

know your style

the crossdresser's guide
to finding a
great look



✿ louise allen and jane butt

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Introduction

Welcome to our guide to finding your unique style so that you can walk out with confidence and look your absolute best. And congratulations on your decision to live your life out of the shadows. We've helped so many people just like you, we're happy that we can offer some assistance in what can be one of the most challenging and yet rewarding things you may ever do.

We have combined years of training, expertise and experience of helping transvestites and transgender people to bring you the information, support and encouragement you need to live happy, fulfilled lives. We can take on the role of your sister, your mum or your aunt – the friend who can guide you down the path towards womanly beauty. Biological women grow up with this support and take it for granted. But without it, you are likely to find your path strewn with difficulties. This is just part of a programme of support that can help smooth the way for you.

Our combination of talents works so well for you because we focus both on the inside and the outside. This concise ebook is mostly about the outside. That's Louise's speciality. Louise's background is in fashion, and for many years she has run her own image consultancy, working primarily with transvestites and transgender people to develop their self-image, and establishing a specialist reputation in the field.

Jane's speciality is empowering you from the inside. As a Clinical Nurse Specialist, specialising in sexual health needs, Jane has spent years working with transvestite and transgender people, then established her own support group, which has been running successfully since 2005. Jane's focus is on teaching you how to feel good about yourself, how to build the confidence and self-esteem that are crucial to success.

In this guide, they will help you define the style that will suit you best with a fun questionnaire designed to make you think about how you want to look. Along the way, it will highlight some important questions and key issues, so although it looks light-hearted, you should find it thought-provoking.

But this ebook is only a small taster of the help, advice and support we can offer you in our complete programme: *1001 Secrets of Feminine Cross Dressing*. You'll find out more about this comprehensive ebook and what it can do for you on our website www.transcafe.net. Drop by in your coffee break and find out how we can help you live a life of joy and happiness by releasing your inner woman.

Know Your Style

Well-dressed women have a dominant style that will influence all their looks and represent their personality (we won't bother about those who don't have style!). Having grown up as a female, these women have a very good idea of what colours, shapes and styles of clothing suit them. For a transvestite who still has so much to learn, this is one of the most important elements of passing as a woman.

When you know what your dominant style is, it gives you a huge advantage in public. It means you can dress to match your style and so achieve a much more natural, confident and feminine look.

One of the most important steps in image construction is to know your foundations. This step of knowing your style will make a huge difference to your success in passing, as it has done for so many other t-girls.

First read through the main style types and get a feel for each of them. Then go through the questions in the next section to find out your type. Will you be a classic beauty or more of a rebel?

Be Realistic

Of course, you may find that your choices could be more 'wannabee' than realistic. That's fine as long as you are having fun with the questionnaire. But if you want to take it bit more seriously, you need to think about the body you are starting with and also remember that these are only extreme examples, so will not suit everyone as they stand. What you need to do is to follow the general style and just remember to make it your own and to adapt it to the occasion.

For example, if you are tall and well built, but you find that your answers lead you to the Dolly look, pink and frilly is not likely to be flattering for you. However, you can still relish colourful, eclectic outfits and soft, modern fabrics.

Where you cross dress will make a difference, too. If you only cross dress at home, then you can perhaps be more frivolous with your look. You'll find loads more information on all aspects of finding your style in our book *1001 Secrets of Feminine Cross Dressing*.

Career

She is going places. She knows how to dress to impress, yet her outfits always suit the situation.



The career girl is bright and skilful but also wise enough to keep learning. Her wardrobe is an intelligent ensemble of cuts, shapes and colours that work for her. She will never be wearing the wrong shoes or take an inappropriate bag. She knows how important looking the biz is for business.

The career girl will be admired and respected by her colleagues and clients. She always knows what works and what makes for an enviably slick style.

She always wears just the right amount of make-up for an even glow that draws attention to her eyes. She's the girl who manages to create good working relations and get things done.

Style Keynotes

- Smart
- Direct
- Co-ordinated
- Professional

Adapting the Look

The business suit is a smart look but try to avoid making it too masculine. Choose a softer colour, go for a co-ordinated skirt or trousers and jacket, or complement a suit with a more feminine blouse.

Classic

She is chic and elegant, addicted to Audrey Hepburn films and loves exquisite matching accessories to her outfits. The classic girl will always buy or create an outfit – she will rarely buy just a top. She likes a look that represents her elegant style and fabulous taste.



