

# *CLOSET DETOX GUIDE*



*Bellini Chic*  
BOUTIQUE

## *Closet Detox Tips*



- ✦ Listen to uplifting music while you detox
- ✦ Take regular breaks to avoid overwhelm
- ✦ Pay attention to how each item fits and how it makes you feel
- ✦ Be honest with yourself about clothes that are too small
- ✦ Sort sentimental items last

## *The Detox Process*



1

Create 5 different piles; keep, recycle, donate, sell, fix

2

Sort through 1 section of your closet at a time

3

Try on each item of clothing and consider how it fits, looks, and makes you feel

4

Once complete take items to the recycling center or donate them as soon as possible



## *What to Keep*

- ✦ Items that fit your current size and body shape
- ✦ Items that you have worn at least once in the last 6 months
- ✦ Items that work for your current lifestyle and activities
- ✦ Items you really love and know you will wear
- ✦ Any sentimental items you don't want to part with

## *What to Recycle*

- ✦ Items that are falling apart
- ✦ Items that are misshapen or stretched
- ✦ Items that have fabric pilling
- ✦ Any ripped items or anything with holes
- ✦ Items that have stains or color has faded

## *What to donate or sell*

- ✦ Items that are in good condition with no damage or defects
- ✦ Items that no longer fit your size or body shape
- ✦ Items that you haven't worn in over 6 months
- ✦ Items that no longer work for your lifestyle
- ✦ Items that no longer make you feel amazing

## *What to fix*

- ✦ Quality items that need tailoring to fit your current size
- ✦ Quality Items that need re-hemming
- ✦ Quality Items that need new fasteners
- ✦ Shoes/boots that can be soled or heeled
- ✦ Quality bags and accessories that can be fixed

## *What if you are unsure about certain items?*

- ✦ If you have sentimental items that you are unsure whether you can let go of, it's ok! Take them out of your day-to-day closet and keep them in a storage bin or bag or if you have room in your closet, place them in a separate section.
- ✦ If you have items that are too small but you are actively working to lose weight, then take these items out of your day-to-day closet and keep them in a storage bin or bag. Just make sure that you are being realistic about whether they will fit again.
- ✦ If you have items that you are unsure as to whether they work for your current body shape then keep them to one side and we can review in our consultation.

# Getting your Closet Organized

## Amazon Product Suggestions

✦ Shoe Organizer Storage Box



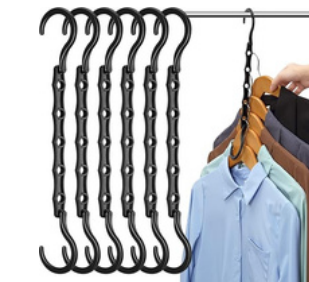
✦ Velvet Hangers



✦ Plastic Handbag Storage Organizer



✦ Space-Saver-Hanger



✦ Pants Hangers





If you have any questions about how to complete the closet detox then drop me an email. I'm always here to help!

*Bridget Aguirre*

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