



Choosing a Swimsuit

The idea of choosing a swimsuit can be about as pleasant as a visit to the dentist. However, it needs to happen occasionally. The following tips hopefully will make the purchase less stressful. Remember there are only about 8 people on the planet with the perfect body. The rest of us make do with sleight of hand techniques to cover a less than ideal area.

1. No crying or shrieking in the change room, please
2. Focal point of the swimsuit (and any clothing) is the face. Bikinis are focal points all by themselves. Realistically, very few of us can pull it off without looking pathetic. Opt for a sleek one piece, instead
3. Dark colors recede (look smaller) whereas light colors advance (look larger). Keep this in mind when looking at where the colors end up on your body. Dark colors should be on the places to de-emphasize & the opposite for light colors
4. Vertical lines are slimming and make you look taller.

Horizontal lines widen and shorten a person. Vertical color bands are very flattering as well as V-necklines

5. If your shoulders are visually narrower than your hips, avoid halter straps which instantly narrow the top half of the body
6. If you are narrower at the hips than the shoulders, a slight skirted suit can help give proportion to the upper body
7. If your waist isn't visually apparent, try a suit with diagonal ruching across the front. Your vacant waist isn't noticeable. If your tummy protrudes, the ruching effect helps to minimize the area
8. You may need two suits - one suit should be for exercise and another for the beach or poolside
9. Make sure that the light colored material when wet will not become a dreaded "wet t-shirt" look. There should be a flesh colored lining sewn in

And a final point, take good care of the suit by handwashing with a gentle cleanser to remove the chlorine. The suit will last longer.

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