

## “Make a splash this summer!”

Now that the weather is hotting up, it's time to focus on your holiday capsule wardrobe. The most crucial item to 'get right' has to be swimwear. During my style consultations the question most women ask me is “*What type of costume or 2-piece is best for my bodyshape?*” I will have already explained the value of choosing the most flattering 'outerwear' items to suit them, but take time to illustrate my top tips to ensure they look and feel their very best when it comes to revealing more flesh than usual!

With so much choice on the High Street where do you start? One piece costumes, 2-piece bikinis, tankinis, strapless, bandeau, supportive styles...to help you wade in, I've outlined the shapes and styles to look for, with advice on finding your own minor miracle worker!



For **straight** bodysshapes: hips & shoulders roughly in line, no definite waist.

You are lucky enough to carry off the traditional 2-piece string bikini. The side ties break up the line of your body, adding subtle width to hips. If you are slim, you can do horizontal stripes to full effect. This style is best for average size busts, though moulded cups and ruffles can help make it work for smaller cups.

For **pear** shapes: smaller on top, with broader hips & generally curvy.

Go for an eye catching patterned bikini top, keeping all the focus on your top half – team with darker plain bottoms. Boy shorts provide more coverage below and halter neck tops help to extend the shoulders. A clasp or buckle detail on top will help attract attention to your chest!





For **hourglasses**: hips & shoulders roughly in line, with a definite waist.

Although a one piece suit is okay, a carefully chosen 2 piece will flatter you most – but you do need emphasis or detail around the middle to accentuate your smaller waist. Your ideal style would be a halter neck top with a slightly fuller belted brief.... think Halle Berry's orange 2 piece in the Bond film!

For **inverted triangles**: wider shoulder than hip line, but generally straight - often have big upper arms.

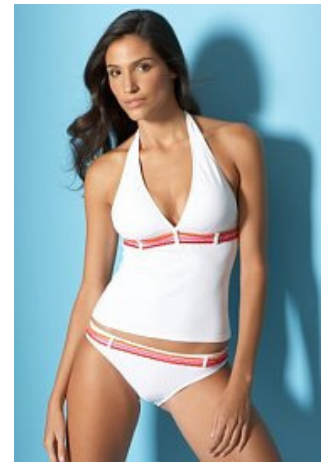
You must go for a good supportive bra top – thick straps will help reduce the size of your (typically) broader shoulders. V-neck style tops/suits work well to show off an ample sized bosom and balance out your shoulders. Steer well away from bandeau tops as they exaggerate droppy boobs!



For **apple** bodyshapes: rounded all over, no definite waist, curvy.

Your best choice for confident bathing will be a 1 piece costume with lower cut legs (to downplay larger thighs) and built-in bust support. You can consider a sarong to cover up any problem areas. Strapless style suits are ideal as they help to make your shoulders look broader which balances out a thicker middle. Ruched and crossover details are great to disguise your fuller middle. Vertical stripes can help visually lengthen out your body, but avoid busy florals and stick to traditional black or navy in matt fabrics.

Where does the **tankini** fit in? It comfortably fits longer-than-average torsos but doesn't offer the control or shaping for straighter or fuller waists. So, it's always best to follow the advice to suit your bodyshape rather than chose the style you prefer! Try it and see what a difference it can make to your image as well as your confidence.



Recommended sites to try for fuller cup sized swimwear:

[www.figleaves.com](http://www.figleaves.com) , [www.bravissimo.com](http://www.bravissimo.com)

For you tall gals out there, try [www.longtallsally.com](http://www.longtallsally.com)

Can't find your size on the High Street? Try [www.simplybe.co.uk](http://www.simplybe.co.uk) for sizes up to 32.

For miraclesuit swimwear go to [www.figleaves.com](http://www.figleaves.com)