it doesn't overwhelm you but provides good coverage of your hair and scalp.



SUMMER BAGS

You know handbags are my favorite no matter what season! Summer is the best time to change out from your normal "go to" bag and have fun with texture and colors. This summer you will be seeing these trending styles:

- Neon colors
- Woven
- Envelope
- Clutches
- Oversized



SUNGLASSES!

Make sure you are protecting those eyes! You can do so in fun and fashionable ways. Aviators and angled frames are what are trending most this season. Try on several to see what works best with your face shape and provide the UV protection you need.



Everyone deserves to enjoy the sun, sand and surf, regardless of their size or shape. Don't avoid the water because you feel self-conscious about a bit of jiggle in your thighs or an extra roll at your waist. You don't need a perfect body to perfect your swim style!

Enjoy your time by the water and feel confident in knowing your body is perfectly pretty!

"You are altogether beautiful, my darling; there is no flaw in you" Proverbs 4:7

*From a heart filled with grace and veins filled with glitter,
Donna*

P.S. Is your church or ladies organization planning an event? I would love to be your Guest Speaker! [Email](#) or call 865.599.6682

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