



INTERNATIONAL  
ASSOCIATION OF  
STYLE COACHES

DIGITAL COLOUR TOOLS  
FOR PROFESSIONAL STYLE COACHES™

# COLOUR ANALYSIS CHEAT SHEETS

EPISODES 1 & 2

BROUGHT TO YOU IN PARTNERSHIP WITH

*Style Coaching Institute®*  
GLOBAL LEADERS

# Cheat Sheet: SKIN TONE

*StyleCoachingInstitute*<sup>®</sup>  
GLOBAL LEADERS

	UNDERTONE		
LIGHT	COOL	NEUTRAL	WARM
	BEIGE FAIR	NATURAL FAIR	GOLDEN LIGHT
MEDIUM	BEIGE LIGHT BEIGE	NATURAL LIGHT	GOLDEN MEDIUM GOLDEN DARK
MEDIUM DEEP	BEIGE MEDIUM BEIGE DARK COCOA LIGHT	NATURAL MEDIUM NATURAL DARK TAWNY FAIR	HONEY FAIR HONEY LIGHT HONEY MEDIUM HONEY DARK
DEEP	COCOA COCOA MEDIUM DEEP MAHOGANY	TAWNY MEDIUM TAWNY MEDIUM	CHESTNUT LIGHT CHESTNUT MEDIUM

# Cheat Sheet: SKIN TONE

Style Coaching Institute®  
GLOBAL LEADERS



## Skin Tone I

You tend to have very pale, porcelain or ivory toned skin. You always burn in the sun, and your skin could have a naturally reddish undertone. Your eyes are most likely blue, grey or green and you might have blonde or red hair.

## Skin Tone II

You have a fair or cream-coloured complexion, often coupled with subtle beige undertones. Your eye and hair colour could fall anywhere along the range of light to dark, and you may have freckles. You are able to tan occasionally.

## Skin Tone III

You may have a golden, honey-hued skin tone, or a light olive complexion. You can gradually build up a sun-kissed glow, but have to be cautious not to burn at the start of summer.

## Skin Tone IV

Your skin is a gorgeous caramel tone, and tans quickly without burning. You most likely have dark hair and eyes that range from dark to hazel to ebony.

## Skin Tone V

Your skin tone might range from radiant bronze to a rich brown. Both your hair and your eyes are likely to be naturally dark. You very rarely sunburn and generally tan quickly and easily.

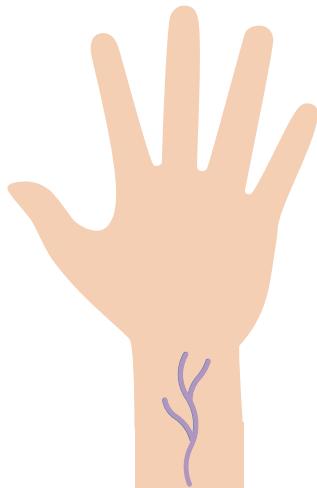
## Skin Tone VI

Your skin tone falls in the range of deep mahogany to espresso. You almost never have sunburn and you tan quickly and deeply. You are likely to have both dark hair and dark eyes.

Images Copyright: [www.ultra.com](http://www.ulta.com)

# Cheat Sheet: UNDERTONE

Style Coaching Institute®  
GLOBAL LEADERS



## Cool Undertones

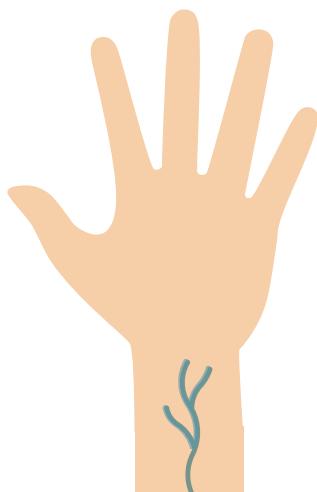
Veins appear blue/purple in natural light  
Silver jewellery looks best on you, but you can also wear rose gold  
Base colour of skin looks rosy, beige or has hints of blue, pink or red



Veins



Silver & rose gold jewellery



## Neutral Undertones

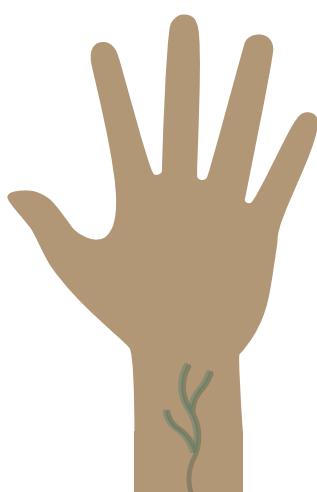
Veins appear blue/green in natural light  
Both silver & gold jewellery look good on you  
Base colour of skin doesn't appear pink/blue or yellow/gold/peach



Veins



Silver & gold jewellery



## Warm Undertones

Veins appear green or olive in natural light  
Gold and bronze jewellery & earth tones look best on you  
Base colour of skin looks warm, yellow, golden or creamy



Veins



Gold & Bronze jewellery

## Cheat Sheet

# EYE COLOUR

	Cyan
	Dark Green
	Deep Brown
	Blue Grey
	Azure
	Emerald Green
	Dark Hazel
	Dazzling Grey
	Light Blue
	Soft Green
	Light Brown
	Warm Grey
	Cool Blue
	Light Green
	Brown
	Light Grey
	True Blue
	Warm Green
	Light Hazel
	Dark Grey
	Bright Blue
	Green
	Amber
	Grey

# Cheat Sheet: EYE COLOUR

Style Coaching Institute®  
GLOBAL LEADERS



## Amber

Often confused with hazel eyes, amber eyes tend to be a solid golden or copper colour without flecks of blue or green typical of hazel eyes.



## Blue

An eye that looks blue may be a tapestry of warm and cool greens, or may be better described as turquoise. Amazingly, you often can't see the green present in blue eyes unless certain colours are worn, then suddenly the eye colour seems to 'pop'.



