

End Of Summer Survival Guide



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Cathy Phillips Starnes,
personal and editorial stylist:

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Stylist Cathy Phillips Starnes of [Style Speaks](#) has been helping Washingtonians look their best for years. Ahead, her pro tips for looking cool, even when you're not feeling it.

The best fabrics and colors for hot summer months:

"Polyester is my go-to fabric in the summer. It's inexpensive, holds up well to the elements, hides sweat marks, and dries quickly. In terms of colors, darker shades and whites are great for hiding dampness. Patterned fabrics are also good — the mix of different colors will camouflage sweat better than solid colors. This [Maeve maxi-dress from Anthropologie](#) is a great example of what works — the darker colors and polyester fabric won't show sweat."

And the worst:

"Natural fibers such as thick cotton or silk will show perspiration the most. And always avoid grays if you expect to be breaking a sweat."

Cuts and silhouettes that will cool you down:

"Skirts and dresses are usually cooler than shorts or cropped pants. And since they're looser, they will keep any sweat from showing through around your legs. Going sleeveless when possible and choosing open necklines will also help ward off heat. If shoulder coverage is a must, try a blouse with wider sleeves that will feel nice and breezy."

Why (and how) to wear white to the office:

"A white lace dress will keep you professional, on trend, and cool in the summer heat. Yellow underarm stains that can plague white clothing in the summer are actually caused by sweat mixing with the aluminum found in many deodorants. Avoid them by opting for an organic or all-natural stick instead."

Tips for looking polished without overheating on your commute:

"A flutter sleeve is also a good option for work. Try tucking a ruffle-sleeve top into a lightweight A-line skirt. Keep a couple of crisp blazers at your office so that they don't crumple on the way in — these are great for throwing over sleeveless blouses and dresses. Finally, nothing works up a sweat quite like schlepping your heavy laptop bag and oversized tote all around town, so leave your stuff at the office as much as possible."