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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!

Raise Your Swim Wear Buying I. Q.

By "Bridget P. Allen"

Finding the right swimsuit can be a tall order for some of us. Not because we are tall, because we don't fit the run-of-the-mill swimsuits. But, atlas, with a little patience you can find the perfect suit to flatter your body.

Here are a few tips.

- How about a one-piece or a two-piece? There are plenty of sexy one-piece suits being worn on the beach. They do not reveal it all, just enough to keep things interesting. The trick is to find one that fits your body type.
- Are you swimming or sunbathing? If you are into swimming, a one-piece definitely is for you. Find one that doesn't cut into the shoulders, comfortable with stretchy fabric. Don't get anything that ties. You don't want anything to come undone while doing laps!
- If you are small on top, you may want a little swimsuit from Brazil. Their swimsuits are cut for the smaller bust line. Also look for one with some padding, underwire or demi-bra style. These help to enhance the bust line. Avoid tops with too much fabric or poor fit. Opt for separates where you can choose your top and bottom separately.
- If you are well endowed, you may need some extra support. Underwire tops work well and look great. Also, halter-tops are a good choice by offering support. One piece swimsuits with some structure in the bust work well. Avoid strapless tops and those with tiny tops that offer minimal coverage. And again, make sure you choose your top and bottoms separately.
- Those with short legs can flatter their figures with suits cut high on the thigh. This will make your leg look much longer. One trick is to wear a solid bottom bikini with a printed top. This will draw the eye upward and give you a longer look. Avoid boy shorts and skirted bikinis as they draw the eye downward and make you look shorter.

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· Clothes look good on the long body shape but you need to make sure you don't look like a bean pole! Bright colors and horizontal strips work well with this body type. Boys short are perfect for slimming your hips. Avoid horizontal stripes, high necklines and solid dark colors.

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>

Advice On Buying Maternity Wear

By Sarah Mitchell

Just because you are 8 months pregnant with a stomach out to there, it doesn't mean that you shouldn't still care about your appearance. In fact, when you're feeling hormonal and down in the dumps, a good shopping trip for stylish maternity wear may be exactly what you need.

General advice

The first instinct pregnant mothers have when shopping is to go directly for something that is large and baggy. Please avoid this as maternity clothing that is layered or has bold prints or horizontal stripes will only make you seem bigger. Everyone knows that black is slimming so if you want to appear smaller, go for maternity clothing in one solid color. Don't compromise your style. If you find maternity clothing too plain, try going to plus size stores or shop at your usual haunts but buy a bigger size. This will allow you to go for styles that you would normally have preferred pre-pregnancy.

Maternity wear budget

Be careful with your budget though, as you have to remember you won't be that big for that long! If you want to save money, borrow other people's maternity clothing. Most mothers' keep their maternity clothing in case of future pregnancies or as a keepsake and they'll probably be happy to let their used maternity clothing be used by you. Or, you could try yard sales or consignment shops for a good bargain.

Shoes

If you are well into your pregnancy, you don't want to buy high heels. Flat shoes or flip flops are the best way to go. If you must have heels in your shoe, try kitten heels as they are not that high and will be comfortable to wear.

Maternity formal wear

The best kind of formal wear won't hide your shape. Be proud of your new pregnant shape and show it

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off. Formal wear for expectant mothers can be found in suits or dresses. The most common colors are black or midnight blue as it is one solid color that is slimming to all shapes. The best maternity dresses are empire cut, which means it is cut right under the bust, to provide maximum room for movement of your growing belly. Maternity suits are also alternative and very flattering to those who are four to five months pregnant.

Maternity swim wear

If you are only four to six months pregnant, you can probably get away with going to plus sized stores and purchasing larger swimsuits as maternity swim wear. In this way, you will get a greater range of swim wear to choose from without having to change your style. Maternity swim wear is not readily available all year round so make sure to head straight to your favorite maternity clothing store when the sun comes out if you're planning a tropical holiday during the winter.

Whatever your shape or size, you are bound to find maternity wear for any occasion! Don't just stick to the boring styles you often see in maternity stores; be inventive when mixing and matching to create your own maternity wear style!

Article written by Sarah Mitchell of NamesToBe.com (

<http://www.namestobe.com>

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