

Lose weight by wearing the right clothes

Do you try on clothes in a store and end up buying the same thing season after season? Do you look in the mirror and wonder why particular cuts make you look fat or short. By choosing the right clothes in colour and style you can appear taller and slimmer. It is all an illusion.

The Perfect Fit

The perfect fit is essential in making you look thinner. If you are carrying a few more kilos than you would like then it is vital that your clothes fit right. An outfit that is too big will simply make your silhouette appear bigger than it is. An outfit that is too small will draw attention to bulges and wrinkles in the clothes therefore making your figure look fuller.

Balance and Proportion

Create a balance between parts of the body. If you are short waisted you don't want to emphasize this by wearing a short jacket. Instead wear hipster trousers and belts below the waist line. If you have short legs then Capri pants will only make them look shorter. Longer trousers with matching coloured shoes and belt will give the illusion of length.

Fabric

Beware of the fabrics you choose as they will have a major impact on any attempt to dress slim. Very crisp or bulky fabrics drape poorly over the figure and this creates added volume. Fabrics with a great deal of texture will also add fullness. Shiny fabrics attract the eye and create an illusion of greater volume. If you have two identical blue skirts, one shiny and one matte, your bum will look smaller when you are wearing the matte blue skirt.

Wearing one colour

One of the most effective ways to create the illusion of a slimmer, trimmer figure is to wear one colour from head to toe. This will instantly create an illusion of more length. Therefore you look longer than you do wider giving the illusion of a trimmer figure.

Dark Neutrals vs. Light Neutrals

Colour can dramatically affect visual body proportions. Wearing darker neutral colours will make you look slimmer as dark colours absorb light. Brighter, lighter colours appear to advance and enlarge. Be careful that the dark colour you wear is the right colour for your complexion otherwise you may end up looking like drained out. If you have a cool complexion then neutrals such as blue or black will work well. If you have a warm complexion the neutral browns are best.

Colour Break

When wearing two distinct colours be careful where they break on the body. If the colour break is on the wider part of the body, for example the hips then emphasis will be placed on breadth rather than height therefore making you look wider than you really are. That colour-break is an attention getter so take care to position the break where you wish to emphasise.

Think Vertical – Head to Toe

Create a slimmer effect by wearing clothes that emphasize vertical line. Our eyes naturally follow the movement of lines. When you encounter strong vertical lines your eyes will automatically move vertically – top to bottom. When you apply this to the figure, creating strong vertical lines with your clothing creates the impression of more height, less breadth. Vertical lines are more slimming when they fall straight rather than bowing out over body curves. You can create vertical line in a variety of ways. Rows of buttons, decorative stitching or seam lines can all potentially create a vertical line. Be careful with stripes. Wearing stripes that are too thick can create the opposite affect. Stripes in the wrong fabric can be devastating.

Layering

Whenever you wear a third layer garment, this could be a jacket, vest or sweater layered over your blouse or shirt, you can create a more slimming appearance. A layering piece that fits well doesn't add bulk and skims the body camouflaging your figure challenges. Your love handles may be very apparent when you are wearing only a blouse or Tee shirt. Include a jacket or sweater and the love handles are hidden. If you wear the jacket or sweater unbuttoned there is the additional advantage of another vertical line at the centre of your torso. Layering in monochromatic colours will also thin the body line.

Accessories

They can be used to draw attention to different parts of the body. If you are heavy around the hips then wear accessories around the neck. This will draw attention to the upper part of your body. A long necklace with a tunic creates the illusion of a longer waisted figure. Round earrings and a choker style necklace will add width to a long narrow face. Longer earring shapes and necklaces will lengthen a narrow round face.

