

style wardrobe 101

#99 Silk trousers

By Glynis Traill-Nash

Fashion pedigree

Silk man-style pyjamas were sexy slumber wear for sirens as far back as the 1920s, especially for those fashion-forward types. Also during that decade, the interest in all things exotic meant that harem-style silk trousers also made an appearance in the bedroom. In the 1930s and '40s, wide-legged satin palazzo pants were considered the dernier cri in glamorous lounging wear – just think of those movie stars swishing across the screen in all their slinky, silky glory.

Why you need it now

Given that silk isn't traditionally one of the more robust fabrics, it hasn't been popular for day-to-day trousers. However as we no longer worry it very much in the urban jungle, designers now feel vindicated in their use of the fabric for everyday trousers. There was an abundance of silk trousers on the international catwalks for spring 2011, including Celine's zip-front, straight-leg styles, Galliano's floral prints and Givenchy's ultra-sheer chiffon – always a tricky look when heading out to Woolies but whatever.

What to look for

There are a number of trouser styles to choose from in silk, including draped-side and tapered, wide-legged palazzos and cargos. You can also find a great selection of printed styles, which are a great casual look when worn with a plain tee. Of course, the lighter the weight of silk, the less hard-wearing it will be, so try to look for heavier versions, such as washed silks and satins. But remember – especially at the height of summer – that silk in paler colours shows up the slightest patches of, er, sweat, so keep yourself in airconditioned comfort or choose darker shades.

Style to suit you

Athletic shapes

Go to silk cargo pants for a great look that's a step above casual but none too formal for weekend gatherings.

Petite shapes

Cropped trousers are the way to go, or otherwise roll up those cuffs and wear with great heels.

Busty shapes

You can afford to put some volume in the lower half, so look for some printed harem pants and finish off with a dark top and killer heels.

Seafolly Shoreline hat, \$49.95, seafolly.com.au.



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Pear shapes
Subtle draping at the top of the trousers is OK but be sure to wear with a wide-necked top or a great blazer.

Where to shop

Megan Park for floral trousers; Camilla for animal-print harem pants; Willow for

PERSONAL STYLIST

Main look Rachel Gilbert Maddox pants, \$220, and Maddox top, \$132, www.rachelgilbertshop.com.
Heels Witchery heels, \$169.95, 1800 640 249, witchery.com.au.
Top Witchery sequined tank, \$129.95, 1800 640 249, witchery.com.au.
Cargo pants Little Joe Woman Smoke pants, \$299, 9328 0799, littlejoeny.com.
Pants sass & bide pants, \$590, 9667 1667, sassandbide.com.



printed palazzos and draped styles; Little Joe Woman for relaxed styles; Ginger & Smart for printed and plain styles; camilla and marc for tapered, slouchy styles; luisaviaroma.com for Christophe Lemaire washed-silk trousers, Christian Cota slit-sided palazzo pants and 3.1 Phillip Lim slimline drawstring pants; net-a-porter.com for L'Wren Scott wide-legged satin styles.

beautyroadtest

Elicia Murray endures freezing temperatures in the name of feeling good.

The treatment

Cryolab cryotherapy treatment, \$79 for three minutes.

The claim

Blasting the body with temperatures below minus 160 degrees is said to aid injury recovery and ease muscle fatigue. The treatment, which is common in the US and eastern Europe, is also said to release endorphins and adrenalin into the bloodstream, easing symptoms of depression, psoriasis, inflammation and even cellulite. Five to 10 sessions are recommended to gain the full effect.

The process

After signing a disclaimer confirming that I don't have a range of medical conditions from high blood pressure to tuberculosis, I'm led to a room containing a tall stainless-steel covered cylinder attached to a tank labelled "liquid nitrogen". I'm instructed to strip down to my knickers, slip on the furry boots and hop into the cryogenic chamber. Once inside, the "cryotherapist" returns and explains the process, essentially ordering me to keep calm and keep moving. The chamber's floor rises so my head is poking out the top. The first blast of cold air sends clouds of vapour swirling. It's chilly but no colder than a bracing dip in the ocean. I shuffle around as the blasts continue. So far, so cold – but they're not painful until the last 30 seconds, around the time my nostril hairs freeze. Vacuum-pack me and send me to Steggles. I'm done.



The verdict

I'm no athlete, so I can't comment on the injury or muscle recovery claims. Niggling back pain does disappear for a few hours, I'm guessing because of the anti-inflammatory benefits of freezing your tits off.

Details Cryolab Performance & Injury Rehabilitation Centre, Suite 2, Level 1, Grace Hotel, 77 York Street, Sydney, phone 9299 9907, see cryolab.com.au.

MINI TREND Beach must-haves

February is the hottest month, so score some sartorial points with a bright beach bag full of glamorous essentials. Edited by **Natasha Silva-Jelly**.

Dior Glossy Gold limited-edition sunglasses with 18-carat-gold plate, \$2300, 9266 5459.



Rodial Brazilian Tan Daily, \$65, exclusive to Myer, 1800 811 611.

Chanel beach towel, \$590, chanel.com.



Condura canvas beach bag, \$19.95, condura.com.au.



SunnyLIFE Avalon beach paddles, \$19.95, sunnylife.com.au.



iPod Shuffle in silver, \$69, apple.com/au/retail.

Jets by Jessica Allen kimono-sleeve kaftan, \$409, jets.com.au.

