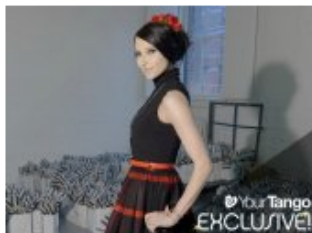


## CELEB LOVE

### Exclusive! Alice + Olivia's Stacey Bendet On Sexy Spring Fashion

By [Hilary Sheinbaum](#). Posted on Mar 13th 2013.



*Need first date (and first time sleeping over) outfit ideas?*

*Stacey Bendet and Rachel Roy dish on spring trends, fashion faux pas, and the power of high heels.*

Already fantasizing about open-toe wedges and banishing your winter coat to the back of the closet?

The temperatures are slowly creeping up, so with spring just around the corner, we spoke to Alice + Olivia founder and designer Stacey Bendet at the launch party for [ACTIVATE](#), a new nutrient-enhanced water, for her advice on giving our wardrobe a flirty upgrade for bare-more-skin season.

And—*bonus!*—famed designer Rachel Roy chimed in with her fashionable two cents about the faux pas even stylish women continue to make.

**YourTango: What's the one item every woman should wear on every date?**

**Stacey Bendet:** High heels. I don't think women should go on dates in flat shoes, unless they're, like, going for a run.

**YT: How high?**

**SB:** High, high. High heels are sexy.

**YT: What are five sexy pieces every woman must add to her wardrobe ASAP?**

**SB:** A short leather mini skirt, a pair of stilettos, an Alice + Olivia 'Olivia' bag, a pair of leather leggings, and a sexy, flirty party dress—black and white stripes are good.

**YT: What's the biggest [fashion](#) mistake you see stylish women continually make?**

**SB:** I think it's usually that dressing-like-a-man trend. I'm always like, really? You're beautiful, you're sexy. Don't dress that way! I like to see women really pretty.

**Rachel Roy:** I think a fashion faux pas is trying to wear a trend that doesn't apply to you, or that is not authentic to you. I think for us [Stacey and Rachel], we don't like rules, because if we start limiting ourselves, who knows what great idea or great design will never be used? It's corny, but it's by individual.

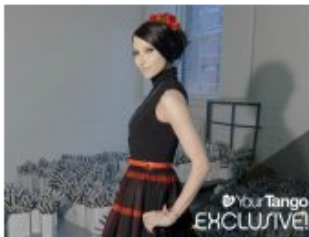
**SB:** A woman should look sexy. And, by the way, a suit can be sexy. There has to be an element of sexiness.

**YT: What spring trend excites you?**

**SB:** I'm designing next spring, but I [love](#) all the black and white for spring. I'm such a black and white girl. It's so signature to our line. There are these long black and white palazzo pants that I can't wait to wear. And, I'd like it to stop snowing. Sun is a trend I'm looking forward to.

**YT: Which celebs are you most excited to see wear your clothes?**

**SB:** I think one of the most iconic moments for me was when [Gwyneth Paltrow](#) was walking through the airport wearing two of our bags. That was amazing.



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**YT: What are some great day-to-date outfits?**

**SB:** I think a simple black dress, a little peplum or something. Peplums are great for day-to-night. They can go conservative or chic, and they can also feel sexy.

**YT: What are the best first-time-sleeping-over outfits?**

**SB:** *Naked!* Why sleep over in clothes?