## Brown

Brown is the most common eye colour. Individuals with brown eyes have more melanin present, and over half of the people in the world have brown eyes. Brown eyes can range from honey toned to copper, bitter chocolate to ebony.



## Grey

Grey eyes may be called "blue" at first glance, but they tend to have flecks of gold and brown. And they may appear to "change colour" from grey to blue to green depending on lighting, and mood (which may change the size of the pupil, compressing the colours of the iris).



## Green

Green is the least common eye colour, but take note if the green is soft and muted, bright or dark, yellow-green or olive... Green eyes can often have golden flecks, which means they can easily be mistaken as hazel.



## Hazel

Hazel eyes mostly consist of shades of brown and green. Much like grey eyes, they may appear to "change colour" from green to light brown to gold. Individuals whose eyes appear to be one colour closest to the pupil, another colour a little further out, and another colour around the edge of the iris are likely to have hazel eyes.

# Cheat Sheet

# HAIR COLOUR

Style Coaching Institute®  
GLOBAL LEADERS



Cool Brown



Neutral Brown



Warm Brown



Medium Chestnut



Light Golden Brown



Soft Honey Brown



Light Brown



Medium Brown



Medium Cool Brown



Medium Warm Brown



Ash Blonde



Ash Brown



Medium Brown w/Honey



Mushroom Brown



Deep Brown w/Caramel



Bitter Chocolate



Dark Reddish Brown



Dark Chestnut Brown



Dark Golden Brown



Dark Mocha Brown



Plum Black



Burgundy Black



Ebony



Black



Blue Black

# Cheat Sheet

# HAIR COLOUR

Style Coaching Institute®  
GLOBAL LEADERS



Iced Champagne  
Blonde



Platinum  
Blonde



Strawberry  
Blonde



Cool Rose  
Blonde



Pearl  
Blonde



Light Cool  
Blonde



Light Golden  
Blonde



Medium Golden  
Blonde



Champagne  
Blonde



Golden Blonde  
w/highlights



Light  
Ash Blonde



Medium  
Ash Blonde



Dark Ash  
Blonde



Soft Honey  
Blonde



Dark Golden  
Blonde



Cool Violet  
Blonde



Caramel  
Blonde



Golden Honey  
Blonde



Sandy Blonde



Dirty Blonde



Silver



Light Ash  
Grey



Dark Ash  
Grey



Gunmetal  
Grey



Soft  
Charcoal

# Cheat Sheet

# HAIR COLOUR

Style Coaching Institute®  
GLOBAL LEADERS



Light Auburn



Medium Auburn



Dark Auburn



Light Golden Auburn



Muted Dark Auburn



Light Copper



Medium Copper



Dark Copper



Coppery Gold



Copper & Ginger



Light  
Reddish Brown



Medium  
Reddish Brown



Dark  
Reddish Brown



