

LOSE POUNDS IN SECONDS.

Simple tips on how to improve the way you look. Feeling good in your clothes is showing off what you love about your body and hiding what you dislike.

1. Wearing one color from head to toe creates an illusion of a slimmer figure. Dark neutrals give you a trimmer look than wearing light bright colors.
2. Wear clothes that balance your vertical and horizontal proportion. For example if you have short legs and a long upper body you don't want to do anything to make your legs shorter. Where you are short lengthen where you are long break up the space.
3. Wear shoulder pads if you have narrow shoulders, large bustline and hips that are much larger than your shoulders width.
4. Vertical and diagonal lines create a slimmer look; front buttons, zippers, stripes etc...
5. Shoes with non-chunky heels, thin sole and medium to high heels
6. Wear hosiery that the color blends with your hemline and /or shoes. This will visually lengthen your legs. The more foot you show the slimmer your leg will appear.
7. Do not wear shiny or textured clothes where you are the largest.
8. Where darker colors on the bottom garment to slim your hip and create you to have a taller appearance.
9. Wear accessories high on your body to act as a focal point to detract from figure challenges.
10. Wear clothes that fit well. It is better to be loose than to tight