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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Tips To Minimizing A Plus Size Body Type

By A. Pruder

A plus size physique is no longer left out of the ever-changing world of fashion. Not so long ago, curvy women didn't have the opportunity to shop from the same trendy selection as a more petite lady. Luckily, plus size clothing has taken a turn for the better. To that end, there are a few tips to help in the selection of the most figure flattering attire for your body type.

Tip # 1 Dark, solid colors are slimming. Any plus size gal will recognize that black is the ultimate color to help in minimizing those curves. In addition to classic black, navy blue can also help to instantly provide the look of a slimmer physique.

Tip # 2 Princess seams. These are ideal for plus size wear because of their slimming design. Princess seams are those that curve in, on both sides, to form a very lazy 'C' stitch.

Tip # 3 Long sleeves help to minimize the appearance of full-figured arms or wrists. It happens to all of us. One day we wake up and our arms are no longer the tight shape that they once were, but that is what long sleeves are for. The length will minimize a plus size wrist or forearm and draw attention to any unwanted thickness in either area.

Tip # 4 Shorts may show off plus size thighs or leg, but capris pants with an ankle bracelet will draw the eye to the ankle and will decrease any signs of a plus size presence.

Tip # 5 Most plus size ladies want to wear baggy clothes, but this doesn't hide anything. Always go for a more figure flattering approach. This doesn't mean to wear tight clothes, but it does mean to wear something that accentuates the figure in good taste.

Tip # 6 If you have love handles, don't wear extremely a snug shirt with jeans as this may make the bulge a little more obvious. Instead, wear your favorite jeans with an a-line or flutter shirt. This will hide any problem areas and maximize your sense of style.

Tip # 7 Do not wear clothes that are overly tight. This is simply bad taste. Enough said.

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Tip # 8 A monochromatic look, meaning clothing that is all one color, can give the wearer a taller and more slim appearance. And, after all, what woman wouldn't want either of those characteristics in an outfit? Consider a black figure flattering top with a black pant in soft material. For a special touch, add a trendy belt, but take a look at the new you with an instantly slimmer look.

Tip # 9 A suntan will give a healthier and possibly even a slimming glow. A tan looks healthy and health is beautiful. Avoid the sun or a tanning bed, but check out a high quality self-tanning lotion instead.

Tip # 10 Control top pantyhose or a tummy control panty can help to eliminate belly bulge. Any woman, whether plus size or not, has a stomach. If you want to slim up your tummy area, either of these will help to minimize any bulge.

To find out more about plus size, please visit our website at

<http://www.plus-size-guide.com>

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contains tons of free plus size articles, resources and tips.

How to choose your plus size bra

By Jennifer Carter

Lingerie is one area where women can really enjoy themselves. If you wear some really glamorous or sexy lingerie, and you will feel sexy and glamorous too!

When choosing a bra, it is always advisable to get yourself measured by a specialist. In the UK, Rigby & Pella (London) or Bravissimo are THE places to visit, but you can also visit high street stores, who are often able to carry out a bra fitting.

Many plus size ladies are tempted to go for a bra which is too small, not wanting to emphasize their size. However, this often has the reverse effect by creating the "four boob" effect!

Three tips for choosing a plus size bra:–

Choose an underwired bra, for extra support and shape

Remember that the bra should enclose your breasts

The central part of the bra should sit flat against your chest

Buy a bra which is comfortable on the middle hooks, that way if you change size a little, the bra will still fit. If you find that your size changes during your monthly cycle, consider buying a different sized bra.

When choosing a bra, take along a close fitting t-shirt to see what the bra looks like in fitting clothing. Although it may be pretty, you may not want the lace pattern to show through your t-shirt. Also, this

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helps you see the shape that the bra gives to your breasts.

Don't worry about minimizing your breasts – make the most of them and enjoy them!

For further information on choosing plus sizes lingerie, visit

<http://plus-sizes-lingerie-store.blogspot.com>

Plus Size lingerie

This article was submitted by Jennifer Carter, creator of

<http://www.plussizesuperstore.com>

Plus Size

store

Jen enjoys shopping for lingerie and has a special interest in plus size lingerie



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