Ombre Ginger



Natural Ginger



Auburn  
Strawberry



Rosewood



Spicy Cinnamon



Hot & Fiery  
Ginger



Rich & Deep  
Mahogany



Cool & Dark  
Mahogany



Muted  
Burgundy



Burgundy  
Brown



Burgundy  
Red



Burgundy  
Black

## WARM?



Suits gold or bronze toned jewellery



Base tone of skin looks warm, yellow, golden or creamy

Suits silver or platinum toned jewellery

Base tone of skin looks rosy, beige or has hints of blue, pink or red

Veins on wrist appear to be green

Veins on wrist appear blue or purple

Suits off-white or cream

Suits bright white

Suits brown more than black

Suits black more than brown

Skin tans easily, sunburns rarely

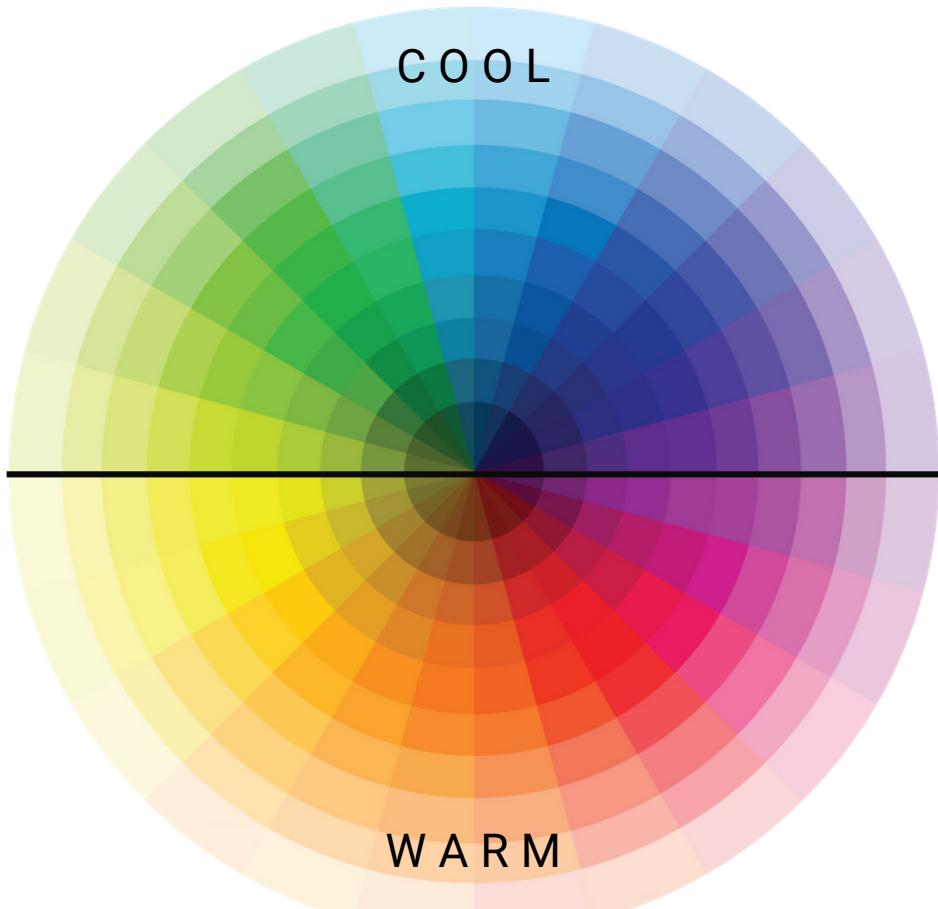
Skin sunburns easily, tans gradually

## COOL?



# Cheat Sheet

# COLOUR WHEEL



## COLOUR PROPERTIES



WARM



COOL



BRIGHT



MUTED



LIGHT



DARK

## COLOUR HARMONIES



ANALOGOUS



COMPLEMENTARY



TRIAD



SPLIT  
COMPLEMENTARY



TETRAD



MONOCHROMATIC



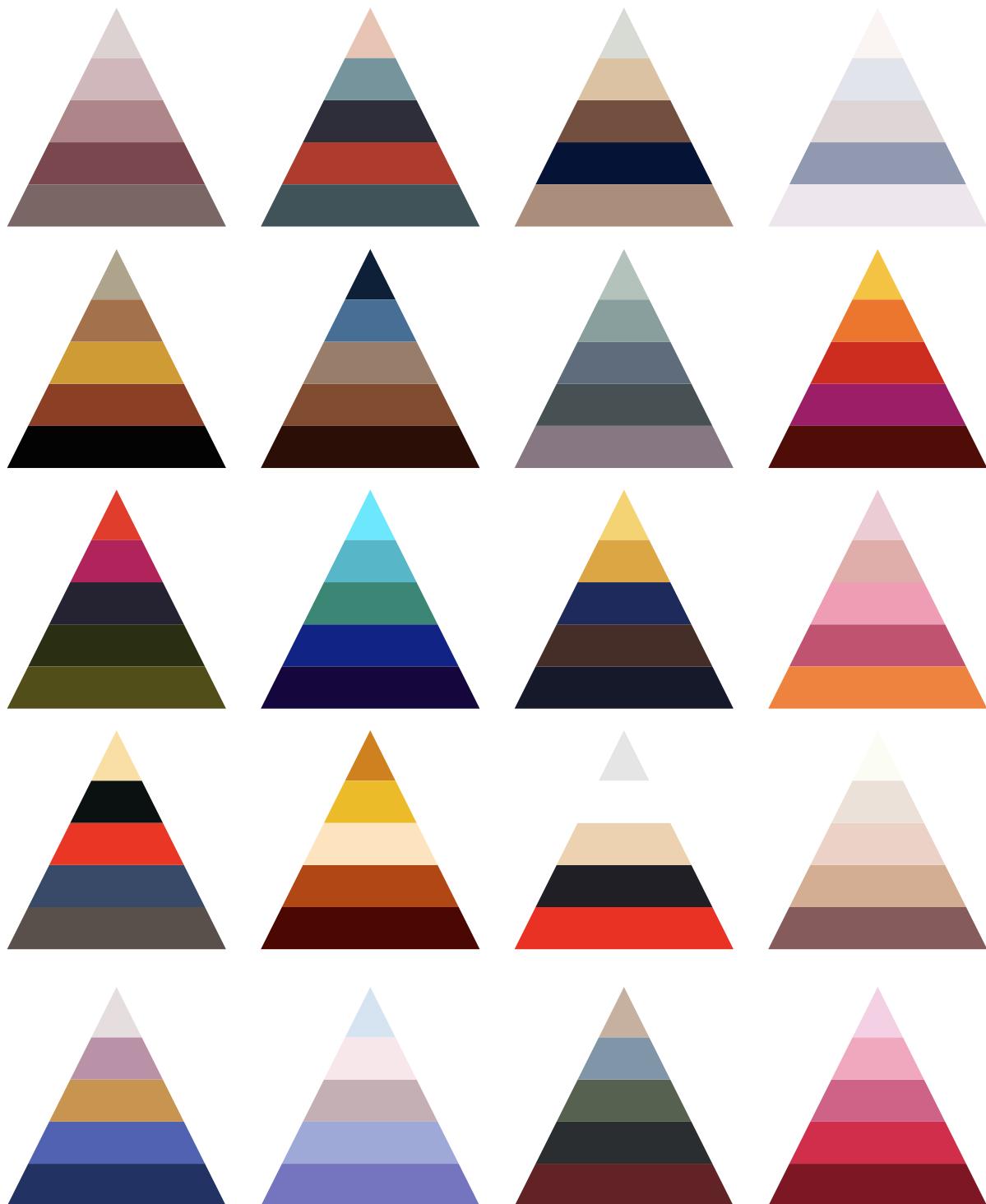
SQUARE

Style Coaching Institute®  
GLOBAL LEADERS

# Cheat Sheet

# COLOUR PYRAMIDS

StyleCoachingInstitute®  
GLOBAL LEADERS



Pinterest

[CLICK HERE FOR MORE COLOUR COMBINATIONS >>](#)

# COLOUR & EMOTIONS



## BLUE

Tranquility  
Security  
Integrity  
Trust  
Intelligence



## TURQUOISE

Spiritual  
Healing  
Protection  
Sophistication



## GREEN

Freshness  
Environment  
Fertility  
Healing  
Earth



## YELLOW

Brightness  
Energy  
Warmth  
Happiness  
Joy



## PURPLE

Royalty  
Spirituality  
Luxury  
Ambition  
Wealth



## PINK

Health  
Happiness  
Femininity  
Compassion  
Playfulness



## RED

Love  
Passion  
Power  
Strength  
Desire



## ORANGE

Courage  
Confidence  
Friendliness  
Success  
Optimism



## BROWN

Approachability  
Dependability  
Nature & Earth  
Longevity  
Grounded



## TAN

Calmness  
Warmth  
Simplicity  
Neutrality  
Understated



## GOLD

Wealth  
Wisdom  
Prosperity  
Value  
Tradition  
Luxury



## SILVER

Glamour  
Innovative  
Graceful  
Advancement  
Healing  
Reflection



## WHITE

Innocence  
Purity  
Freshness  
Cleanliness  
Clarity  
Simplicity



## GREY

Security  
Reliability  
Intelligence  
Dignity  
Maturity  
Practicality



## BLACK

Intelligence  
Elegance  
Classic  
Protection  
Mystery  
Dramatic

# *dominant & secondary* COLOUR EQUATIONS

To discover an individual's 'colour season', we must begin by recognising which of the six colour characteristics is most dominant or obvious in their features and which is their secondary trait.

