

Trend watch

6:23 PM, Apr. 9, 2011



Color analyst Kerry Stitch of Indigo Tones in Pittsford. / Provided photo

Is spring your color?

Spring is a time of renewal as well as a season to update your wardrobe. While desert colors and neutral tones may be hot this season, color analyst Kerry Stitch of Indigo Tones in Pittsford urges you to keep your natural colors in mind when shopping for new clothing, makeup and accessories. If you have fair skin with lighter colored hair, you're in luck. Spring is your season, Stitch says. The light pastels and the warm gold tones that are showing this spring are perfect for those who have a spring color palette, Stitch says.

And if your colors fall into one of the other seasons, you can still shop around for what looks best on you. Stitch is a warm autumn when it comes to her natural colors, but she's able to shop for the teal and gold wares that are popular this spring and match her palette.

When you wear colors that suit your tones, you strike balance and harmony, Stitch says.

"We experience color the same way we process music in our brain," she says. "You're distracted if it's out of harmony."