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Impair Healthy Healing In People Over The Age Of 30!

Plus Size Clothing Tips & Tricks

By "Bridget P. Allen"

Fashionistas come in all shapes and sizes. Girl, you are hot! Don't let those sickly anorexic models dictate what you can and can not wear! So take your confident self to the nearest boutique and purchase that cute outfit you were eyeballing!

The 15 minutes of fame for the flower printed muumuus and tent dresses are over! It's time to seek out your personal style and tell the world about it!

There are now many options for the voluptuous fashionista. The key to selecting a great outfit is putting together a great outfit sometimes risky but simple. Here are a few tips:

The most important tip is to buy clothes that fit. Don't wear a piece that shows bulges or rolls. This is unflattering.

KISS – Keep it simple sista! Dress in a single color. One color will help to de-emphasize problem areas by elongating your silhouette. If your skin tone looks great with pink, go for it!

Get vertical! Vertical strips create the illusion of a thinner you.

Wear heels. Wearing at least a 1" heel helps to elongate your legs making you look slimmer.

Don't wear low-rise anything! Very few people can pull this off correctly.

Compliment an outfit with a blazer and belt. Blazers and jackets help to make your waist look smaller. Blazers and cardigans should be long and left unbuttoned. Avoid cropped jackets which draw attention to your waist and butt.

To help elongate the neck, wear tops with an open neckline such as v-necks.

Stick with pants that have a slight flare at the bottom. The pencil thin pant leg emphasizes the butt.

One thing that is overlooked is the right bra. The correct fitted bra can actually make you look thinner.

Proportions are also important. An oversize handbag is a great accessory but a small handbag will make your figure appear larger.

So ladies, don't hide those gorgeous curves under dull, baggy clothes! Show off your curvy figure with your new style and flair.

Bridget Allen has worked for many years in the fashion industry, at a senior level, and she has written an amazing totally free fashionista minicourse that will thrill, entertain, and most importantly educate you about what you absolutely need to know about fashion. Get the free course " Fashionista Essentials" now at

<http://www.i-stylish.com>

Petite Clothing – Misconceptions

By Bowe Packer

Petite Clothing – Misconceptions by Bowe Packer

One of the the many misconceptions about petite sizes is that you have to be some tiny little thing to qualify. It is almost a conspiracy if you think about it, just ask anyone in the department stores and you will find they aren't purvey as to what clothing petite size actually represents or means. So, if the young lady at the clothing store doesn't know then who does?

In truth the designation petite size refers to height, not girth: so, with that said, women under 5' 4" are considered petite, no matter if there size is 24 or 4. This obviously raises many questions when women are out searching for petite clothing.

For instance, although many shorter women's main concern is about how womens petite size clothing is going to fit. Such things like pants that aren't going to drag on the floor and shirts which the sleeves are the right length. Also, when trying to make the right selection from womens petite sizes there are issues of color and proportion that make this a daunting task.

Here are some words of wisdom: Don't get frustrated or discouraged if clothing stores don't offer the right style and flare of clothing petite size. This frustration will only lead you to the end of the road fast. Here is some encouragement though: clothing stores, both online and offline are quickly recognizing the gap and are working diligently to close it for all you petite size women. I know, you are saying it is about time!

These online speciality stores are filling your petite clothing needs, and fast.

Take a look at Blair.com or Elisabeth.com that specialize in just what you are looking for – clothes petite size.

Plus Size Clothing Tips Tricks

Some Vital Petite Size Clothing Tips:

When are your search, look for monochromatic or tonal dressing, small or sleek lines, smaller patterns that compliment your accessories. Petite clothing that fits and is stylish by itself is hard to find. So, follow these tips to make it fun and even exciting to buy.

Remember your size when looking, the larger knit sweater seen on the latest runway, may not fall into your flattering category for your petite frame. Try putting different things together, maybe a lightweight sweater with a monochrome knit scarf or cap. Petite size clothes shopping can be fun and the petite size women can look stylish in her clothing.

we Packer is the webmaster and content provider for <http://www.clothes-4u.com>. His website: <http://www.clothes-4u.com> is dedicated to providing free fashion advice and tips for women. Offering excellent tips and strategies for women to look good in the areas of Casual, Petite Size, Plus Size

clothing, as well as dress, athletic and casual shoes. You can reach him at: bowe@clothes-4u.com.



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