

Q. Women ask, “Hose or No Hose?”

By Clare Spiegel, America’s Image Coach

Professional Career

Hose should always be worn when dressing for Corporate Career. Always wear hose when wearing pumps of any heel height. Fashion today likes the nude colored leg so choose hosiery to match your skin tone. Sheer hosiery in taupe or off black are proper choices along with nudes during the winter months. Opaque stockings are particularly appropriate to give a Fall look and when the skirt is several inches above the knee. Match the opaque stocking to the skirt or the shoe... the skirt if the first choice. Opaque hose must always be a dark color such as black, brown or navy. Bright colored, white or off white opaques are not considered chic style for the corporate world.

Trouser sox or opaque stockings should be worn with pant suits. Do not wear sheer stockings with pants.

Business Casual brings a choice of hosiery depending on what job you have, your legs, their color and what you wear.

Hose should be worn if:

- You are wearing a knee length or above the knee skirt and your legs are not a sun tanned color. (White or gray white skin is not a good color for legs.)

No hose needed if:

- You are wearing an ankle length dress or skirt and the appropriate shoe to coordinate. You might choose a flat, a flat with a block heel, or a block heel slide. Some companies state no open toed shoes.
- Certain careers such as those in the arts, hair stylist and entrepreneurs, just to name a few, are perfectly well dressed wearing sandals in the workplace for summer. Hose are not to be worn with sandals.
- General rule: See toes, no hose!
- You are wearing pants. Trouser sox should be worn here particularly with a loafer which is the appropriate shoe. In summer, a fashionable block heel sandal or block heel slide would be appropriate without sox or hose.
- You are young, your legs are in terrific shape and they are suntanned.

Your New Image

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