



LIFE MAGAZINES

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FASHION - A Guide to Looking Good in Swimwear

Going to the beach but haven't got the ultimate beach body? Don't panic – simply finding swimwear to flatter your natural shape will achieve what hours in the gym will not!

If you have wide shoulders, the key to looking good in swimwear is to balance out your top and bottom half. Opt for a bikini or swimsuit with wide shoulder straps and a square or slightly scooped neckline to narrow your top half, and accentuate your bottom half by choosing a bold colour or adding a belt at the hips. A plunging neckline will really accentuate a 'v' shape silhouette, as will skimpy bottoms.

For those of us with a big bust, good support is the all-important factor. Avoid strapless bandeau or triangle-top bikini styles. Instead, go for a halter-neck which will give great support and show off your cleavage beautifully. A halter-neck swimsuit which is banded round the middle will also accentuate your slim waistline.

If you have a long body, try to 'break it up' by giving definition to your hips and bust. Choose swimwear with plenty of embellishments such as beading or sequins, or try a cut-away style. You should avoid vertical stripes and high necklines. For a short body, a one-piece suit with a plunging

neckline will give you a longer (and sexier!) appearance.

With short legs you can create the illusion of length with a swimsuit cut high on the thigh. Boy shorts and skirted bikinis are a definite no no.

If you have no waist, you should avoid solid block colours and wear a belted or banded swimsuit to give you a cinched-in look around your middle. A swimsuit or bikini that adds style (but not bulk) at the hip and bust will help create curves in all the right places, making you feel fabulous as you enjoy the sunshine this summer.

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