

JEWELRY ROBICS

Lose Weight in Minutes

Lose weight and add inches to your height with a new diet breakthrough! Here are some great ideas on how to look slimmer through how you dress and accessorize!

1. Always wear earrings! They draw attention to your face and away from “problem” areas! Larger earrings can take 10 pounds off your appearance.
2. Wearing a jacket or a long necklace will create a slenderizing vertical line!
3. Dressing in all one color (monochromatic) will give the illusion of appearing as much as 10 - 20 pounds slimmer and 3 inches taller. Also, while black is a powerful slimmer, any color will work. Add an oblong scarf to bring in color and add a slenderizing vertical line!
4. As an alternative to monochromatic dressing, think “same-same-different!” The use of a jacket or top (left open) over a different colored blouse creates another slenderizing vertical line!
5. A slim V-neck or a few open buttons show off the clavicle and elongate the neck.
6. Toss in a pair of shoulder pads under every garment. Over 90% of all women have sloping shoulders and should be wearing them! Shoulder pads not only square up sloping shoulders but also give the appearance of adding about 2 inches to your height and making your waist and hips appear smaller!
7. Add a pair of sleeve bands and push sleeves up to take another 10 pounds off your appearance.
8. Flat-front pants are the way to go! For most of us, there’s no need for extraneous material around our midsection! Skip the pleats and patch pockets and keep things streamlined!
9. Hose should match your hemline, shoes or both. This gives you additional height. (Never wear hose that are darker than your shoes. This cuts off the bottom of your body and makes your feet appear larger.)
10. When wearing pins, place them at the base of the shoulder pad to draw attention up to your face and away from your hips.

