



Beauty News & Notes

Beauty Secrets For A Great Body Year-Round

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(NAPSA)—One key to looking beautiful is confidence. As a leading authority on beauty, style and fashion, I am constantly being asked by women and celebrities for advice on how to look great. Here are some of the top beauty secrets that can help you overcome or disguise your biggest beauty hang-ups.

Highlight Your Assets

One of the easiest ways to boost your confidence is by learning what to highlight and what to hide. By simply changing what you wear and how you wear it, you can transform yourself from feeling drab to feeling fab in just a few moments.

For example, with these body types, here's what you should wear:

- A fuller waist. Look for shirts that are slightly tapered at the sides to create the illusion of a waist.

- Big butt. Highlight a trim waist with belts, and go for A-line or slightly flared skirts and dresses that skim over thighs and bottom.

- Flat chest. Add the illusion of a bust with embellished tops, ruffles and eye-catching details.

- Short legs. Choose longer-length pants that hit just an inch off the ground and wear with heels to add height.

Celebrity Secrets To Fix Those Flaws

There's not a celebrity in Hollywood that hasn't been caught with dreaded cellulite. Cellulite affects 90 percent of adult women, including some of the biggest A-list celebrities I know.



One treatment that's been proven to smooth cellulite-ridden skin while trimming inches off problem areas such as thighs and love handles is FDA-approved VelaShape. It can minimize the appearance of cellulite, even in hard-to-reach places, with as little as four treatments, and has been used by model and reality TV star Kim Kardashian.

Diet And Exercise Basics

Here are some quick and easy ways by which you can fit diet and exercise into your routine:

- Stick to one serving and watch your portion control.

- Do some chores. Housework burns calories, and you have to get it done anyway.

- Make smart substitutions, such as a vinaigrette instead of ranch dressing, an English muffin instead of a bagel, and mustard instead of mayo.

- Play games with your kids. Shoot some hoops or play some hopscotch.

For more beauty tips, you can download my free guide, "The Busy Girl's Guide to a Beautiful Body," at www.velashape.com.