

Which of the new season's pastel shades work best for you?

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From pale peach to powder blue, this season is all about the pastels, but choosing the right shade could mean the difference between a flattering summer glow and a pasty, washed out look.

According to colour expert, Jules Standish (www.colourconsultancy.co.uk) certain skin types look better in pastel tones than others: "The perils of pastels are everywhere!" says Jules. "Pastel shades of peaches, lemons and strawberries all look lovely hanging up but not everyone can wear them up against their skin without draining all the colour from their complexion."

"Before deciding which pastel shade works for you, find out whether you have a cool or a warm skin tone. Do you look better in peach (which works best with warm skin tones) or pink (which works better with cooler complexions)? This will determine whether you have a yellow colouring and can wear all the peachy, buttery, creams and golds or a blue-based colouring, in which case the icy pinks, blues, purples and greys will work best.

"One simple way of doing this is to check the veins on your inner arms - if they're green in colour, you're likely to fall into the former category, if they're more blue, you're likely to fall into the latter."

We asked Jules to share her top tips on which pastels will suit your skin tone.

Which of the new season's pastel shades work best for you?

If you have alabaster skin and red hair, like Florence (and the machine)...

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Wow what amazing colouring this music icon has - shocking red hair and alabaster skin! [Florence Welch](#) clearly keeps herself out of the sun and well she should - with skin like hers she will find it very difficult to tan naturally and her dramatic creamy complexion combined with her hair colour really makes her stand out from the crowd.

The recent picture of her wearing a gold basque dress perfectly highlights how to wear a pastel colour with some glitter, so that it doesn't disappear against her skin, but makes it glow and shine. Her pastels should be shades of peach, pale gold and warm butter.

Her make-up should also be full of coral based colours; apricots, warm pinks and bright red lipsticks. Rock on Florence!

Which of the new season's pastel shades work best for you?

If you're pale with green eyes and dark hair like Katy Perry...

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This rock chick has very striking colouring, but it isn't natural - no! [Katy Perry](#) is actually a blonde with pale eyebrows. She has automatically "cooled" down her skin by dyeing her hair dark and with her green eyes the contrast is stunning.

Katy naturally gravitates towards bright colours which look dramatic on her and her best pastels will be the cooler pinks, pale blue, lilacs, silver and grey. For her these pastels will always look best combined with bright colours to really bring out her colouring and personality.

Make-up for Katy should consist of strong pink and red lipsticks and dark shades of green eyeshadow to make her eyes stand out and sparkle.

Which of the new season's pastel shades work best for you?

If you're blond with dark eyes and a honey complexion like Pixie Lott...

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Pixie Lott has that unusual colouring of dark brown eyes and very light blonde hair with a honey complexion. She needs to beware of wearing too many neutral shades of pastel on her upper body as the colours will simply blend in with her skin tone and hair colour and she may start to resemble vanilla ice cream.

Her pastels should therefore all have a hint of colour in them; mint, peach, purple, pink - the ones to avoid are the off whites and creams.

Her make-up will need to be strong to counteract the effect of pastels, and rich lip colours in reds and pinks look striking on her. With her brown eyes, Pixie should choose eyeshadows in golds, greens and lavender will bring out the depth of colour and make the whites of her eyes look clear.

Which of the new season's pastel shades work best for you?

If you're brunette with dark eyes and a warm skin tone like Cheryl Cole...



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To make her skin really shine, [Cheryl Cole](#) needs to wear pastels that have strength behind them, so warm shades of cream, coffee, gold, apricot, will compliment her dark brown eyes, brunette hair and warm skin tone.

Cheryl's make up should always be deep and colourful with the cherry reds and strong pinks looking gorgeous on her. Dark, smoky eyes are her signature look and she can wear lots of make up without looking "overdone". She needs to avoid pastel shades on her face though if she wants to keep that lovely skin tone glowing.

Which of the new season's pastel shades work best for you?

If you have golden skin, warm brown eyes and dark hair, like Beyoncé...

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Beyoncé won People magazine's best dressed celeb in 2007 and there is never a bad picture of her as she knows how to dress to impress and work her body shape.

Beyoncé has always worn a lot of golds and bronzes, which perfectly enhance her golden skin tone, warm brown eyes and naturally dark hair.

Strong, rich, earthy colours suit her colouring best, so her pastels need to be lighter shades of these in order to offset her colouring to greatest effect, with neutral beiges and camels looking lovely. White and all cool shades will simply flatten her skin and she will have to work harder with her make up to counteract this.

The very warm browns, bronzes, rich reds and oranges all give Beyoncé that lovely rich metallic sheen to her face and while she changes the tones in her hair, they always remain warm and rich.

Which of the new season's pastel shades work best for you?

If you have 'yellow' skin, blue eyes and golden hair, like Cameron Diaz...

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Cameron Diaz has a yellow skin base which means that she can wear all shades of yellow; canary, daffodil, lemon, butter to truly beautiful effect, harmonising with her bright blue eyes and golden blonde hair.

Her best pastel should therefore be based around pale yellow and with this skin tone she can also wear pale peach and mint green. While blues all look lovely with her eyes, she needs to be careful not to wear the really cool shades as they will wash out her skin tone and make her look unhealthy. Warmer shades of turquoise however will make her skin glow and look wonderfully youthful.

Cameron's make-up should never be too strong, as she is a natural blonde so she needs light, clear, bright colours.

Which of the new season's pastel shades work best for you?

If you have a cool complexion and dark hair like Dita Von Teese...

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Dita Von Teese is a lady who looks truly great in black and all cool shades. With striking dark hair, piercing blue eyes and cool clear skin she looks amazing in the strong colours of winter.

Dita's pastels should also be clear, cool and icy with the baby pinks, pale blues, silvery greys and white all looking fabulous on her. She does, however, need to beware of yellow as this colour will not harmonise with her skin tone.

Make-up needs to be strong and cool; eyeshadows in shades of greys and blues, black mascara, pink based blushers and fuchsia pink or dark red lipsticks.