

Fun & Fabulous Forever

Looking good is not a matter of size or age--It's a matter of confidence that comes from self-awareness followed by the ever important self-acceptance.

Brought to you by
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Tummy Troubles?

We have yet to meet a woman who thinks her tummy area is too thin. The solution most opt for is oversized clothing, which usually makes individuals look larger all over. The best way to minimize a large tummy is to draw the eye away from that area. Some suggestions:

Attention to the Face: Draw attention to your face by wearing your “best” colors closest to your face. This can be done with clothing, jewelry or scarves, attractive necklines and by wearing makeup. If you don’t normally wear makeup, try the 5 minute makeup plan:



After washing your face and using moisturizer:

- Apply a foundation to even out your skin tone. (A mineral powder foundation is a high-performing skin-perfecting powder that blends effortlessly.)
- Utilize a hair color-matching brow pencil using short strokes to even out or fill in thin brows;
- Define your eyes with mascara and/or a thin line of eyeliner in a dark color.
- Apply a bronzer to cheeks to enhance cheek bones.
- Use a neutral lip liner to enhance the shape of your lips and fill in with a neutral lip color or lip gloss. (To help lip color last even longer, try a lip primer.)



Fitted Jacket: These types of jackets have darts, princess seams or are cut in an hourglass shape. The idea is to bring attention to the smallest part of your body—usually your waist or your rib cage.

Leave It Out: Usually tucking a top in brings attention to the tummy. By leaving the top un-tucked, the eye is drawn to the top's hemline or to other details on the top. If you do need to tuck in a top, it is best to have the top and bottom match so the eye continues past the area without interruption.

Wrap It Up: The line of the wrap garment cuts across the body diagonally, causing the eye to follow the line away from the tummy area. Make sure the wrap doesn't have a big bow or other significant detail at the tummy area. To really pull the eye away from the tummy, wear a solid color wrap or one that has an overall small to medium-size print.



Fake It: There is nothing wrong with body shapers; they give shape and definition where needed. (Isn't that what bras do?) Forget the one that promises to make you "2 dress sizes smaller" unless you are willing to give up breathing.

No one beauty answer works for everyone. Accept yourself for who you are, flaws and assets. Learn how to be the project the image you want and be Fun & Fabulous Forever!