# A mindful approach to fashion for women over 50 embracing contemporary and seventies styles



A fresh perspective on fashion for women over 50 is encouraging embracing selected contemporary trends while steering clear of those better suited to younger generations. The Daily Mail recently outlined a mindful approach to style that celebrates modernity with a respectful nod to fashion's past, particularly the Seventies.

Highlighting eight key wardrobe pieces, the article suggests how women aged 50 and above can incorporate these trends without attempting to mimic their younger selves or their daughters' style choices too closely.

One standout recommendation is the suede jacket, reminiscent of the iconic look worn by Jane Birkin in the late 1960s. This garment, available from retailers such as Marks & Spencer (£279) and H&M (£182), pairs well with tailored trousers, offering a timeless and elegant option suitable across generations. Conversely, the article advises against full matching suede sets like shorts and tops, which are deemed more appropriate for younger wearers.

The article celebrates bright trainers as a versatile staple, noting that the trend extends beyond youth culture. Affordable options from Sainsbury’s (£18) and Primark (£14) make it accessible for those looking to add a pop of colour to their casual attire. However, high-tops and frayed cloth trainers remain in the 'for daughters only' category.

Delicate textures such as tulle and lace are identified as flattering for the over-50 demographic, provided they are used sparingly and maintain modesty. Options include M&S's feathered tulle tops and textured lace inserts from brands like Me+Em (£175), Wyse London (£125), and Boden (£46). The article cautions against clinging or bridal-style lace outfits, recommending more subtle applications instead.

Footwear from the Seventies, especially cork wedges and platform sandals, is having a resurgence. These items, such as Zara’s studded wooden wedges (£55.99) and M&S’s suede slip-on mules (£49.50), are advised for those comfortable walking in them, but paired with contemporary clothing rather than nostalgic ensembles like dungarees or embroidered jackets. Certain platform styles, reminiscent of celebrities like Jerry Hall, may not translate well outside their original era.

For a modern yet flattering look, the waistcoat worn without a top underneath is suggested, particularly for those with toned arms. The emphasis is on long-line, fitted designs with crew necklines (£119 at Aligne) and avoiding cropped or denim waistcoats, which are deemed youthful or less polished.

Pyjama-style co-ordinated sets, while very trendy with younger audiences, are generally reserved for holidays rather than everyday wear for those over 50. A notable exception is the elegant striped linen set from M&S’s Autograph range (£59 per piece), which can serve as a chic summer outfit.

Lastly, the bubble hem silhouette is recommended for its soft and feminine yet modern appeal. Pieces like the red balloon hem top and skirt from M&S (£29.50 and £39.50) strike a balance between playful volume and sophisticated simplicity. Full-skirted boho dresses, however, remain more suitable for younger fashionistas.

Overall, this guide encourages women over 50 to embrace a clean, simple, and modern style with thoughtful references to past decades, offering advice that balances youthful trends with age-appropriate elegance.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.youtube.com/watch?v=1aUwKOfh3zY> - Supports the focus on modern yet age-appropriate fashion, showcasing curated wardrobe favorites for women over 50, including tailored pieces like Spanx pants and elegant styling ideas.
2. <https://www.styleatacertainage.com/style-at-a-certain-age/2023-fashion-trends-for-women-over-50-im-wearing/> - Corroborates the emphasis on blending contemporary trends like leather, bold colors, and denim-on-denim with timeless elegance, aligning with the article's mindful approach to modern style.
3. <https://www.pinterest.com/pin/459719074454831819/> - Provides visual inspiration for casual yet polished outfits for women over 50, emphasizing simplicity and sophistication as recommended in the article.
4. <https://50isnotold.com/2023-fall-fashion-trends-you-should-be-watching-for/> - Validates trends mentioned in the article, such as leather accessories and red color schemes, while advocating for subtle integration of textures like fuzzy fabrics.
5. <https://www.youtube.com/watch?v=ufdDlcnheok> - Reinforces advice to avoid overly youthful trends like preppy loafer-and-sock combinations or excessively short skirts, emphasizing age-appropriate styling.
6. <https://www.youtube.com/watch?v=1aUwKOfh3zY> - Aligns with the recommendation of versatile staples like bright trainers and tailored suede jackets by showcasing practical, accessible fashion choices for mature audiences.
7. <https://www.dailymail.co.uk/femail/article-14653151/EIGHT-Gen-Z-trends-50s-wear-SHANE-WATSON.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data