The 6 characteristics of colour are:

- VALUE: light or dark
  - CHROMA: muted or bright
  - HUE: warm or cool

**Step 1:** Simply observe the individual's Hair, Skin and Eyes. How would you describe them? If 2 out of 3 could be described as one of the above then this is their dominant or primary colouring.

**Step 2:** If the person's dominant characteristic is on the value (light or dark) or chroma scale (muted or bright), determine their hue next. If their dominant characteristic is on the hue scale (warm or cool), move on to determining their chroma next.

DOMINANT IS EITHER...

DARK      LIGHT      MUTED      BRIGHT

— *value* — — *chroma* —

*Then* SECONDARY WILL BE EITHER...  
WARM OR COOL  


*if* DOMINANT IS...  
WARM OR COOL  


*Then* SECONDARY WILL BE...  
MUTED OR BRIGHT  
*chroma*

# 12 season COLOUR EQUATIONS

Style Coaching Institute®  
GLOBAL LEADERS

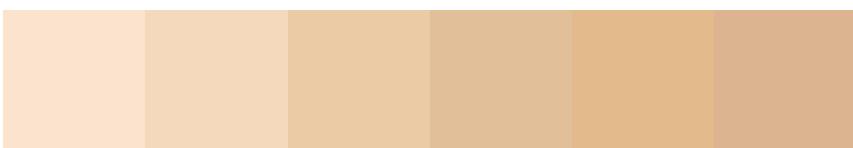
<b>DOMINANT</b>  <b>DARK</b>  <i>value</i>	+ <i>hue</i>	<b>SECONDARY</b>	=	<b>COLOUR SEASON</b>
		<b>WARM</b>	=	<b>DARK AUTUMN</b>
<b>DOMINANT</b>  <b>LIGHT</b>  <i>value</i>	+ <i>hue</i>	<b>COOL</b>	=	<b>DARK WINTER</b>
		<b>SECONDARY</b>	=	<b>COLOUR SEASON</b>
<b>DOMINANT</b>  <b>MUTED</b>  <i>chroma</i>	+ <i>hue</i>	<b>WARM</b>	=	<b>LIGHT SPRING</b>
		<b>COOL</b>	=	<b>LIGHT SUMMER</b>
<b>DOMINANT</b>  <b>BRIGHT</b>  <i>chroma</i>	+ <i>hue</i>	<b>SECONDARY</b>	=	<b>COLOUR SEASON</b>
		<b>WARM</b>	=	<b>MUTED AUTUMN</b>
<b>DOMINANT</b>  <b>WARM</b>  <i>hue</i>	+ <i>chroma</i>	<b>COOL</b>	=	<b>MUTED SUMMER</b>
		<b>SECONDARY</b>	=	<b>COLOUR SEASON</b>
<b>DOMINANT</b>  <b>COOL</b>  <i>hue</i>	+ <i>chroma</i>	<b>WARM</b>	=	<b>BRIGHT SPRING</b>
		<b>COOL</b>	=	<b>BRIGHT WINTER</b>
<b>DOMINANT</b>  <b>WARM</b>  <i>hue</i>	+ <i>chroma</i>	<b>SECONDARY</b>	=	<b>COLOUR SEASON</b>
		<b>MUTED</b>	=	<b>WARM AUTUMN</b>
<b>DOMINANT</b>  <b>COOL</b>  <i>hue</i>	+ <i>chroma</i>	<b>BRIGHT</b>	=	<b>WARM SPRING</b>
		<b>SECONDARY</b>	=	<b>COLOUR SEASON</b>
<b>DOMINANT</b>  <b>COOL</b>  <i>hue</i>	+ <i>chroma</i>	<b>MUTED</b>	=	<b>COOL SUMMER</b>
		<b>BRIGHT</b>	=	<b>COOL WINTER</b>

# Light Spring

LIGHT + WARM



**SKIN**



Your skin is light for your ethnicity and ranges from fair to medium golden, honey to tan, with either neutral or neutral-warm undertones. You may see hints of golden yellow or 'peaches and cream'.

**HAIR**

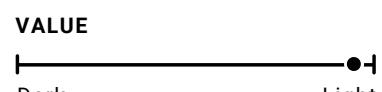
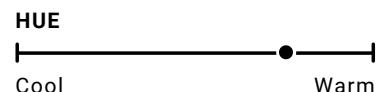


