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# Body Shape Solutions #1

A Wobbly Tummy & how to dress it  
for maximum comfort & style  
confidence.

# Our Tummy

One of the biggest body hang ups I see in women is the tummy.

Regardless of your tummy's size and its softness we can dress the area so that it stops zapping our confidence.

On the following page I am going to show you how to take control of this area and dress it so that you are comfortable and you feel happier with your appearance.



**1. Raise your waistband:** The waistband on trousers, dresses and skirts should reach your belly button (mid rise) as a minimum or higher.



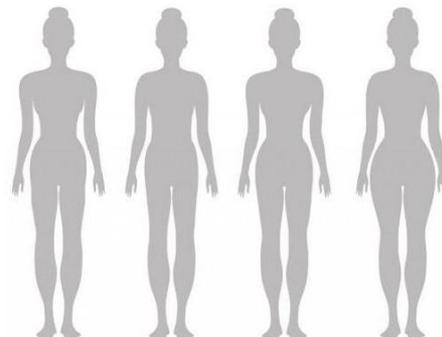
Raising your waistband to at least your belly button creates a line across your stomach minimizing the area. The higher the waistband the longer our legs look.

**3. Add a jacket or cardigan and wear it open.**

The garment adds vertical lines to the outfit elongating the body and taking much focus off your tummy.

**2. Wear clothes that fit your shape**  
Clothes should skim your shape

✘ They shouldn't be too tight  
✘ Or baggy

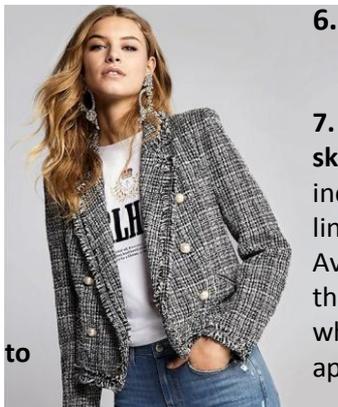


**10. Shape wear**

Great tummy control  
Shape wear is one of the most effective solutions for body transformation.



**9. Wear jackets that finish on the stomach to cut the area in half.**



**6. Wear clothes with a nipped in waist.**

**7. Wear fabrics that skim over your tummy** including cotton, silk, linen, soft denim. Avoid thick fabrics in the stomach area which can increase the appearance of its size.

**8. Jewellery**

Use jewellery to draw the eye up.



**4. Wear a similar colour on your top and lower half**

**5. Wear a belt just above or at your natural waist.**  
Look for a belt that has a thickness of over 1.5 inches which can support the stomach.  
Or  
Ditch the belt

