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Fwd: [TEST] Talking fashion & personal style with creative stylist Roz Kaur

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S A E Y R I

Talking fashion & personal style with creative stylist Roz Kaur

At Saeyri, we have loved sharing inspiring stories about jewelry & self-expression, while getting to know our community members' unique journeys in life.

Our style can convey so much about ourselves; it's a visual touchpoint of our identities, our mood, and the way we move through the world.

We had the pleasure of chatting with [Roz Kaur](#), a Senior Stylist at Anthropologie and a pro-age & diversity advocate in the fashion space on Instagram. Her style and insightful captions leave us excited and in awe.

Here, we chat with Roz about her journey of falling in love with clothing and helping women be their most confident, comfortable selves. It's a long interview — but a really good one. :)



Saeyri: Tell us about yourself, Roz!

Roz: I grew up in Chandigarh, India, and have been living in the US for 31 years. About three years ago, I moved from the Bay Area to Sacramento, CA. I'm a Senior Stylist for Anthropologie. I help women tap into their style, from the inside out.

I believe personal style is about personal power. It's about **self-awareness** and **self acceptance**. You don't get anywhere in your style if you don't know who it is you're trying to dress.

"Once you're in alignment with the truest, most authentic version of yourself, then style comes quite easily."

To me, that's about going deep and helping women go deep!

It wasn't until COVID hit that I had time to pause and think if there was an opportunity for change, especially in the way middle-aged women see themselves. As I was scrolling through Instagram, I saw images of girls and women in their 20s and 30's living the best time of their lives!

I'd wonder: *Where are the women my age?* That's when I decided to [use Instagram](#) as a tool to offer women a mirror of sorts to see themselves to the point where they feel that they still have a lot of choices on how to live their best lives. I thought maybe I could help inspire them through my style; to help women who were feeling invisible or discarded and reminding them that we are neither of those things. There is a big group of us who refuse to be those things!

Saeyri: How did fashion play a part in your childhood?

Roz: Growing up, I went to an all-girls Catholic school. We had a very swanky school uniform and wore colored clothes only a couple of times a year. I believe that's when my love for fashion started. The idea of wearing colored clothes sounded *delicious!*

Another big influence was my aunt, Bibo, who lived in London. As a little girl, I loved spending time with her. That sense of fun, the fun of fashion, and how happy it made me (and still makes me) began in childhood with her. She seemed glamorous and fun to me – she wore bright red lipstick, high heels, and beautiful kaftans. She would take me to the bazaars with her where we'd buy yards and yards of beautiful fabric, which she would later use to make kaftans.

My passion for fashion later led me to study Fashion Design!

Saeyri: As a stylist, what do you do? What does your day-to-day schedule look like?

Roz: My job as a stylist is to guide you through the process of looking and feeling your absolute best so you can put your best fashion foot forward — whether it's an everyday look, a complete makeover, or for a special occasion. I work with appointments and walk-ins depending on the day!

Fashion and style are two different things: Fashion is an industry built to make you feel insecure. It's always going to tell you that you're not good enough until you buy into this trend or this beauty product.

"Style, on the other hand, is about the individual: who you are, your beliefs, and your value systems!"

Saeyri: Your Instagram bio reads: "Changing the narrative through Reinvention and Resilience." What does that mean to you?

Roz: A lot of women in their middle-age feel stuck. But change is possible — and all it takes is a change in perspective.

"You see yourself in a completely different light by wearing something you never thought you could wear."

What an easy & fast way to see a change in perspective!

The idea of "Seeing is Believing" is shorthand for: if you can think differently, you can believe something different. That, to me, is what this is all about. It's saying you *can* be different, which means you *can* make changes that you didn't think you could make in your life. Like, you didn't think you could wear a pencil skirt, but *you can*. So, guess what, you want to leave a bad job? *You can!* It's a spark to start a fire.

Saeyri: What does jewelry mean to you?

Roz: I have a crazy amount of jewelry! I collect everything — from classic diamond studs and old-school, gold bamboo hoops, to 22k Indian pieces.

"Jewelry, for us, is often passed down generationally. It carries so much nostalgia."

There are special pieces in my collection, like my mom's pendant. It's the kind of thing I would never take off — I stare at it in awe intermittently throughout the day. I know that one day, I will pass it down to my daughter, and she will pass it down to her daughter.

Saeyri: What is your go-to, cozy outfit?

Roz: I feel the most confident in an oversized blazer, jeans, a button-down, and my Converse sneakers. Once the temp. start to dip, I'll throw on my beanie and a big chunky scarf. Some other style essentials:

1. I love the juxtaposition of masculine and feminine, unfussy and effortless.
2. I love layers! Clothing, necklaces, scarves — whatever it is. *Bring it on!*
3. I always keep a blazer hanging in my car at all times. That's a tip I give all my customers: A blazer polishes everything. My advice is to keep things relaxed. Choose a slightly oversized, "borrowed from the boys" style.

Saeyri: What are your tips for people who are starting to explore their personal style?

Roz: Here are my 5 tips to get you started:

1. Start with a mood board!
2. Set aside a day to go look for clothes, not buy clothes.
3. Step outside of your comfort zone.
4. Evaluate the clothes you wear daily.
5. Mimic the looks of people whose fashion you adore.

Saeyri: What are you excited about right now?

Roz: My life's work is to help women feel beautiful, empowered, and self-possessed.

"Creating beauty & joy is more important now than ever. These are the things that can bolster us along."

Styling makes me feel happy, inspired, and alive.

Three Rapid Fire Questions:

S: Gold or silver jewelry? R: Gold!

S: One accessory that you can't live without? R: Can I say my glasses?!

S: Your favorite pattern to wear? R: I love stripes.

[Follow Roz on Instagram](#)

Hope you enjoyed reading our conversation with Roz. We'll be back in a few weeks with another inspiring conversation.

Meanwhile, just a quick reminder that **tomorrow Dec 13th is the last day to place your holiday orders and pre-orders** for February. It's been very encouraging to read through your messages and we are really moved by the love with which you all have joined in our last hurrah!

Thank you,

— **Manasvi and Rujuta**

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