**Style Coaching Institute®**  
GLOBAL LEADERS IN STYLING

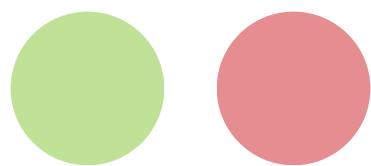
## LIGHT, DELICATE & WARM COLOURS



## DIMENSIONS



## WOW COLOURS



Apple Mint

Flamingo



Corn Yellow



Peach Melba



Aquamarine



Light Pansy



Light Aqua

# Bright Spring

BRIGHT + WARM

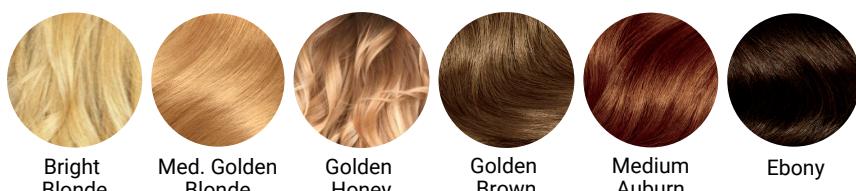


**SKIN**

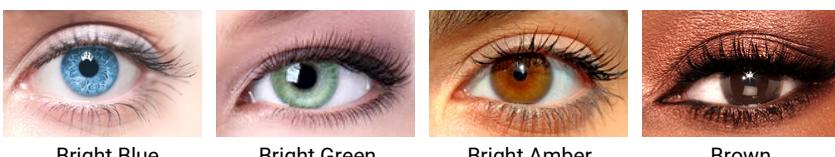


Your undertone is either neutral or neutral-warm, which means you can wear both gold and silver (but gold will look slightly better). Skin tones vary from fair to dark but appear light for the person's ethnicity. The contrast levels will be high, and the eyes will be a standout feature. The skin will have a warm, yellow base, ranging from light to medium golden, tan, honey, or warm cocoa.

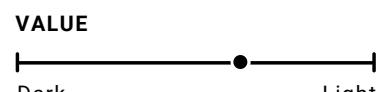
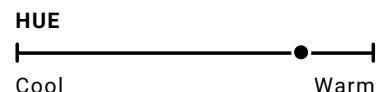
**HAIR**



**EYES**



## DIMENSIONS



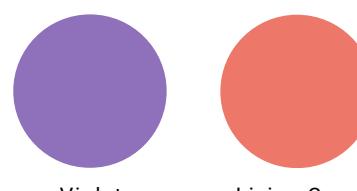
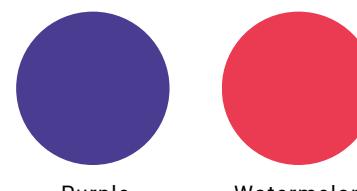
VEINS



JEWELLERY



## WOW COLOURS



## BRIGHT, CLEAR & WARM COLOURS



# Warm Spring

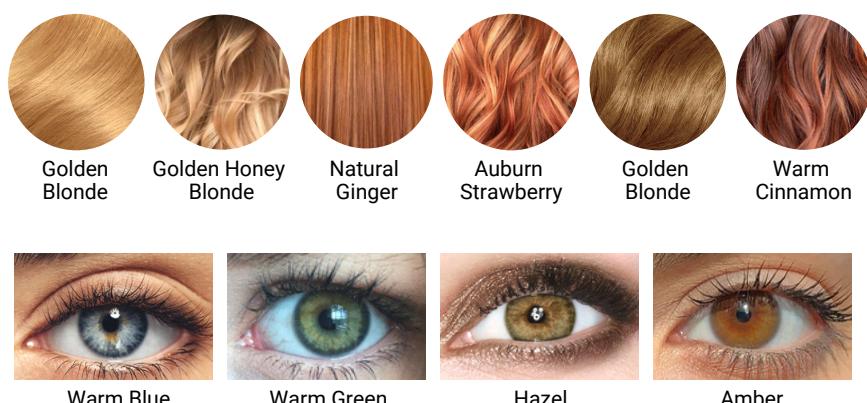
**WARM + BRIGHT**



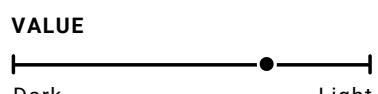
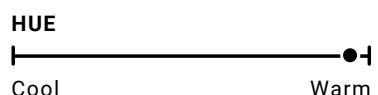
**SKIN**  
**HAIR**  
**EYES**



Your overall appearance is warm, golden and honey hued and your skin comes alive next to gold jewellery. Your skin tone may range from fair to dark and you may have some visible freckles. Your undertones are light to medium golden, warm beige or slightly bronzed.



## DIMENSIONS



## WOW COLOURS



## WARM & BRIGHT COLOURS



# Light Summer

## LIGHT + COOL

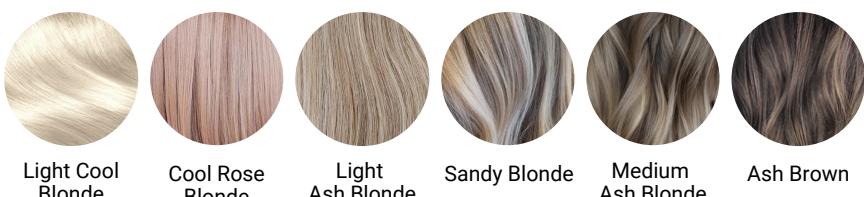


**SKIN**



Your skin tone is light for your ethnicity, ranging from fair to light rosy, and up to a medium beige. The undertone is neutral or neutral-cool with light beige or subtle pinkish tinges. Gold, rose gold and silver can all be worn, but silver will look slightly better.

**HAIR**



Light Cool  
Blonde

Cool Rose  
Blonde

Light  
Ash Blonde

Sandy Blonde

Medium  
Ash Blonde

Ash Brown

**EYES**



Light Grey

Light Blue

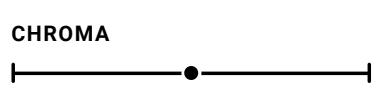
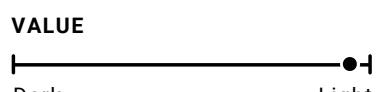
Light Green

Pale Azure

## LIGHT & COOL COLOURS



## DIMENSIONS



## WOW COLOURS



Cashmere Rose

Pink Ice



Wisteria

Iced Aqua



Pastel Jade

Primrose



Cornflower

Soft Teal



Pink Peacock

Mallard

# Muted Summer



## MUTED + COOL

**SKIN**



Your skin, eyes, and hair all blend together, which gives you a soft and dusky appearance. Your skin tone is either neutral, olive, or neutral-cool. It may have some ashy undertones and a rosy tinge. It can range from light to medium beige, cool tan, cool olive, or cool cocoa, but is most commonly medium.

