

## Freebies



# A Smart woman's Guide to Shopping

Shop with intention, not impulse

- Style  $\neq$  trends, it's strategy
- Buy less, wear more
- Focus on fit, function & flexibility
- Ask before buying: Can I style this  
3 ways?

Smart shopping saves money,  
time & closet space

## Dress for Your Body Type (Not the Mannequin)

Know what flatters you

- Pear-shaped: A-line kurtas, flared palazzos, statement dupattas
- Apple-shaped: Straight kurtas, empire cuts, V-necks
- Hourglass: Tailored blouses, belts, structured saree drapes
- Rectangle: Layering, peplum tops, ruffled dupattas

Tailoring > expensive brands

Comfort is confidence

## Budgeting Smartly for Clothes & Accessories

Spend where it matters

- 70–80% on everyday & work wear
- 10–15% on occasion wear
- 5–10% on accessories

Tips:

- Invest in good fabric & fit
- Trendy items = lower budget
- Accessories can upgrade simple outfits
- Set a yearly shopping budget, not random spends

# Capsule Wardrobe for Indian Wear

Mix, match & multiply outfits

Must-haves:

- 2 neutral kurtas (white, beige, black)
- 1 statement kurta or anarkali
- 1 silk or cotton saree
- 1 versatile dupatta (organza/chiffon)
- Neutral palazzos & churidar

One kurta + different dupattas = 3-4 looks

Works for work, festive & casual days

## Wedding, Work & Everyday Shopping Strategy

Buy once, wear often

### Indian Wedding Shopping

- Choose blouses that work with multiple sarees
- Stick to timeless colours (ivory, gold, jewel tones)
- Avoid over-embellished pieces you'll wear once

### Work Wear

- Comfortable fabrics (cotton, linen, blends)
- Solid colours, minimal prints
- Dupattas & jewelry change the vibe

### Everyday Wear

- Easy-care fabrics
- Comfortable silhouettes
- Shoes & bags matter more than trends

# A WOW Wardrobe

## 1. Fit Is Everything

A well-tailored ₹1,000 kurta beats a ₹10,000 ill-fitting one.

Find a good tailor and use them often.

## 2. Build a Strong Neutral Base

Black, white, beige, navy, ivory = endless outfits.

Neutrals let your statement pieces shine.

## 3. Follow the Rule of 3

Only buy something if you can style it at least 3 ways with what you already own.

## 4. Know Your Power Silhouette

Everyone has a “this always looks amazing on me” cut.

Buy variations of that instead of random trends.

## 5. Invest in Shoes & Bags

People notice footwear first.

Fewer, better-quality shoes and bags elevate everything.

## 6. Edit Ruthlessly

A wow wardrobe isn't big—it's curated.

If it doesn't fit, flatter, or excite you, let it go.

## 7. Accessories Are Style Multipliers

Belts, earrings, dupattas, scarves = instant upgrade.

One simple outfit + bold accessory = wow.

## 8. Balance Trends with Timeless Pieces

Trends add fun; classics add longevity.

80% classic, 20% trendy is the sweet spot.

## 9. Dress for Your Lifestyle, Not Fantasy

Buy for your real life—work, errands, events.

The most stylish women dress appropriately and confidently.

## 10. Confidence Is the Final Layer

The best outfit is one you feel amazing



## Manjiri Jamkhindikar

SoftSkills & Language Trainer | Styling & Grooming  
Coach | Pageant Mentor | Learning & Development  
Skills Teacher | Lifestyle Blogger/Youtuber

Hi, I'm Manjiri Jamkhindikar a Master Trainer for all things related to Personality Enhancement. I help students/ working professionals rediscover their passions & confidence to be the best possible versions of themselves.

Join my trainings to ace your personal and professional life game.

