

Expert advice

1 slimming accessories

SHOES: Slingbacks and pumps elongate legs; ankle-strap styles shorten you. If you wear flats, choose narrow ones; chunky ones add visual weight.

HOSIERY: Stick to dark colours, and whenever possible, match your shoes. If you love patterns, choose simple designs, like vertical stripes.

HANDBAGS: If you carry a big tote, make sure it doesn't hang at the hip; it will add weight to the whole area. Instead, opt for a medium-sized shoulder bag, and wear it neatly, just below the bust.

KELLY MILLAR, IMAGE CONSULTANT, TORONTO



Slingbacks, Nine West, Town Shoes, \$135.

2 red-carpet wisdom

CHANNEL YOUR

INNER YOGI:

Good posture makes you look taller and slimmer.

STAND LIKE A CELEB:

Pose with hips angled and shoulders squared for a leaner look.

THINK POSITIVE:

Flash a megawatt smile and let your confidence captivate the crowd.

STYLE EDITOR
DEBORAH FULSANG



M.A.C. Mineralize SkinFinish Powder, \$30.

3 beauty tips

CONTOUR: For double chins, apply matte bronzing powder using a large brush under the jawline, right back to behind the ears.

PONYTAILS: A high ponytail elongates your face.

BANGS: Side-swept bangs slim, whereas straight-across bangs are a no-no; they shorten your face. Remember Kelly Osbourne?

MAKEUP ARTIST
DAVID GOVEIA, TORONTO

UNDIES: LOOK FOR ONES WITH A SOLID WAISTBAND. THEY WON'T RIDE UP.

4 skinny skivvies

BEST BRAS: A moulded bra that lifts and supports makes your waist more defined.

THIGH SMOOTHERS: They smooth bulges so your clothes hang better.

BEST ADVICE: Buy the right size. If your undies are too tight, you'll end up with unsightly muffin-top.

KAREN VOGL, THE CATS PYJAMAS, CALGARY

Micro Boy Short, Flexees, \$26.