**HAIR**



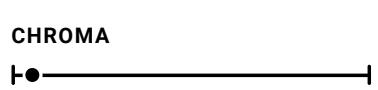
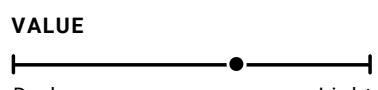
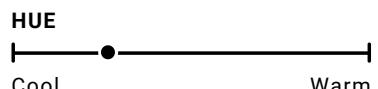
Ash Blonde    Cool Brown    Medium Ash Blonde    Ash Brown    Sandy Blonde    Dark Ash Brown

**EYES**

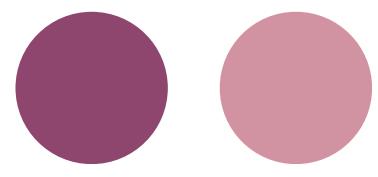


Soft Grey    Soft Blue    Muted Green    Muted Brown

## DIMENSIONS



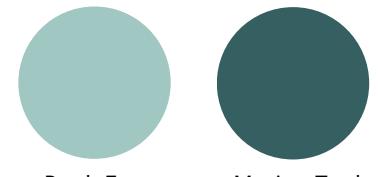
## WOW COLOURS



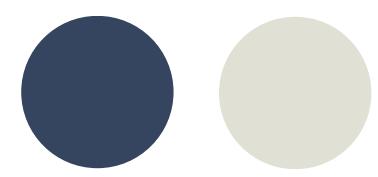
Damson    Soft Orchid



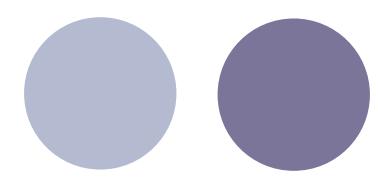
Light Grey    Mushroom



Duck Egg    Marine Teal



Sultry Navy    Silver Birch



Lilac Grey    Lavender Violet

## SOFT & COOL COLOURS

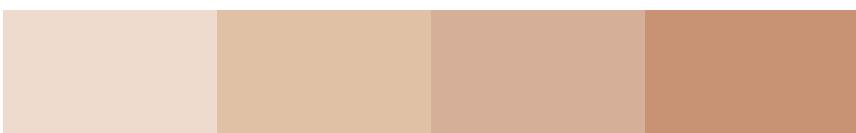


# Cool Summer



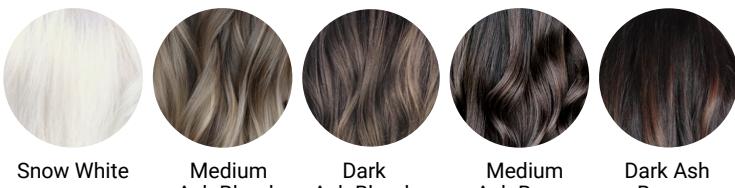
## COOL + MUTED

**SKIN**



Your skin has an obvious cool quality with blue, pink or beige undertones. It ranges from rosy ivory to medium beige, cool olive to cool cocoa. Silver jewellery makes your skin look fresh and radiant.

**HAIR**



Snow White

Medium Ash Blonde

Dark Ash Blonde

Medium Ash Brown

Dark Ash Brown

**EYES**



Grey

Blue

Green

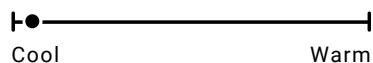
Muted Brown

## COOL & SOFT COLOURS



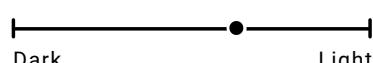
## DIMENSIONS

### HUE



Warm

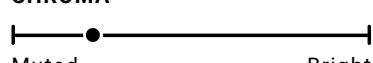
### VALUE



Dark

Light

### CHROMA



Bright

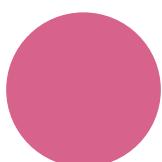
### VEINS



### JEWELLERY



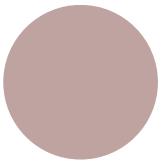
## WOW COLOURS



Fuchsia Rose



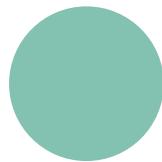
Dusty Mulberry



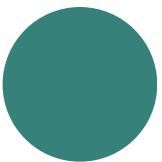
Rose Taupe



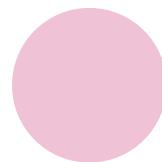
Smoked Grape



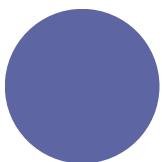
Sea Foam



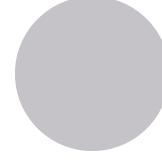
Soft Spruce



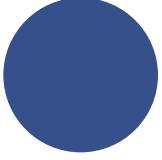
Bubblegum



Bluebell



Dove Grey



Periwinkle

# Dark Autumn

## DARK + WARM



**SKIN**



The skin is either neutral or warm with golden yellow undertones. Gold and bronze jewellery looks better against it. Skin tone ranges from medium golden, honey, warm olive, tawny, warm chestnut, to warm ebony. Can be pale in winter, but tans easily and may have a few freckles.

