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Helping mid-life women
#justgetdressed...
and look your best.

FIND YOUR BEST COLORS

A simple AI color analysis you can do at home

One photograph. One copy-and-paste prompt.
Personalized color guidance to help make
shopping and getting dressed easier.

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FIND YOUR BEST COLORS WITH A SIMPLE AI COLOR ANALYSIS

All you need is one good photograph and the copy-and-paste prompt below.

This quick exercise uses one photograph and a copy-and-paste ChatGPT prompt to help identify your likely seasonal color type and the colors that may suit you best.

STEP 1: TAKE A GOOD SELFIE

For the most accurate result:

- ✓ Face a window with bright, indirect daylight.
- ✓ Turn off overhead lights and lamps.
- ✓ Avoid direct sunlight, filters, Portrait mode and photo-editing tools.
- ✓ Take the photo without makeup, if possible. At minimum, skip foundation, bronzer, blush and lipstick.
- ✓ Wear a neutral gray, soft white or medium-blue top.
- ✓ Make sure your face, eyes, hairline and some of your hair are clearly visible.
- ✓ Look directly at the camera.

A current smartphone photograph is all you need.

STEP 2: UPLOAD YOUR PHOTO + COPY THIS PROMPT

Open ChatGPT, start a new conversation and attach your photograph. Fill in the two blanks, then copy and paste the entire prompt below.

Act as an experienced seasonal color analyst. Analyze my coloring from the attached photograph and determine my most likely seasonal family and subtype using the 12-season color-analysis system.

My natural hair color is: [ADD YOUR NATURAL COLOR]

My current hair is: [NATURAL, COLORED, HIGHLIGHTED, GRAY OR WHITE]

Analyze me from scratch rather than making a decision based on one isolated feature or the color I am wearing. Consider:

- My apparent skin undertone
- The depth and clarity of my coloring
- The natural contrast among my skin, eyes, brows and hair
- Whether I appear more flattered by warm or cool, light or deep, bright or softened colors
- The possible effects of lighting, makeup, tanning or colored hair

Please provide:

1. My most likely season and subtype
2. Your confidence level and any neighboring season
3. A plain-language explanation of why
4. My best clothing colors, organized by color family
5. My best wardrobe neutrals
6. Colors that may be less flattering near my face
7. My ideal contrast level for outfits and prints
8. My best jewelry and metal colors
9. Flattering makeup colors
10. Flattering hair-color directions
11. A practical 10–12 color wardrobe palette
12. Three easy outfit-color combinations to try

Please distinguish between surface coloring—such as a tan, redness, makeup, lighting or colored hair—and my likely underlying coloring.

If the photograph is not suitable for a reliable assessment, explain what is affecting it and tell me exactly what additional photograph would help.

STEP 3: PUT YOUR RESULTS TO THE TEST

Your AI color analysis is a helpful starting point—not a reason to clean out your closet or stop wearing colors you love.

Cameras, lighting, makeup, tanning and colored hair can all affect the result. The best way to confirm it is to test the suggested colors for yourself.

Choose several tops from your closet and hold each one directly beneath your face in natural daylight. As you compare them, notice:

- ✓ Do your eyes look brighter?
- ✓ Does your complexion look more even?
- ✓ Are shadows, redness or discoloration more noticeable?
- ✓ Does the color give your face definition—or overwhelm it?
- ✓ Do you notice your face first or the color first?

TAKE IT ONE STEP FURTHER

Save or screenshot the wardrobe palette ChatGPT creates for you. Then use it to identify:

- Two or three neutrals that work well together
- Three or four accent colors you already own
- The best versions of colors you naturally enjoy wearing
- Any gaps to keep in mind the next time you shop

Your palette is a useful guide—not a list of rules.

NOW PUT YOUR COLORS TO WORK

Knowing your colors is useful.

Knowing how to use them with the clothes already in your closet is where they begin to make getting dressed easier.

I help women over 50 simplify their style and their wardrobes—and make getting dressed easier.

For more realistic style guidance:

FOLLOW: @b.styled on Instagram

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#justgetdressed ✓

[LEARN MORE ABOUT THE SEASONAL STYLE SYSTEM HERE]

