

Bathing Suit Savvy

Here we are at the time of year when we question about "exposing" our true self to the world. I have been asked many times lately, about the best style of bathing suit for specific body types.

The same guidelines apply to a bathing suit as your clothes. Find one that suits your body type. Here is a basic outline. Dark colors recede, so wear a dark color on the area you wish to look smaller. For example, if you are not too happy with your thighs and hips, wear the darker color on the bottom. If you would like to enhance your bust area, wear a light color up top and add details like gathering.



*What you cover, you draw less attention to!

*What you expose you attract attention to!

Full bust: A V-neck is flattering or a diagonal line across the bust.

Full tummy: Gathering and puckering over the stomach area camouflages.

Curve Enhancing: A curve at the side of a suit, created with piping or another color, enhances the curve on the torso.

Curvy thighs: A regular cut on the leg or a skirt leg may be more flattering. Do not wear a high cut on a curvy leg if you do not want that area to stand out.

More Tips:

- If you are short to average in height and like your legs, then a high cut on the thigh, will make the leg look longer.
- All over patterns such as flowers or geometric prints will hide the body shape but a solid color will show the body shape.
- A diagonal line across the suit creates a more slimming look.

- Do you know your body type? A, H, V,O or X?
- For an H-frame, wear a one- piece suit or a tankini, with a boy-cut leg.
- If you have an angular body or face, choose a square neckline or an angular neckline.
- For a curvy body or face, choose a scoop neck or a broad V-neck.
- For a strong bone structure or broad shoulders, wear wider shoulder straps.
- If you have a delicate to average bone structure, then straps can be narrower.

Last but not least... do you know what your color palette is? Wearing a bathing suit in your color palette makes you look more youthful and radiant. It will flow with your coloring and therefore be more flattering on you.

Good luck ... I find a martini before and after makes the shopping a little less painful and a great bathing suit cover-up and sexy sandals is a wonderful diversion!