



WEAR THE RIGHT CLOTHES

*to Appear Taller
and Slimmer*

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Many women are not happy with their weight.

This was especially evident when I read the survey responses to the question, “What is one thing you would change about yourself?” The resounding answer was my weight.

Weight seems to be a significant factor in why women have postponed up-leveling their professional presence.

No matter your body shape or weight, clothes are a great tool that can deceive the eye to create a taller slimmer appearance magically!

Why wait months to start elevating your professional presence to elevate your profits? In the time it takes to lose 10+ pounds, you could be making more money by showing up as the leader you are to get paid that way!



Well-tailored clothes can appear slenderizing for several reasons.

Firstly, they are designed to fit the body closely and emphasize its natural shape, creating a streamlined silhouette.

A tailored fit can help to elongate the body and minimize the appearance of bulkiness or excess fabric, giving the illusion of a slimmer figure.

Additionally, well-tailored garments often incorporate strategic design elements such as vertical seams, darts, and paneling, which can visually slim and elongate the body. These design details help to create clean lines and smooth out any areas of concern, contributing to a more polished and refined look.

Furthermore, the quality of the fabric used in well-tailored clothing can also play a role in its slenderizing effect. Higher-quality materials tend to drape more gracefully over the body, avoiding unnecessary bulk or bunching that can add visual weight.

Overall, well-tailored clothes enhance the body's natural proportions and flatter its contours, resulting in a more slender and streamlined appearance.



Here are 7
slenderizing
strategies



1. Wear Heels

The most obvious is to wear heels in your skin tone which elevates you both figuratively and literally.

Two-inch kitten heels or comfortable wedges that match your pants or skirts with matching tights elongate your body from the waist down. Wearing heels instantly improves your posture as well as the shape of your legs. Look for deceptively comfy heels with built-in cushioning, a stacked heel, or a wedge that provides greater support and stability.

Consider adding Dr. Scholl's Dreamwalk high heel insoles to cushion the ball and heel for more comfort. Platform pumps are more comfortable than they look; a two-inch platform with a five-inch heel makes it only three inches, yet you appear five inches taller! For a more slenderizing look wear pointed-toe shoes and avoid ankle straps that cut your leg line.



2. Vertical lines

Vertical lines heighten you by forcing the eyes to scan up and down, not horizontally. Choose long vertical lines, designs, and seams rather than horizontal ones, and avoid busy prints since they draw the eye across the body rather than up and down. Also, long necklaces and scarves will do the trick!

Another way to create a vertical is wearing columns of color to heighten and slim your shape.

Choose a solid, dark, rich hue: navy, deep red, merlot, indigo, charcoal gray, or forest green. Now add a long jacket, cardigan, or vest in a contrasting color to create long vertical lines and a framing effect.



3. Shorter jacket

A shorter jacket paired with long, wide-legged, or boot-cut pants that flare creates the illusion of a shorter torso and longer legs thus, adds height

Boot-cut pants that flare draw attention down, making you appear taller. Now add a pointed-toe shoe to give the illusion of more height.



4. V neck tops

Look for scoop or V-neck tops with a slimmer sleeve, such as a $\frac{3}{4}$ length one, to look taller. Bell, puff, and capped sleeves may make your top half appear larger by creating extra volume and a horizontal line. Also, wear a high-waisted bottom, push or roll up your sleeves, and pop your collar to instantly look slimmer.



5. Form-fitting Dresses

Wearing form-fitting dresses such as the wrap dress or cinching your waist comfortably with a belt that matches your pants or skirt gives the illusion of longer legs. Use a belt over a cardigan or shawl to create curves and streamline your appearance.



6. Front tuck

The front tuck isn't new, yet it instantly draws attention upward to your waist, usually highlighting a slimmer part of your body. Leaving shirts and sweaters untucked for comfort often emphasizes the widest part of your body. The beauty of the front tuck lies in its simplicity: Just tuck in the front section of your shirt or sweater, right around the waist of your pants. This enables the shirt to maintain coverage and cleverly camouflage your hips and bottom.



7. Monochromatic dressing

Monochromatic dressing, which involves wearing a single color or varying shades of the same hue from head to toe, can create a continuous visual line that elongates the body, making you appear taller and slimmer. This uninterrupted flow prevents the eye from stopping at different color blocks, thereby enhancing a sleek silhouette.

Additionally, selecting darker tones can further accentuate this effect. By embracing monochromatic outfits, you not only achieve a flattering look but also exude effortless elegance and sophistication.