She will have a good understanding of the craft and cost of beautiful clothes. The classic girl will not have loads of clothes but sets of stunningly co-ordinated outfits hung on padded silk coat hangers or fragranced with a soft hint of scented drawer liners.

Her make-up is always the same and always immaculate, comprising colours that suit the contours and tones of her face and skin. She will have two lipsticks: a soft shade for day wear and a sensational red for the evenings. People always admire and want to know the classic girl. Her home will usually reflect her good taste. She is not a fan of clutter. The classic girl likes order and craves good design.

Style Keynotes

- Elegant
- Tasteful
- Stylish
- Chic

Adapting the Look

Keeping it simple means there's more attention on each element, so you need to go for well-cut clothes and have the confidence to carry it off. Keep up to date; you want to look classic not old-fashioned.

Dolly

She is fun and interesting. Fascinated by iconic images of women, she has the ability to tap into the female mind. She cleverly dances around the girliness in every woman.



She is an expert at choosing looks that create energy and mischief - and always spreads joy like fairy dust. Dolly girls have a gift for collecting great items of clothing and carefully putting them together to create stunning and sometimes outrageous outfits. She is a creative 'ideas woman' who has an eye for bright and exciting colours. She will choose fabrics that feel modern and will usually be attracted to the baby colours of Italian ice cream.

There is something of the '50s about the Dolly girl and she loves a big skirt with lots of layers and movement. Dolly girls are great at matching the make-up to suit the outfit.

Style Keynotes

- Bright
- Eclectic
- Fun
- Outrageous

Adapting the Look

This is a look to be careful with - if you go too 'Dolly' you could look silly. Enjoy experimenting with colours and fabrics but limit yourself to three colours or textures in one outfit.

Earth Goddess

She is connected to the earth, moon, wind and sea; and has mystical senses that root her to the natural world. She is interesting and knowing, feeling the pain and love that surrounds her.



She will ask questions that would not occur to others, and will always try to understand. She is interested in healing and is drawn to the colours and crystals that represent this.

She is a great hostess and will put a great deal of energy into others, although she also enjoys her own company. She likes to feel comfortable and prefers long flowing outfits that give her the freedom to express herself.

Her hair is either long and flowing or short and coloured; her make-up usually concentrates on the eye area and she is certainly not a slave to fashion but is her own free spirit.

Style Keynotes

- Idiosyncratic
- Natural
- Flowing
- Comfortable

Adapting the Look

This can be a great look as it is very flexible but it's best not to go too loose and flowing or it can become shapeless. Keep a balance by combining a more fitted top with a loose skirt, or vice versa.

Fantasy

She is strong and in charge. She can look stern but her head is bubbling with fantasies and ideas. She is drawn towards the look of a sex goddess.



She knows how to give a good time but will as quickly sit with her friends and enjoy a good cup of tea and a gossip. She knows how to dress for her body shape - everything about her has been carefully researched and thought through.

She loves the feel of plastic, vinyl and rubber. Her underwear drawer is bursting with beautiful lace and sheer stockings, her underwear is tantalizing.

She always gets her own way. Fantasy girls will experiment with clothes like a chemist in a lab, trying out looks to suit or create the mood she wants. She loves black but knows when to stop.

Style Keynotes

- Sexual
- Tantalizing
- Dominant
- Sensual

Adapting the Look

A look for the bedroom, this can be adapted to your everyday style, with strong colours and fabrics. Just remember to look at yourself objectively before you go out to make sure you are dressed for the right occasion.

Glam Puss

She spent her childhood staring at pictures of the great Hollywood icons, not just in awe but with an analytical eye, taking in all the glamorous looks she now aspires to recreate.



The glam puss will have great make-up brushes, but miss the bin as she throws away her buds and tissues. Nothing is more important to her than leaving her house looking absolutely gorgeous.

The hair, the make-up, the perfume - everything will ooze class and style even though after paying for her hair and nails she will have to eat toast for the next two weeks. No detail will be neglected - she will be glowing style and gorgeousness from head to toe. Heads will turn as she walks down the street. She mostly wears a smile, sometimes wry, but always looks a million dollars.

