



# the slow fashion guide

How your actions can have an impact on the world, save you money, and boost your fashion look.



## the *éclipse* ethos

*éclipse* is about freedom in simplicity.

Our clothes are made of highest quality 37.5® performance fabric, which manages your body temperature by precisely absorbing and releasing moisture, while having the added benefit of providing maximum UPF50+ sun protection. Our fabric offers a luxury feel, and our flattering designs let you wear *éclipse* from yoga or skiing to dinner. One of our pieces will replace a few in your wardrobe.

As an apparel company, we are aware of the waste that unwanted clothing creates and sensitive to our place and role in the planet's ecosystem. That's why we promote thoughtful consumption by manufacturing high quality, durable clothing locally.

Our mission is helping people only accumulate the clothing, thoughts, and activities that make their journey better.



# CONTENTS

YOUR NEW SPACIOUS WARDROBE IS CALLING	3
FAST FASHION VS. SLOW FASHION	4
YOUR JOYFUL WARDROBE MAKEOVER	5
STEP 1: SPEND TIME WITH YOUR CLOTHING	6
STEP 2: TAKE ACTION, SLOW AND STEADY	7
STEP 3: REPURPOSE, SELL/CONSIGN/SWAP AND DONATE	8
STEP 4: CREATING YOUR FIRST CAPSULE WARDROBE	9
STEP 5: CREATING YOUR FIRST TRAVEL CAPSULE	10
STEP 6: WHEN YOU BUY NEW, BUY SLOW	11
<i>ÉCLIPSE'S</i> FREEDOM IN SIMPLICITY	12
FINAL THOUGHTS	13

## Your new spacious wardrobe is calling.

Say **YES** to slow fashion and freedom in simplicity, and revel in the ease of it.

A sense of well-being, like you feel when sand, water and a breeze are near.

Glowing from the satisfaction of living light.

Getting ready for anything is a cinch. When you step into your closet, you step into ease.

This elevated state is supported by including only select pieces that flatter, harmonize, and envelop you in comfort.

This is what blissed-in feels like.

You've successfully éclipsed the outer world, from within.



## The Fast Fashion Problem

Here are some sobering facts about today's fashion industry:



On average, people bought 60% more garments in 2014 than they did in 2000! **Fashion production makes up 10% of humanity's carbon emissions**, dries up water sources, and pollutes rivers and streams



The term '**fast fashion**' refers to cheaply produced and priced garments that copy the latest catwalk styles and get pumped quickly through stores in order to maximize on current trends. It's a relatively recent phenomenon, but its **rapid expansion over a short time is deeply concerning from a sustainability perspective**



**5% of all textiles go to the dump each year**



**Washing clothes, meanwhile, releases 500,000 tons of microfibers into the ocean each year**, the equivalent of 50 billion plastic bottles

## The Slow Fashion Solution

The éclipse motto is '**Freedom in Simplicity**'.

We believe in owning fewer items, that are high quality, locally, sustainably and ethically manufactured, and curating objects and apparel that are multi-functional with beautiful aesthetics, which all adds up to using less.

**We can have a direct impact on this harmful trend through our buying decisions:**

- Purchase fewer, high quality clothes only when needed
- Consider who made your clothes
- Establish a palette of neutrals with a few accent colors
- Two or three signature pieces is enough
- Know your style, (but allow yourself to) refine it over time



**VOTE FOR QUALITY VIA YOUR SPENDING**



**LESS IS MORE**



**HIGH QUALITY, CLASSIC CLOTHING**



**MAKING A GLOBAL DIFFERENCE WITH EACH PURCHASE**

# YOUR JOYFUL WARDROBE MAKEOVER

LESS STUFF + MORE FREEDOM =

FREEDOM IN SIMPLICITY

**Less stuff inspires freedom.**

Fewer possessions means:  
less time  
sorting,  
organizing,  
cleaning,  
tidying ,  
processing.

**Living in simplicity gives you  
the time to focus on  
what you want to do more of in your life.**

**No more being bogged down  
by the responsibility of “stuff”.**

**Here are the steps to create your own  
Freedom in Simplicity,  
starting with your wardrobe:**



# YOUR JOYFUL WARDROBE MAKEOVER

## STEP 1:

### Spend time with your clothing!

This is your first step in creating space in your wardrobe, as you think about:

- What do you want to create more of, and less of?
- Do you want fewer pieces in your wardrobe, that do more?
- Are you ready to create a wardrobe with only pieces you USE and LIKE?

If so, we'll help you **JOYFULLY** jumpstart your goals!



#### Spend time with your clothing:

- Look at and feel your garments, thinking about the last time you wore it, and if it still gives you joy.
- Do you have a lot of the same type of pieces (t-shirts, jackets, jeans, athletic wear...)?
- Is the quality of the clothing good enough to last for years to come?

You don't have to make any decisions today, just tune into your thoughts and feelings.

Tomorrow, we start making decisions.

# YOUR JOYFUL WARDROBE MAKEOVER

## STEP 2:

### Take action, slow and steady!

Here's where you'll start making decisions about what to keep, and what to do with the rest.



**First**, create an environment for yourself that's motivating:

Turn on a favorite TedTalk, tv series, music - or silence! Whatever works for YOU is the right thing to do!

**Next**, create a space where a few piles of clothing and shoes can stay for a day or two out of the way. Remember that this process isn't a sprint, so no pressure to make all the decisions in an hour!

Now it's time to **Start**: Try each piece on and make sure it fits comfortably, and is still your style.