**HAIR**



Medium  
Warm Brown



Deep Brown  
w/Caramel



Dark Chestnut



Deep Golden  
Brown



Mocha  
Brown



Ebony

**EYES**



Dark Brown

Dark Green

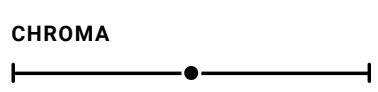
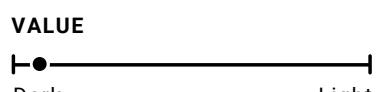
Dark Hazel

Deep Espresso

## DEEP, RICH & WARM COLOURS



## DIMENSIONS

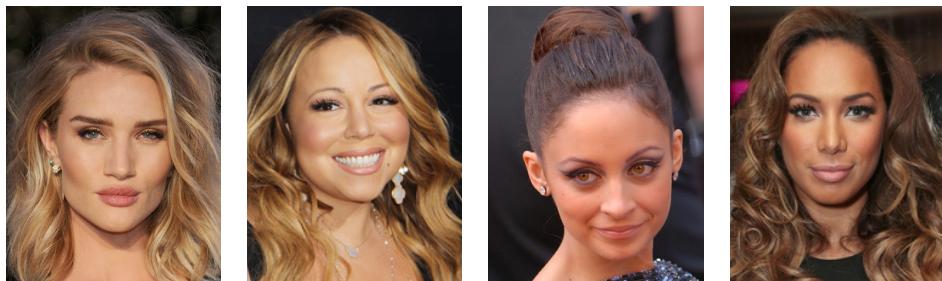


## WOW COLOURS



# Muted Autumn

## MUTED + WARM

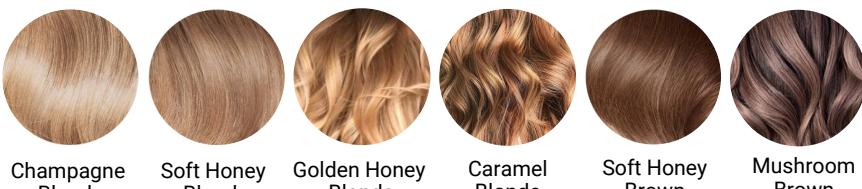


**SKIN**



The skin tone is either neutral, olive, or warm and can range from fair to tan with a golden yellow undertone. Gold and bronze jewellery looks better against it than silver. The overall contrast level is low to medium, and the features blend harmoniously. Skin tans easily.

**HAIR**



Champagne Blonde      Soft Honey Blonde      Golden Honey Blonde      Caramel Blonde      Soft Honey Brown      Mushroom Brown

**EYES**

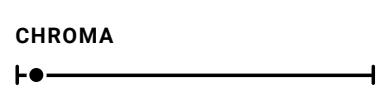
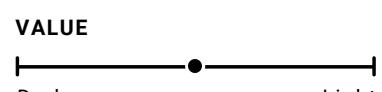


Soft Blue      Soft Green      Light Hazel      Light Brown

## SOFT & WARM COLOURS



## DIMENSIONS



## WOW COLOURS



# Warm Autumn

## WARM & MUTED



**SKIN**



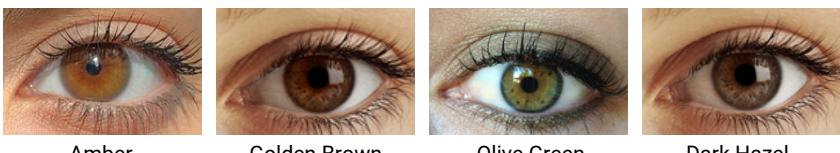
The skin tone ranges from fair to dark, possibly with some freckles. The undertones are obviously warm and looks beautiful with gold jewellery. The skin has a distinctive bronze or golden glow and pairs well with rich, warm and earthy colours.

**HAIR**



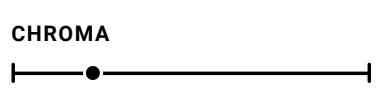
Golden Honey Blonde    Light Golden Auburn    Light Auburn    Medium Auburn    Ombre Ginger    Rich & Deep Mahogany

**EYES**



Amber    Golden Brown    Olive Green    Dark Hazel

## DIMENSIONS



JEWELLERY

## WOW COLOURS



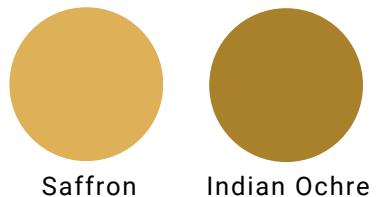
Kingfisher    Shaded Spruce



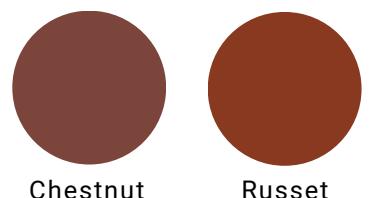
Turtle Green    Ginger



Moss    Honey



Saffron    Indian Ochre



Chestnut    Russet

# Dark Winter

## DARK + COOL



### SKIN



The skin is either olive, neutral, or neutral-cool with pink or rosy undertones. The skin tone can appear as light as cool ivory or as deep as a cool ebony, but usually looks best with silver jewellery. There is a distinctive contrast between the skin and hair.

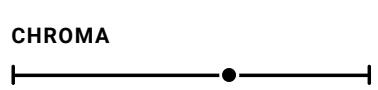
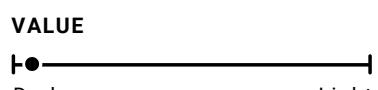
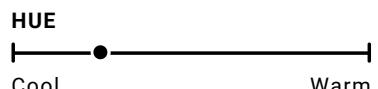
### HAIR



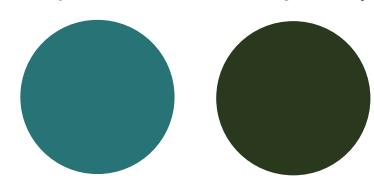
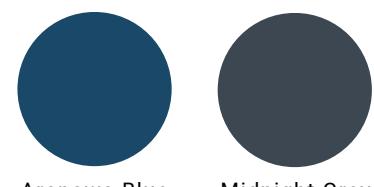
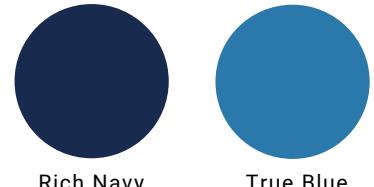
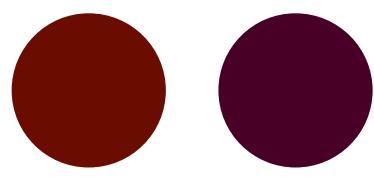
### EYES