Style Keynotes

- Glamorous
- Gorgeous
- Sensational
- Stunning

Adapting the Look

A lot of work goes into this style and you do need the looks to back it up, so you might want to think more like Monroe in an everyday situation rather than try to replicate the red-carpet style.

Sporty

She is bright and feminine, always on the go but knows how to relax. Even when she is hot and sweaty she still looks good. She has great posture and walks confidently from the hip.



She is not a cliché - she does not wear sweats all day and all night and can look great in a dress and killer shoes.

She just prefers to feel at ease with herself. Sporty girls like to breathe in their clothes. They hate feeling confined by cloth, or anything else.

She will wear light make-up and her hair will be natural, usually short. Sporty girls can be full of surprises. Never think you have her sussed - she will always keep you on the move.

Style Keynotes

- Casual
- Relaxed
- Confident
- Flexible

Adapting the Look

This style has great potential for a stunning look. Keep it from getting too loose and casual by making sure you have one more structured piece in each outfit - a fitted t-shirt rather than a loose one with combats, for example.

Now Find Your Dominant Style

Now you have an image of each of the main style types, we're going to have a bit of fun to help you to work out what sort of style most suits your feminine personality.

Run through the checklists and tick the statements that apply to you.

Answering the checklist is not meant to be a definitive process. Use it simply to expand your awareness of what you are like. You'd be amazed how many girls haven't even considered these points.

When you've finished, add up the number of ticks you have in each category. The more boxes you tick in each style category, the more dominant that style, and whichever section has the most ticks, that is your dominant style.

Career

- You never leave laundry lying around unwashed.
- You have three pieces of exquisite, understated jewellery.
- Your hair is always cut into a practical, chic style.
- Your work shoes are never more than 10 cm/4 in high.
- Your nails are always shaped and immaculate but never red.
- You have divided your wardrobe into sections.
- You hanker after a good quality cashmere coat.
- You take time planning each outfit to suit the day's agenda.
- You invest in good quality underwear.
- You are extremely good at knowing just what to say.
- You know how to look assertive.
- You know how important it is to update your knowledge.
- You always learn from experience.
- You choose a workbag as if you were buying a car.
- You wear muted lipstick and carry a complete make-up refresher kit in your bag.
- Total number

Classic

- Your favourite perfume is Chanel No.5.
- You keep your jewellery in its original boxes.
- You keep your shoes in shoe bags or something similar.
- You own at least three coats.
- You would never buy clothes just for the sake of it.
- Your roots will never show.
- You're very rarely late.
- Your hair stays more or less the same and you use the same hairdresser.
- You prepare your clothes the evening before.
- Your handbag is always leather.

- You carry hand cream, lipstick and a small bottle of your favourite perfume.
- You always wear matching underwear.
- Your underwear drawer is neat and tidy.
- You know all the designers by cut and cloth but would never pay those prices.
- You love *Breakfast at Tiffany's*.
- Total number

Dolly

- You love frilly, lacy and fluffy.
- You giggle a lot.
- Your favourite film is *The Wizard of Oz*.
- You love exploring charity shops.
- You own curlers and hair bands.
- You love musicals.
- Your wardrobe is eclectic, a little vintage, a little high street.
- You add a touch of home-made for good measure.
- You have a teddy on your bed.
- You wear pink, coral and red lipsticks.
- You have a collection of sparkly eye shadows.
- You have ten nail polishes and they are all nearly the same pink.
- You love dancing and feeling girlie.
- You love the styles from the '50s and '60s.
- You know all Dusty Springfield's songs.
- Total number

Earth goddess

- You love tattoos and piercings.
- You have read all the Harry Potter books.
- You would rather use henna at home than sit in a hairdresser under foils.
- You own some beautiful silver jewellery.
- You prefer to be outside with nature.
- You have a collection of herbal teas.
- You have a substantive knowledge about ancient female warriors.
- You naturally care about others and give generously.
- You're attracted to velvets, brocades and satins.
- You prefer to wear purples, reds and greens.
- You love long coats and flowing scarves.
- Your favourite perfumes have undertones of sandalwood and patchouli.
- Your musical taste ranges from Joni Mitchell to Black Sabbath.
- You know about witches, or know some witches.
- You sometimes wear purple lipstick, a pale foundation and heavy grey eye make-

