

HOW TO DRESS SLIMMER & TALLER



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Has it ever happened to you that you pull on your favourite pair of jeans and you can no longer button them? Have you ever found yourself in front of the mirror wondering what happened to that once trim body of yours? Have you ever thought to yourself, 'If only I was slimmer ...'

Surely you know that healthy diet and regular exercise are the way to go. Let's face it. How can anyone resist a plate of Creamy Parmesan Risotto with a chilled glass of unwooded Chardonnay? You only live once after all!

Don't despair. It's easy to repair. It's time to share some of the secret tools to assist you creating a visual illusion of looking slimmer and taller ... without jumping on the diet wagon. Enjoy!

1. WEAR ONE COLOUR HEAD TO TOE

Wearing one colour from head to toe is the easiest way to achieve a leaner look. Wearing two or three colors break the body in half and visually add kilos.

Dressing monochrome (one colour that is) doesn't have to be boring though. You can always make your outfit more interesting by using a mixture of textures.

You can also make your look fun by blending a range of shades. Coffee plus taupe with a dash of stone will ensure you get remembered. Don't be scared of experimenting!

2. ADD A SPLASH OF A BRIGHTER HUE

Once you've got your monochrome in place, inject some life. A bright top is a perfect choice to finish off a neutral suit.

For a wow effect, don't forget the magic of accessorising. Last things on, first things noticed. These smart little pieces will spice up even the most conservative outfit.

3. BEWARE OF BLACK

How many times it's been said that black is slimming. The biggest myth of our times! As you know by now it is not black that is slimming, it is wearing one colour from head to toe that has the lean effect. Black as a matter of fact is the most unforgiving colour. It does show your shape the way it really is.

Besides, black only suits about 30% of people. If you are a natural blonde, run away from black fast. Opt for charcoal or navy instead. Get yourself ready for the compliments.

4. CATCH ATTENTION AT THE TOP

Bored with a monochrome? There is another way. Attract attention to the top. If people look up to your face when they see you, you come across as slimmer and taller.

How do you get them to look up? Choose lighter colours for tops (think a blouse, a shirt or a jacket) and darker colours for bottoms (think pants or a skirt).

What not to do? Lighter colour on the lower body and darker colour on top, unless your shoes are also light in colour. Same goes for brights and prints.

5. SHOP BY FIT AND NOT BY SIZE

It's called a 'hotdog' look. You walk down the mall and see a woman in a skin-tight top you suspect is two sizes too small. Simple! Tight is the quickest way to look your personal heaviest.

Guess what? Too loose is not the answer either. You may conceal the bits you don't like about your body but you'll also hide all the good you've got. No one is impressed by the sight of a shapeless 'tent'. Get over 'I-am-not-wearing-THAT-size' mentality and choose the outfits that fit you best.