Get in touch with me

[antaraabymanjiri@gmail.com](mailto:antaraabymanjiri@gmail.com)





# 30 DAYS TO A NEW YOU

## -Styling & Life skills

Rediscover your Confidence & Excel in Life in just 30 Days

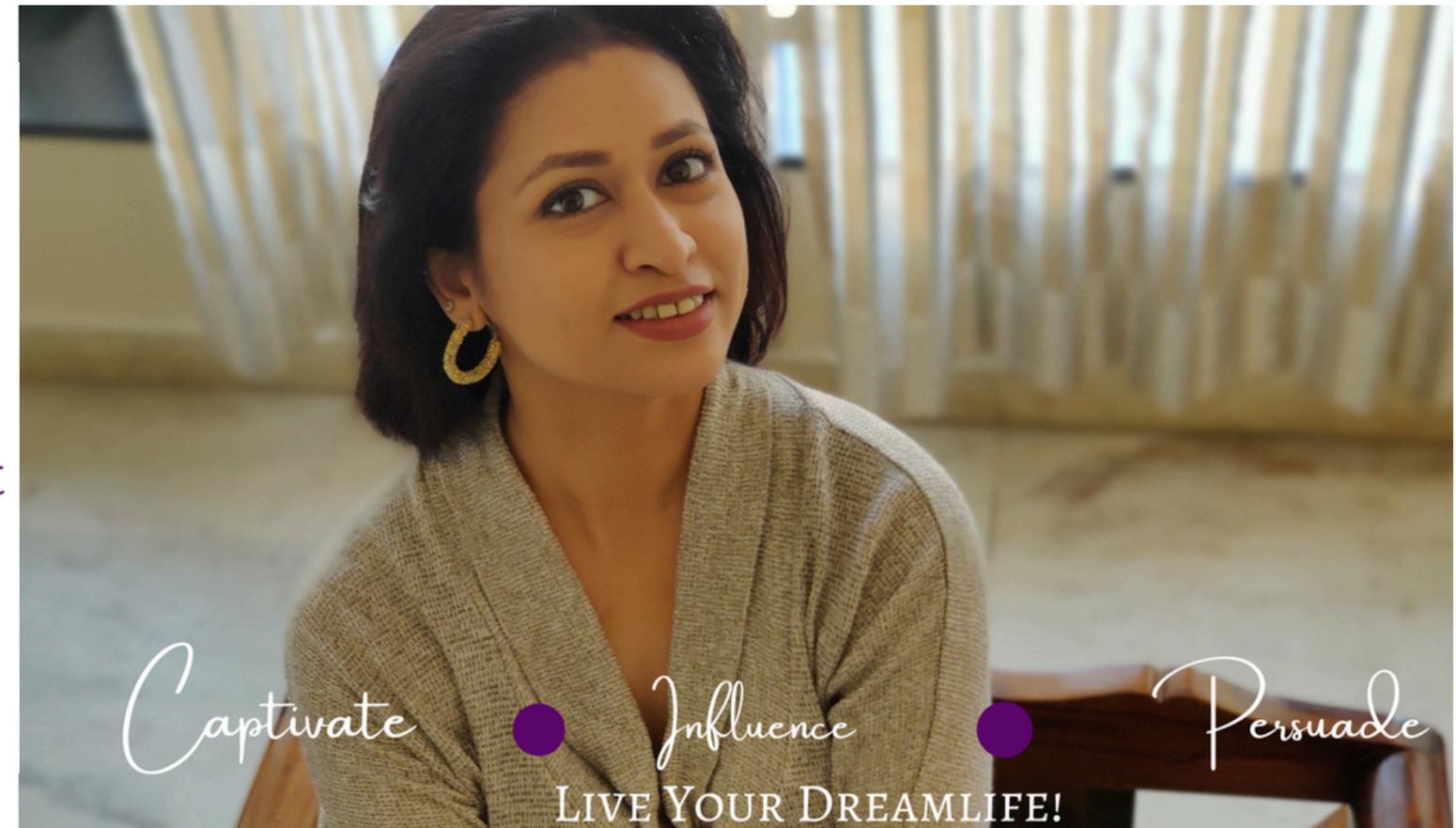
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