



10 Ways to Dress 10 Pounds Thinner

- 1. Start with a monochromatic base (i.e. all one color from shoulder to hem). This easily creates a vertical as opposed to a horizontal silhouette, which is typically more slimming than an outfit with several contrasting colors.**
- 2. Make sure all your clothes fit properly. Clothes that are big or small can add weight to your frame.**
- 3. Dark colors such as black, chocolate brown, navy and dark gray are minimizers. Wear these shades to camouflage the areas of your body where you are least confident.**
- 4. Light and bright colors are maximizers. Many women who are self-conscious about their weight like to wear dark base pieces (i.e. pants, skirts, jackets) and wear light colors near the face to draw the eye up and away from the rest of the body.**
- 5. Avoid bulky layers as they have the potential to make you look heavier.**
- 6. Wear larger earrings. Small earrings make large people look larger, and also make small people look smaller. Earrings are another way to draw the eye up and away from the rest of the body.**
- 7. Shoulder pads add height to your appearance, square up sloping shoulders, create a more tailored appearance, and balance out hips - all slenderizing.**
- 8. Add a jacket to your outfit to create a professional, executive look. Keep your jacket open to create more vertical lines.**
- 9. Pay particular attention to your sleeve length. When sleeves haven't been properly shortened, they can cause a distraction at your hip line. Many women would rather not call attention to this area. Sleeve bands are wonderful to use instead of paying for altering.**
- 10. Wearing hose that match your hemline or shoes, or both, adds length and height to your appearance, creating a vertical line, which creates a slimming effect.**