

Style Tips for Curvy Girls!

Creating illusions with clothes

Whilst it is important to accept the things you can't change quickly about your body, you can use clothes and accessories as a way of dressing to achieve an illusion of the perfect balance. It is perfectly possible to dress to look a size smaller, a size larger, a few inches taller or a few inches shorter....you chose! After discussing your feelings about your figure, height and proportions, you will have identified which elements you wish to enhance or reduce.

“If a woman is poorly dressed you notice the clothes...if she is impeccably dressed, you notice the woman!”
(Coco Chanel).

How to achieve a flattering look

Ensure your posture is good – stand straight, with head up and shoulders back. Whatever your size, the key to looking good is to learn the most flattering way to dress and embrace your assets! Make sure your make up and hair are immaculate, wear jewellery and use **colour** to draw attention to your face. A good fit is vital when choosing clothes – tight clothes make you look heavier – cut labels out if they bother you. Although deep colours can be slimming, beware of filling your wardrobe with black or dark shades, unless they suit your colouring. Use **colour creatively** to enhance your best features and minimise others. Take care to balance your size with designs, prints and accessories which complement your size – larger will be more effective. Small prints with dainty accessories will upset the balance.

Choose good quality, well fitting garments with the right finishing touches.

Create VERTICAL emphasis:

- Monochromatic or toning colours for whole outfit
- Single-breasted, collarless or edge-to-edge jackets
- Well-cut trouser suits
- Vertical detailing; buttons, seams, stripes
- Long flowing scarves or long necklines & pendants
- Curved hemlines on jackets or over blouses

Draw attention upwards to your face:

- Brighter/lighter colours next to your face (scarf or top)
- High focal points such as shoulder or collar detail
- Eye-catching necklace or earrings
- Immaculate make-up & well groomed hair

Finishing touches to flatter:

- Medium heeled shoes/toning tights, hemlines & shoes
- Fuller, medium length hairstyles
- Larger accessories, wide-brimmed hats

