



## A soft palette

Spring 2010 is all about a fresh start with a delicious palette of ice cream pastels, soft pinks and nudes. Your must-have staple for the season is a pale blazer. White Suede's Ivory Shine Tux will look just as good with trousers in the office or over a cocktail dress (£345). Throw it over a darker dress in the office. Rous Iland's jersey dress in aubergine will help you transition to spring with ease (£125). For a more serious office look, combine your pastel with darker shades. Omela's Tambounne dress layers soft lilac with a touch of aubergine (£675). Laundry Industry's silk georgette strawberry coloured dress will work at a summer garden party but

the black detail gives it an office wear edge (£275). Genie pants are everywhere but are a risky investment if not chosen wisely so go for subtle in soft fabrics that drape. Karina Pires's silk Dolce trousers are perfectly tailored and tapered (£275). Floral prints are vintage inspired. White Suede's pretty Sapphire blouse can peep out beneath your blazer by day, and shine by night (£195).

Kara and Clare are founders of Rous Iland – for personal consultations contact them at their showroom in Mayfair on 0845 003 8945. All items shown are available from [www.rousiland.com](http://www.rousiland.com).

## Health and wealth

Health and wealth are inextricably linked, so in each issue we give you our best tips for looking after your health while you are at your desk.

**Tip #11: Get a regular health check.**

If you are in your early forties or older, it is essential that you have regular health MOT. Look on it as a 'spring cleaning' of your health. A good start is to find out about your family history. Problems such as diabetes, osteoporosis and heart disease can often run in families and often develop silently long before you have symptoms. Give this information to your GP.