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ESSENTIALS  
FOR EVERY GIRL

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# 7 Wardrobes **MUST** have for teen girls

BY KASH O'HARA,  
FASHION STYLIST & DESIGNER  
THE STYLE AGENCY

## PARTY DRESS

Every girl, no matter her age, needs a party dress that she feels confident in. Don't fall into the trap of buying a dress because it's on trend or because your best friend has it. Buy what suits you and your body shape.

Tip: Smaller girls with small chests should wear fitted dresses with high necklines and contrasting colours that create the illusion of shape. Curvier girls should go for a fit-and-flare style with a V-neck or scoop neck.



Styling teenage girls is always so much fun because I get to relive my youth and play dress-ups with clothes I used to enjoy wearing.

I always tell teenage girls, "Embrace your body shape and feel confident about what God has given you because this is what makes you unique". Whether you have skinny legs, a curvy body with a large chest, a small waist, or an athletic body, there are so many clothes out there that will flatter your body shape. Don't just go for whatever is trendy at the time. Pick and choose the trends that suit you: for instance, if you have thin, shapely legs, a pair of cut-off jeans shorts will look great, but if you have bigger legs, opt for slightly longer shorts and flare dresses.

Whatever your shape, these are seven must-have picks for every teenage girl's wardrobe:

\*Clothes & accessories styles, similar to the ones worn by Anna, can be found at the following retail stores; ICE, DOTTI, VALLEY GIRL, PORTMANS, TEMPT, TRADE SECRET, TONY BIANCO, FOREVER NEW, JEANS WEST, BARDOT & RUBY SHOES

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CASUAL DRESS

Casual dresses in cotton, polyester or viscose fabrics are great for a day at the beach, a trip to the shops or BBQ's and casual parties. Dresses always make you feel feminine.

FLAT SHOES

Teen girls are always on the go, so flat shoes are a must. Thongs, sneakers or espadrilles are perfect for a casual look, and flat leather sandals give you a dressier look.



DENIM SHORTS

Denim shorts are great in the wardrobe because you can wear any top with them and they're very versatile! Be honest with your body type though and choose the right pair for you. Opt for a longer pair if your legs aren't super skinny.

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JEANS

A great pair of jeans that flatter your body shape are an absolute must in any teen's wardrobe because they can be worn casually with T-shirts and sneakers or ballet flats, or dressed up with heels (for older teens).

**Tip:** Opt for darker denim (dark blue or black) for a dressier look and lighter denim (indigo or light blue) for a more casual look.



CASUAL TOP

Casual tank tops, t-shirts and camisoles are a must because they're easy to wear and won't break the budget

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#### SUNGLASSES

A great pair of sunnies will not only protect your eyes from the sun but give you that cool edge with any outfit. Spend as much as your budget will allow, but only if you know you will look after them! If you know you'll lose, scratch, or break them, a pair from Sportsgirl will still do the trick!

Tip: Always try sunglasses on so you can see if they suit your face. Make sure they fit over the bridge of your nose and are tight against your ears because if they're not, they'll slide down or fall off every time you put them on.

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