

VITA

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Headwear

for spring and summer

With the help of Claire Featherstone, founder of Chemo Headwear, we look at how to choose headwear this spring and summer.

Headscarves, bandanas, turbans and hats can be a great alternative to wigs if you've lost your hair because of chemotherapy, and can help protect your head from the sun in warmer months.

Choosing the right fabric, colour and style can help you stay comfortable when the temperature rises, and feel more confident in your look.

Bespoke dressmaker Claire Featherstone started Chemo Headwear (chemoheadwear.co.uk) after a client, who was having chemotherapy, asked her to make some turbans and bandannas.

'Most of my clients have wigs,' says Claire, 'and many wear them for meetings or dinners out. But many people find them rather uncomfortable, hot and sweaty, so turn to more comfortable headscarves or hats.'

Be cool

Choosing the right fabric is essential as the days become warmer. For Claire, 'keeping cool while looking cool' is a priority.

'Always choose natural fibres that are wickable,' she says. Wickable means the fabric draws moisture away from the body, keeping you cool.

'I would suggest cotton or bamboo fabrics, but definitely not synthetic fabrics like polyester.'



Choosing natural fibres such as cotton will help you stay cooler in warm weather



Eliza visor scarf, available in Liberty prints or plain colours from chemoheadwear.co.uk

Make it personal

Hats, headscarves and turbans come in a wide variety of styles and colours.

'It's really helpful to try different styles on and see what suits you and what you feel comfortable in,' says Claire. 'Do you prefer a headscarf style, or is a stretchy jersey style more "you"?'

'It's a question of finding the headwear that suits your face shape and your personal style.'

Six tips

for choosing the right headwear

1. Look for natural fibres, such as cotton, as this will keep you cooler.
2. If you can, try on different styles to see what suits you best.
3. Think about how your headwear will work with the rest of your wardrobe.
4. Picking a colour that will bring out your eye colour can be really flattering.
5. Once you've chosen your headwear, experiment with your looks.
6. Think about matching your headwear and your make-up. For example, if you're going to wear red lipstick then pick a red headscarf or hat to complement it.

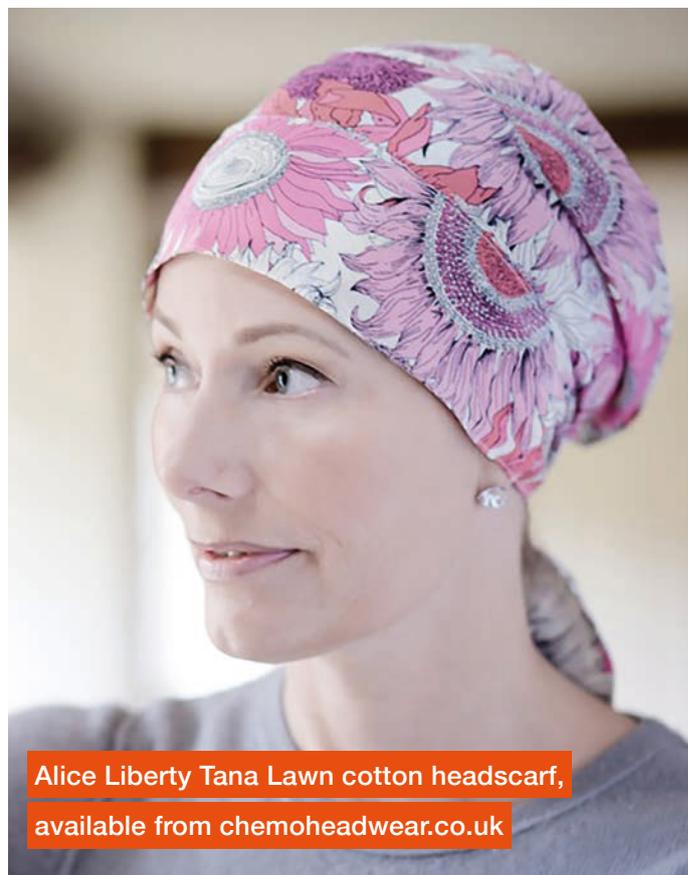
Match your wardrobe

Choosing the right style and colour can help you feel more confident with your new look, say Claire.

'It's worth looking at your wardrobe before choosing your headwear,' she says. 'If you wear a lot of print then choose a plain fabric; alternatively if your wardrobe is very plain then choosing a print could be a good idea.'

Claire also recommends thinking about your skin tone and eye colour.

'Picking a blue, green, grey or brown print to pick out your eye colour will result in a flattering headwear choice.'



Alice Liberty Tana Lawn cotton headscarf, available from chemoheadwear.co.uk

Accessorise

Some people feel more confident if attention is directed away from their hair. There are a number of ways of doing this. Jewellery such as earrings, necklaces, rings and brooches can attract attention.

'Big earrings are flattering,' says Claire. 'A hoop or a pearl or a bit of sparkle will help complete your look.'

'Whatever headwear style you choose, a pair of sunglasses looks great. Push them up on top of your head when you're inside. This makes your headwear look even more natural and part of you.'

You can find a list of headwear suppliers at breastcancercare.org.uk/headwearsuppliers

Turn to page 26 for a discount code for **Chemo Headwear**.