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Wear Your Heart on Marabou Sleeves.

BY JESSICA IREDALE

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Go to your closet right now. Put on a dress, a skirt—hell, anything with a zip fly and numerical sizing. Tuck in your shirt. Whatever you do, resist the pull of a drawstring waist. Add a belt, your favorite pair of earrings. It doesn't have to be a big deal.

Doesn't that feel good?

The late, great Karl Lagerfeld once quipped that “sweatpants are a sign of defeat.” He was joking about the hegemony of athleisure at the time, but he also captured a timeless truth: Getting dressed—not just putting on clothes but really getting dressed, with thought, with the purpose of looking your best—is an act of power, control, and, yes, uplifting joy.

Now more than ever I appreciate the daily ritual of choosing an outfit to match my appointment book, my mood, my goals. I pride myself on assembling my wardrobe like the cast of a show, every piece getting a starring role. The opportunity to wear something beautiful that I love—I take it whenever I can. Times like this make you think about all you have and what you really need.

For Nina Yashar, the grande dame of Italian design, her Prada coat in *antiche rovine* fabric is a center of gravity. “When I wear it, I feel I am perfectly in harmony between my essence and my external appearance,” she says. For Cassandra Grey, the patron saint of West Coast serenity, a Celine trench she bought last year is a security blanket. “I would grab it for dear life if my house were on fire,” »»»



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SIMPLE PLEASURES

LEFT: **GIORGIO ARMANI** BLAZER (\$4,200), SIMILAR STYLES AT ARMANI.COM. **SALVATORE FERRAGAMO** SUNGLASSES (\$335), FERRAGAMO.COM. **DAVID WEBB** BROOCH (\$58,000), DAVIDWEBB.COM. **HERMES** HANDBAG (\$1,100), HERMES.COM. RIGHT: **PACO RABANNE** SKIRT (\$3,500), MATCHESFASHION.COM. **AKRIS** CLUTCH (\$1,190), AKRIS.COM. **PRADA** SANDALS (\$690), SAKS.COM



LEFT: **OSCAR DE LA RENTA** DRESS (\$3,990), OSCARDELARENITA.COM. **ASPREY LONDON** EARRINGS (\$4,500), ASPREY.COM. **CH CAROLINA HERRERA** CLUTCH (\$2,235), CHCAROLINAHERRERA.COM. RIGHT: **DOLCE & GABBANA** DRESS, US.
DOLCEGABBANA.COM. **IRENE NEUWIRTH** NECKLACE (\$34,160), IRENENEUWIRTH.COM. **MOYNAT** HANDBAG (\$5,200), MOYNAT.COM

she says. For Gabriela Hearst, getting dressed has become an act of defiance and strength. Her lockdown uniform of leather track pants, hemp linen dresses, and downy cashmere sweaters is like a hug. Each look is topped off with a swipe of colorful Hermès lipstick. “I never wear lipstick. Ever,” she says. “I started doing it when the pandemic hit New York, and I realized it’s war paint. It feels like protection.”

Personally, I loathe looking at my closet and seeing things that don’t get their due. I feel sorry for them, the way I did, as a child, for the stuffed animals I didn’t play with as much as I used to. In many ways my clothes, shoes, bags, and jewelry, like my old toys, are my friends. They help me, protect me, make me feel strong, confident, powerful, serious, sexy, beautiful, or comfortable. They make

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GROCERY SHOP AS IF YOU’RE GOING TO THE THEATER

“Because you are: the theater of the street. Getting dressed with care is a mood elevator; it’s a visual, sensual, and aesthetic pleasure. Try hunting for your disinfectant spray the way I do—in vintage Geoffrey Beene and Jean Schlumberger for Tiffany & Co. jewels.”

— Amy Fine Collins

me feel like myself.

My black Comme des Garçons jacket gives me the illusion that I have a PhD in devastating sideways looks. My patchwork Junya Watanabe jeans made my last two boyfriends cringe, but they and I remain very happy together.

Then there’s that Dries Van Noten pink and blue dress in the most delicate chiffon; it has been all but destroyed over and over by my dry cleaner, but it will be repaired until kingdom come because that dress and I know true love. We look at each other and we just *know*.

That’s the thing about getting dressed. Part of it is about personal choice and pleasure, but projection and reflection are just as crucial. Whatever you wear is part of your conversation with the world. It’s how you tell your story. Soon enough we’ll pick up the thread again. We’ll shop, too, this time carefully, buying things designed to last, like a Brunello Cucinelli blazer, a cuff from Verdura, maybe even an Hermès scarf. For now, don’t leave your friends hanging. Take them out for a spin, even if it’s just to go around the block. **T&C**

WANT TO HELP?

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