Begin with one category of clothing, and start small - socks are a great starting point! Then, move on to the next category with the smallest items, and keep making your way through each type of clothing.

And then **Decide**: keep or remove.

If it's a piece to remove, place it in one of the following piles:



Repurpose



Sell/Consign



Swap



Donate

**Take your time and work at a pace that feels right to you!**

Sometimes it can be really motivating to start to clear out what you don't need, but it can also be mentally (and physically!) fatiguing to process each piece of clothing. This step may take an afternoon, a whole day, or even a week, but the result is worth the time spent, because you'll have a spacious wardrobe consisting of pieces you'll truly wear ~ and love.

# YOUR JOYFUL WARDROBE MAKEOVER

## STEP 3:

### Repurpose, Sell/Consign/Swap, and Donate

It's time to relocate your unwanted items! Ideally, this is done as soon as you've completed your closet clean-out so you avoid second-guessing your decisions! Make sure everything is clean and ready to go to their new home:



#### Repurpose:

Is there a top you loved but just didn't fit right anymore, and you don't want to part with it? **Repurpose it:** have a professional tailor make it into a tank top, or create drawer sachets from it filled with lavender, or even cut it into squares for use on a bigger project later (maybe a quilt?).



#### Sell:

Online stores like **Ebay** and **Poshmark** are successful resources for selling your clothing ~ they give you a platform to advertise your items for sale, and they charge either a set fee per item and/or a commission on each item sold. It takes time to list items (photographing and writing descriptions, researching effective pricing), so if you'd rather have someone else do the work, consider consigning your clothing instead.



#### Consign:

**Consignment clothing stores** will agree to sell your clothes for you for a set amount of time (1-3 months typically), and pay you after your item(s) sell. You'll usually make 40-60% of what the item sells for. If your items don't sell, you usually have a choice of picking them up at the end of the agreed-upon timeframe, or the store will donate them for you. Having your clothing clean, hanging on hangers and only bringing items in that are in great condition increases your chances of a consignment store agreeing to sell your clothes, and be successful at making you \$\$!



#### Swap:

**We love Clothing Swaps:** it's a chance to get together with friends and meet new people, get rid of items you don't want or need anymore, and maybe find a treasure or two for yourself! Plus, all the clothing not swapped can be donated to your favorite organization.

Check Facebook events, Meetup and Eventbrite sites and search for local clothing swaps nearby. Can't find a local swap? Organize one! It's easy to do, and the internet has lots of info on how to create the perfect Swap for you and your friends



#### Donate:

**It's a win/win/win** - quickly get rid of clothing you no longer want, while your items find new homes, and you receive a tax write-off!



# YOUR JOYFUL WARDROBE MAKEOVER

## STEP 4:

### Create Your First Capsule

Having less clothing makes it easy to organize your wardrobe into **CAPSULES**, so you can get dressed in a cinch.



Start with a module which consists of elements that all match with each other:

- 1 outer layer (eg jacket, cardigan), +
- 3 tops (shirt, blouse), +
- 2 bottoms
- = **12 outfits!**

**Protips:**

Each top goes with each bottom. Start off the module with a patterned shirt for color ideas

Blend two modules = **72 outfits!**

Blend three modules = **216 outfits!**

**COMBINE:** Signature pieces, thrift shop finds and versatile essentials to add even more variety and personal style to your outfits.

# YOUR JOYFUL WARDROBE MAKEOVER

## STEP 5:

### Create Your First Travel Capsule

Traveling for work or play? Let's Build A Travel Capsule!

**6 Go-To Pieces** that will streamline a wardrobe and make an ideal one week travel, kit: **7 days of outfits** in one convenient carry-on!

tee



tunic



hoodie



large wrap



pants



romper



Visit our [Travel Module](https://eclipseglove.com/collections/frontpage) page for the full line of **éclipse** travel essentials:  
<https://eclipseglove.com/collections/frontpage>

# YOUR JOYFUL WARDROBE MAKEOVER

## STEP 6:

### When You Buy New, Buy Slow

You've worked hard to curate your wardrobe.

Now, be just as mindful with what you allow as you are about what you don't allow into your closet (and home)

Allow only items into your wardrobe that are:

- Durable
- Timeless
- Cut & Sewn Locally
- Flattering Lines & Colors
- Comfy
- Versatile  
(think: Yoga - Work - Dinner)



# YOUR JOYFUL WARDROBE MAKEOVER

## éclipse's Freedom in Simplicity

Each éclipse piece is constructed of patented performance fabric with the benefits of:

### Managing Your Body Temperature



### Quick To Dry



### Providing nearly 100% sun protection



**These benefits of éclipse apparel don't diminish over time -**  
unless the fabric is in shreds, pass it on (and if it's in shreds - repurpose!)

**Whatever you do, don't throw the clothing away** ~ remember Repurposing from Step 3?

One person's trash is another's treasure ~ donate that fabric so it can have a new life in a new form.

Keep in mind that what doesn't serve you may serve another...and you are keeping clothing out of the landfill.

**You are making a difference!**

# YOUR JOYFUL WARDROBE MAKEOVER

## FINAL THOUGHTS

**Are you ready for more freedom in simplicity?**

The Joyful Wardrobe Makeover Steps can apply to all areas of your home: your fridge, cabinets, garage, storage closets...any place that you store or display your items.

*When you have less stuff in general, you feel the freedom that comes with simplicity.*

**Congratulations on successfully éclipseing the outer world, from within!**

