

Podcast Clothing Colour & Styling Guidelines for ShootGuru Studio

Based on the podcast set provided — with deep blue armchairs, a muted blue wall, warm wood flooring, and red-orange accents — here is a detailed clothing colour and styling guideline for both host and guest. These recommendations are designed to maintain visual harmony and ensure professional on-camera presence.



Recommended Colour Combinations

Primary Base Palette (to complement the blue background & furniture):

- - Earth tones: Olive, Tan, Rust, Mustard, Terracotta
- - Muted warm colours: Burnt Orange, Maroon, Deep Red
- - Pastels: Sage, Blush, Dusty Rose, Powder Blue, Lavender
- - Neutral tones: Cream, Off-white, Light Grey, Charcoal, Taupe

Avoid:

- - Navy Blue / Dark Blue: Blends into chairs and background
- - Bright White: May blow out highlights on camera
- - Neon colours: Distract from the subject
- - Heavy patterns / stripes / logos: Cause moiré on camera or shift attention

For Men

What to Wear:

- - Solid colour shirts or polos in sage green, rust, or deep burgundy
- - Warm greys or earthy tones
- - Dark jeans or chinos in khaki, grey, or olive
- - Jackets or lightweight blazers in neutral contrast tones (e.g., sand, taupe)
- - Clean sneakers or smart casual shoes in muted tones

What Not to Wear:

- - Shirts matching the chair colour (e.g., deep blue/navy)
- - Loud prints or logos
- - Overly formal clothing (unless context demands it)

For Women

What to Wear:

- - Blouses, tops, or kurtas in warm tones like terracotta, maroon, mustard, or muted teal
- - Elegant neutrals like ivory, dove grey, or blush
- - Solid trousers, long skirts, or structured denim
- - Light layering: Casual jacket, shrug, or scarf
- - Minimal, elegant jewelry — avoid shiny pieces

What Not to Wear:

- - Shiny silk or satin tops that reflect lights too strongly
- - Large prints or horizontal stripes
- - Full blue outfits that match set elements

Styling Tips for Both

- - Avoid collars that rustle or outfits that interfere with mic placement
- - Avoid reflective glasses or frames
- - Shoes are visible — keep them clean and appropriate
- - Use contrast: One person in light tones, the other in darker tones