



Maison Charnisse

# THE STYLE RESET

5 Ways to Reconnect with Your  
Body Through What You Wear

A guide for the woman becoming

A gift from  
Maison Charnisse



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## Dear Woman Becoming,

You've outgrown more than clothes — you've outgrown versions of yourself.

Maybe your style doesn't feel like it fits anymore. Maybe you're standing in a full closet, but nothing reflects your energy now. Maybe getting dressed feels like an afterthought — when you know you were made for more than blending in.

This guide isn't about chasing trends or buying more.

It's about remembering who you are — and letting your wardrobe rise to meet her.

Inside, you'll discover five soul-aligned shifts that bring you back to your body, your beauty, and your becoming. Practical, intentional steps designed for the woman evolving into her next era — with elegance, presence, and style.

Because you don't need more clothes.  
you need clothes that understand who you've become.

With grace and reverence for your next chapter,

*Charnisse*

**Founder, Maison Charnisse**



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# Meet The Founder Charnisse Thompson

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Maison Charnisse was born from a personal awakening — a sacred style reset that came not from a fashion trend, but from a soul transformation.

After years in fashion and beauty, founder Charnisse Thompson realized something: the most powerful wardrobe isn't curated for appearance — it's crafted for alignment. What we wear is how we show up. How we honor our softness. How we embody our power.

Charnisse created Maison Charnisse for women like you — women in transition, evolution, and rebirth. Women stepping into new rooms, new roles, new reflections... and craving a wardrobe that meets them there.

With a background in styling, brand consulting, and luxury client experience, she is more than a stylist — she's an intuitive guide for the woman becoming. Her mission is to create intentional fashion tools that help women reconnect with their bodies, their stories, and their style with grace, beauty, and truth.

This guide is your beginning.  
A soft return. A bold next step.  
**Welcome to The Style Reset.**





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## Dress the Now, Not the Then

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You've evolved. Your wardrobe should reflect that.

Release the pieces that only serve your past — the clothes you keep “just in case,” but never wear. Style is a mirror, and it's time yours caught up.

You're not shrinking back.

You're expanding forward.

### Try This:

Choose one piece this week that fits the woman you're stepping into — not the one you've outgrown.





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## RECONNECT WITH YOUR SHAPE

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**Your body isn't a problem to fix — it's a story to honor.**

You're not meant to fit into someone else's silhouette. You're meant to dress in a way that celebrates your essence — how you move, how you feel, how you show up.

There is no wrong body.

Only wrong expectations.

### **Try This:**

Explore silhouettes that mirror your energy — soft draping, bold structure, flowing volume. Let your shape guide your style.





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# CREATE AN EMOTIONAL COLOR PALETTE

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**Color is energy. Let it reflect your frequency.**

The hues you wear influence your mood and presence. Whether you feel grounded in earth tones or elevated in blush and ivory — your color palette speaks before you do.

## **Try This:**

Identify 2–3 tones that make you feel safe, seen, and powerful. Build your wardrobe around them.





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# CHOOSE FABRIC THAT FEELS LIKE YOU

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**You don't wear labels — you wear sensations.**

Soft. Sculpted. Textured. Weighty.

Luxury is in how clothing feels, not just how it looks. Your fabrics should comfort, empower, and support your rhythm.

## **Try This:**

Pay attention to how fabrics move against your skin.

Prioritize textures that make you feel at home in your body.





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# BUILD A GETTING DRESSED RITUAL

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**Your wardrobe isn't functional — it's sacred.**

Rushing through your morning routine keeps you disconnected. Getting dressed with intention becomes a ritual of remembering:

**I'm worth showing up for.**

**Try This:**

Take five extra minutes. Choose your earrings. Steam your blouse. Light a candle. Let dressing become a devotional act.







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# THE RETURN

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You don't need more clothes.

You need clothes that honor your evolution.

The Style Reset is your beginning.

A return to softness. To confidence. To  
the you that feels like home.

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your journey?

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