The looks that were on the runway for Fall Fashion Week in February are now making it big in stores.

*InStyle* magazine's Katrina Szich stopped by *The Early Show* to give tips on how we can be inspired from the runway looks and use trends and pieces in our everyday wardrobe.

Katrina points out that many women are often intimidated by fashion shows assuming that they can never pull off the trendy styles, but Katrina says -- don't get intimidated! Fashion shows are exactly that -- they are shows. Women should use these shows to get inspired!

Katrina showed how the runway looks can translate into wearable trends for day and night.

There were six models -- three for runway looks and three for everyday reality looks.

**TREND: Floral**

**RUNWAY:** Oscar de la Renta, fall 2008 ready to wear. Amethyst silk chine tafteta jacquard strapless shirred gown with flounce train.
*Very deep burgundy purple, ruffle details, the big trend is the floral pattern - organic, leaves, blades of grass. Usually you think of floral being big blooms for spring. This is much more of an earthy interpretation for floral. More fall colors - deep colors for fall with more organic kinds of floral and fauna patterns.*

**REALITY:** Jacket, Mint Jodi Arnold, Silk top, Mint Jodi Arnold, Pants, Mint Jodi Arnold, Shoes, Stuart Weitzman
*Because floral patterns are such a huge trend for fall designers incorporated it into everyday wear. We have a great silk floral top that we are pairing with trousers and a great wool jacket. You don’t have to go head to toe. A shirt or blouse is a great way - bc smaller doses are better. This is more of a work outfit. It contrasts the runway gown so well. You can take a trend from the runway that is so unattainable and then really make it something that you can wear to work.....for a trend like floral or plaid it is best to choose one item that really shows off the trend and then really play with the color palette - if the shirt has a deep purple then take that color for the bag.*

**TREND: Plaid**

**RUNWAY:** Carolina Herrera, fall 2008 ready to wear: Tweed with organza overlay vest with amber fox trim, dark burgundy gazaar gown, tweed with organza overlay fedora and khaki driving gloves.
*There was so much plaid on the runway, but this is not your average schoolgirl plaid. It is very upscale - fall in the country kind of plaid. British countryside. High brow. That was really Carolina Hererra’s show. This is an iradescency dress with a vest. Very unlikey pairing.*

**REALITY:**
- Sheath dress, Herve Leger
- Blazer, C’N’C Costume National
- Headband, Eugenia Kim
- Tights, Wolford
- Pumps, Nine West
*This is something for work or weekend. A great wool plaid jacket. It speaks to that country trend. It is more refined. Not grungy. We are talking very refined. It is paired with skinny jeans and fall boots to continue that refined look. Dress the plaid the up and make it more sophisticated. Think of the duke of windsor with their beautiful dogs. Country side vacationing as opposed to lumberjack plaid. You will find lots of separates out there....but the jacket is the best way to go to really transition from the runway and dip into the trend for everyday a wearable jacket. Wear it for work and weekend, and night - a sexy little black dress under it. You can play with what carolina did - by mixing looks and getting a contrast and really working together to make it work.*
TREND: Metallic

RUNWAY: Vera Wang, fall 2008 ready to wear: Platinum hammered satin face twill grey plisse embroidered long dress
Fabulous Vera Wang Gown.
*We have seen platinum for the past couple of seasons. It is not just going silver and gold anymore. Now every metal is mixed all together - copper, bronze, pale platinum. It is all about mixing metals and making them feminine. Normally metallics are hard...and now they are soft and fluid and really speaking to feminine fluidity. Darker metals are also being used.

REALITY:
-Dress, Mint Jodi Arnold
-Heels, Nine West
A lot of women are thinking this is a challenge. You will be amazed how you can transition metallics into everyday. It is great because you are still indulging and dressing up with metallics. This is a beautiful silk dress with a champagne platinum color - very organic pattern. Still silk with varying shades of copper, gold, and brown - bringing it down to earth. Mix it up with a metallic pair of strappy shoes!