

focus on fashion

Fashion Tips From A Plus Size Supermodel

(NAPSA)—Real beauty has no size, says plus size Supermodel Christine Alt, who has walked New York runways wearing sizes 4 to 14 and graced the covers of such magazines as *Glamour*, *People* and *Ladies Home Journal*.

Alt, who has launched her own collection of “all size” apparel available on the television shopping network, HSN and hsn.com, offers a few tips on how women can look their best, regardless of their size or shape.

- Think of beauty as the “whole package.” It’s more than what people see on the surface. It’s the way a person dresses, the way she holds herself, her confidence, style, and personality.

“Anyone can have plastic surgery,” said Alt. “But if they don’t have it inside and don’t know how to put it all together, it’s just superficial and not true.”

- To acquire an individual look, dress with a sense of adventure. Be daring. Try colors and patterns you’ve never worn before along with fashionable styles you’ve admired but never tried. You may be pleasantly surprised.

- Some women feel intimidated when shopping for new clothing. They might think they are too small or too big. Shopping at home eliminates “salesperson scrutiny.” It gives you the luxury to be more daring and actually try outfits that you might be too intimidated to select otherwise. It can be a great way to find a new style and new you.

- To best complement your body type, consider your assets and liabilities. Then remember the rule of “recession” and “attraction” while dressing. Dark colors and solids “recede” and detract from your liabilities while bright colors and patterns “attract” attention to your assets.

- Petite women have to be especially careful when it comes to accessorizing. Watch proportion—bigger isn’t always better!



Shopping at home can make it easier for women to find their own style.

- A standard trick is to dress monochromatically from head to toe in a dark color—black, navy or brown. Your shoes, hose and outfit should all be the same color.

For full-figured women, whether or not they are petite or tall, it can be challenging to find garments that have the right cut and fit that complements a woman’s unique shape.

“My new collection on HSN has been created with special consideration to the plus size market,” said Alt. “These special designs will compliment any body type and ensure a proper fit for a variety of shapes and size.”

Alt says that each individual has his or her own ideal size. That size is the one they feel most comfortable being. It’s the size that is easy for them to maintain without constant dieting, but yet healthy for them.

“The world would be a boring place if we were all the same size,” said Alt. “It’s variety that makes life, and people, interesting.”