- up.
- Total number

Fantasy

- You love Jane Fonda in *Barbarella*.
- You own at least three wigs.
- You love dressing up.
- You love leather and PVC.
- You like the idea of being in control.
- In your bedroom you have a whip.
- You love the work of Andy Warhol.
- You naturally pout.
- You can do a good turn at pole dancing.
- You sometimes want to be dominated.
- You enjoy walking slowly in very high heels.
- You own feather boas and fishnet tights.
- You can take your gloves off with your teeth.
- You find corsets adorable.
- You enjoy visiting erotica shops.
- Total number

Glam puss

- You spend hours doing your hair.
- You walk like a supermodel.
- You have a facial, or mean to, at least once a month.
- You have three great make-up looks.
- You invest in body contour underwear.
- You would never wear sling backs without a pedicure..
- You have day and evening perfume.
- You prefer red nails, and a gorgeous ring or two.
- You can create a fantastic cleavage.
- You have seen all the Busby Berkeley films, and read Vogue.
- You can stand elegantly holding your bag and a drink, eloquently telling a fascinating story.
- You have been known to spend up to four hours getting ready to go out.
- You are queen of good manners but will let someone know when they are being a bore.
- You have a collection of vintage and contemporary gowns.
- You would never put the rubbish out without your lipstick on.
- Total number

Sporty

- You own several pairs of trainers.
- You are up-to-date with the latest styles in tracksuits.
- You own a holdall.
- You have several hoodies in a variety of colours, but mainly grey.
- You wear waterproof mascara.
- You prefer your nails shaped and short.
- When you dress up, jaws drop.
- You wear UGG boots.
- You would rather have a good wristwatch than a set of bangles.
- You only wear perfume when you go out for an evening.
- You wear a baseball cap during the spring and summer.
- You're in the habit of wearing sports bras even when you go out for dinner.
- You hate restrictive clothing.
- You have great posture even in high heels.
- Total number

Conclusion

Now you have a blueprint for your style wardrobe - so get shopping! If you keep to your style, you'll find everything much easier. You are much less likely to spend out on things that don't really suit you, and you should find it simpler to mix and match your wardrobe.

Don't forget, there's no need for your look to get stale. Look over your conclusions every now and then. Perhaps you've changed your job, or made different lifestyle choices - cross dressing more or less, or in different circumstances.

Interpret current fashions to suit you rather than following them slavishly. Remember that some fashions are for the young only. You'll look - and, more importantly, feel - much better if you make sure your it's your personal style that sets the pace.

Some Useful Websites

Here are a few of our recommended websites. The first one is our favourite - it's our own site! Some of these sites deal brilliantly with discrimination towards the trans community, and a range of other key issues. We did not want to overload you with lots of them, hence this selective list. You can follow the links from these sites to find a great range of other information resources.

They are also useful for finding supportive communities. It can be a huge help to find other people who have a similar shared experience to your own. There are also areas in the sites that provide some literature you can download to share with people you care about to help them understand about being trans and what it means to you if it is not done in a sexualised way.

Of course, one of the most essential support books for anyone who cross dresses is our own ebook *1001 Secrets of Feminine Cross Dressing*. You can order your copy here.

www.transcafe.net

www.gires.org.uk/

www.beaumontsociety.org.uk/

www.gendertrust.org.uk/

www.transgenderzone.com/

Terminology

Many of you will be familiar with the terminology associated with this topic, but for others this will provide a useful guide to some of the terms we will use in this book and which you will hear in your own groups.

Coming out: Telling others about your cross dressing, being a transvestite or transgender.

Cross dressing: Dressing in the clothes of the opposite sex.

Genetic woman: A woman who was born a female.

Passing: The term used for appearing and being accepted in public as a different gender from your birth gender.

T-girl: Another name for a transvestite.

Trannie: Another name for a transvestite, sometimes used perjoratively.

Trans: Anyone who is transsexual, transgender or transvestite.

Transgender: People who wish to change their social and physical role to that of the opposite sex to the one they were born.

Transitioning: The stage where someone who wishes to change their gender will start to live in the social role of the new gender.

Transphobia: Irrational fear of transvestites.

Transsexual: This is another term used to describe people who have surgically changed their gender.

Transvestite: This is someone who enjoys or feels the need to dress in the clothes of the opposite sex.

TS: Shortened version name for someone who is transsexual.

TV: Another name for a transvestite.