



# TIME(LESS) CAPSULE

A new book from stylist Kim Appelt simplifies the process of building a capsule wardrobe that's uniquely suited to you **By Andrea Karr**

**I buy the best quality that I can. If you look at something and feel "meh," don't buy it'**

**T**oronto's Kim Appelt has been a stylist for years, pulling looks for red-carpet events and editorials and giving fashion advice on TV (you may have seen her on *Cityline*) as well as her YouTube channel (@KimXO). But her favourite part of the job is more personal: diving into people's closets and helping them curate a collection that reflects their tastes and flatters their bodies. "Closets hold so much energy," she reflects. "They tend to be really cluttered with old pieces, so people can't move forward."

After receiving numerous requests for a book version of her video tutorials, she knew it was time to write *Style for Everybody*. The illustrated manual is filled with tips for crafting your personal style, decluttering your wardrobe and making mindful purchases. "In anything, you can't start without the building blocks," she says. "This book has the building blocks for women trying to get dressed."

**On her approach to style:** Take a breath. It's not life or death, but it is important because you want to walk out the door feeling good.

**On fast fashion:** My book is about spending money on quality pieces. They don't have to be designer, but I advise staying away from fast fashion because it will end up in a landfill. If you saw my closet, you would laugh because it's the smallest

space ever. But I'm a minimalist! I buy the best quality I can. If you look at something and feel "meh," don't buy it. Spend the money on pieces you love.

**On her prized items:**

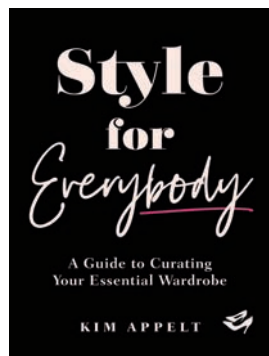
Fifteen years ago, I bought a Chanel wallet on a chain. Its cost per wear is down to pennies. It's something I throw across my body when I'm shopping. When I'm working, I stuff it in my tote as a wallet. I also have a pair of black Givenchy combat boots. I bought them on sale, but they were still expensive. I can wear them with a cute little skirt and an oversized blazer. They're 10 years old. I've even had them resoled.

**On timeless style icons:**

Jennifer Garner is classic. Of course, she's a little casual. Sofia Richie puts looks together with such elegance. Everything she wears is elevated, but it's easy to copy. I've

always loved Angelina Jolie. She wears the basics: a tote, a beautiful black mid-length dress. She never shows too much skin. Then there are the Olsen twins, who popularized that androgynous look.

**On her jewelry ethos:** I like to layer gold jewelry because warm tones look good on me. When I go in the ocean or the pool, I leave everything on. I don't like to be too fussy. I'm from Winnipeg! [Laughs] Everything I'm wearing right now can go in the ocean or out to dinner." **H**



*Style for Everybody: A Guide to Curating Your Essential Wardrobe* by Kim Appelt, \$26, penguinrandomhouse.ca

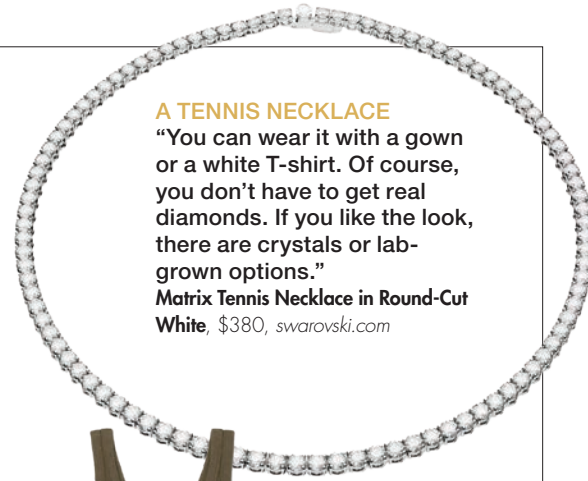
FROM LEFT: NO CREDIT; JOSE PEREZ/BAUER-GRIFFIN/GETTY IMAGES; PASCAL LE SEGRETAIR/GETTY IMAGES



**A SIMPLE TOTE BAG**  
"A tote never goes out of style. If you're casual, you could go for canvas. If you're bougie and want to spend more money, you might buy a Goyard or Louis Vuitton tote."  
**Mara Bag in Smooth Chocolate**, \$630, sezane.com



**AN UNSTRUCTURED BLAZER**  
"Everyone needs a blazer. The most classic style is unstructured and straight cut – not double breasted – with an average-sized lapel."  
**The Classic Relaxed Blazer in Black**, \$398, thereformation.com



**A TENNIS NECKLACE**  
"You can wear it with a gown or a white T-shirt. Of course, you don't have to get real diamonds. If you like the look, there are crystals or lab-grown options."  
**Matrix Tennis Necklace in Round-Cut White**, \$380, swarovski.com



**A MIDI TANK DRESS**  
"I have a couple of tank dresses. To be casual, I tie a knot at the side to make the dress shorter and add white runners and a denim jacket. I can also let it down, add a blazer and wraparound strappy sandals and I'm ready to go out."  
**The Ribbed Tank Dress in Beech**, \$121, everlane.com



**A STRAIGHT-LEG JEAN**  
"Jeans are a wardrobe staple and I like a straight leg – not too wide or too skinny – in some modification that works for your body."  
**The Cyndi High Rise Straight Jean in Light Indigo**, \$119, ca.frankandook.com



**A WHITE SNEAKER**  
"You can wear white sneakers with a dress or with athletic wear. You can also dress them up with a blazer, a collared shirt and a tailored jean."  
**Women's Couriers Shoes in Natural White**, \$170, allbirds.ca

**STYLE TIP**  
Toss your white sneakers in the washing machine with a towel to keep noise to a minimum and they'll come out looking good as new!

## Your Starter Pack

According to Kim, these six fashion workhorses stand the test of time and are a good place to start when crafting a classic capsule wardrobe