

# What is Laid Back Style?

Laid back style is a relaxed and casual approach to fashion that emphasizes comfort and ease. This style often incorporates comfortable fabrics, loose-fitting clothing, and simple, versatile pieces that can be mixed and matched. The idea is to look effortlessly put together without sacrificing comfort.

## Key Characteristics of Laid Back Style

- **Comfortable Fabrics:** Fabrics like cotton, linen, and jersey are often used because they feel good against the skin and allow for movement.
- **Loose-Fitting Clothing:** Items such as oversized t-shirts, baggy jeans, and flowy dresses are typical in laid back style, providing comfort and a relaxed silhouette.
- **Casual Accessories:** Accessories are usually minimal and functional, like a simple backpack, a pair of sneakers, or a baseball cap, enhancing the overall easy-going vibe.
- **Neutral and Earthy Tones:** Colors often include soft tones like beige, gray, pastel shades, and other muted colors instead of loud patterns or bright colors.
- **Versatile Layers:** Layers are essential, whether it's a lightweight jacket thrown over a tee or a cardigan over a dress, allowing for adaptability in changing weather.

## How to Achieve a Laid Back Style

1. **Start with Basics:** Select staple pieces that are comfortable and classic. Think plain t-shirts, denim shorts, chinos, and comfortable maxi dresses.
2. **Mix and Match:** Pair different items together to create a unique look while prioritizing comfort. For example, combine a loose tank with wide-leg trousers.
3. **Choose the Right Footwear:** Opt for comfortable footwear like sneakers, sandals, or loafers that make it easy to stay on your feet all day.
4. **Accessorize Lightly:** Keep jewelry minimal, and opt for practical items like a crossbody bag or a wristwatch that complement your outfit without being overwhelming.
5. **Find Your Personal Touch:** Incorporate elements from your personality, whether it's through colors, unique accessories, or specific patterns that resonate with you.

## Conclusion

Adopting a laid back style is all about embracing comfort and simplicity while looking stylish effortlessly. By selecting the right pieces, mixing classic wardrobe staples, and focusing on comfortable fabrics, anyone can master this approach to fashion, regardless of age.