## DIMENSIONS



## WOW COLOURS



## DEEP & COOL COLOURS

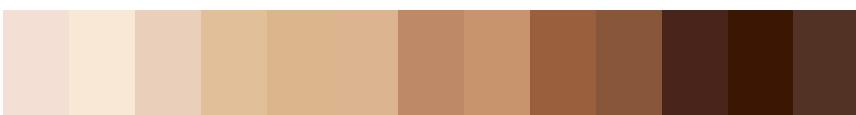


# Bright Winter

## BRIGHT + COOL



**SKIN**



The skin has mainly cool undertones, which can be either blue or pink, or red if you are dark-skinned. Skin tones range from fair all the way to deep and there is a high level of contrast with the hair. Fair skins appear clear and almost translucent, while darker skins have a radiant and glowing quality.

**HAIR**



Neutral Brown

Medium Cool Brown

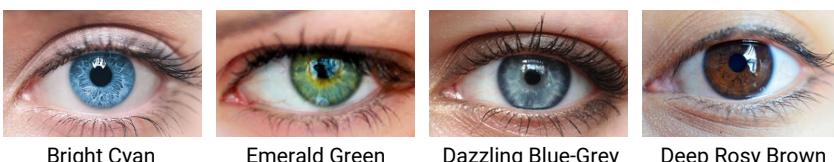
Bitter Chocolate

Dark Golden Brown

Ebony

Black

**EYES**



Bright Cyan

Emerald Green

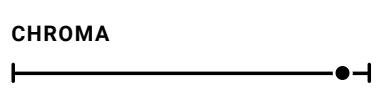
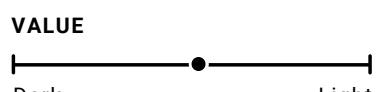
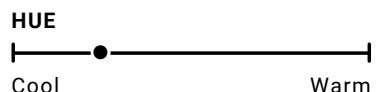
Dazzling Blue-Grey

Deep Rosy Brown

## CLEAR & COOL COLOURS



## DIMENSIONS

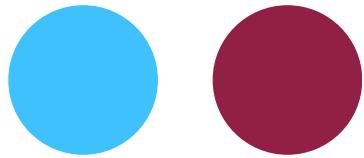


## WOW COLOURS



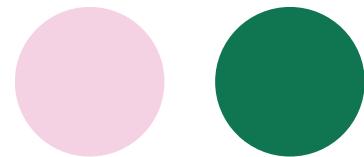
Bright Amethyst

Purple



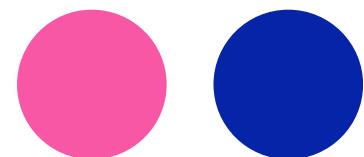
Azure Blue

Merlot



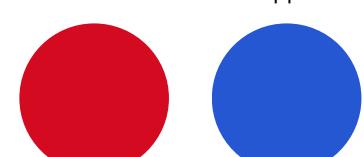
Ice Pink

Bright Emerald



Hot Pink

Sapphire



Vivid Red

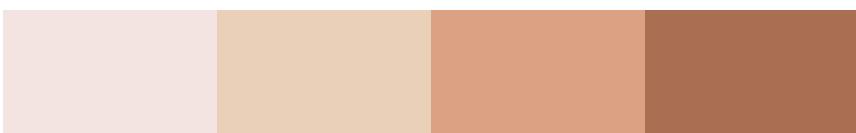
Cobalt

# Cool Winter

## COOL & BRIGHT



**SKIN**



There is an absence of warmth in any features and the skin has clear blue or pink undertones. The skin can be fair, milky white, pale rosy beige, medium beige, cool olive, or cool cocoa. Pure white and clear diamonds look beautiful next to the skin, as do silver and platinum items of jewellery.

**HAIR**



Platinum

Silver

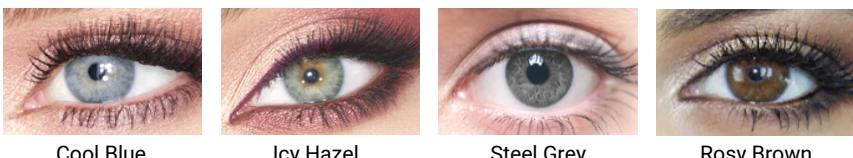
Light Ash Grey

Ash Brown

Cool Brown

Bitter Chocolate

**EYES**



Cool Blue

Icy Hazel

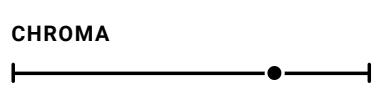
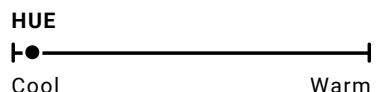
Steel Grey

Rosy Brown

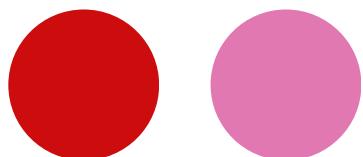
## COOL & BRIGHT COLOURS



## DIMENSIONS

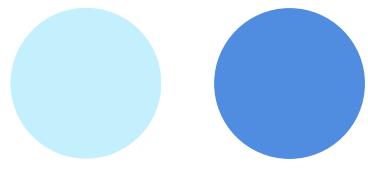


## WOW COLOURS



Blue Red

Cerise



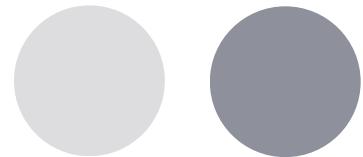
Icy Blue

Chinese Blue



Violet

Dark Emerald



Silver Grey

French Grey



Victoria Blue

Blue Violet