

Fashion Tips

Finding A Suit For Your Body Shape

(NAPSA)—Bathing suit shopping does not have to put you in a bad mood. There is a way to find a suit that flatters—and it all comes down to fit.

The best place to start is at the very beginning—with body shape. If your hips are wider than your bust, a shape known as triangle, then go for swim separates in lighter colors or patterned tops to emphasize your upper body and darker bottoms to minimize hips.

For inverted triangle shapes, meaning your shoulders are wider than your hips, a skirtini will balance your silhouette. If you have an hourglass shape, meaning the hips and shoulders are balanced and the waist is defined, consider yourself lucky because any classic bathing suit shape will flatter your figure.

For rectangles, your shoulders and hips are of equal proportions, so go for styles with detailing around the waist, like stripes or a sash to accentuate the waistline. And lastly, if your waist is larger than your shoulders and hips, referred to as a circle, seek out one-piece suits with Empire waistlines or shirring and power mesh for extra tummy control.

If you fall into the plus-size range (16 to 34), as over 30 percent of American women do, bathing suits that fit and flatter are even harder to come by. For plus-size swimwear that accentuates the positive, you can check out the selection at Catherines and catherines.com. Because the company offers plus sizes exclusively, it knows how to flatter fuller figures.

So, now that you know what shape you are—and which swimsuits to wear based on your shape—make a splash and suit yourself with a great new look.



Once you figure out your body shape, it can be easier to find a swimsuit that both fits and flatters your dimensions.

Swimsuits For Your Body Shape

- **Triangle:** Choose swim separates in lighter colors or patterned tops to emphasize your upper body and darker bottoms to minimize hips.
- **Inverted triangle:** Go for a skirtini to balance your silhouette.
- **Hourglass:** Consider yourself lucky because any classic bathing suit shape will flatter your figure.
- **Rectangle:** Select styles with detailing around the waist, like stripes or a sash to accentuate the waistline.
- **Circle:** Seek out one-piece suits with Empire waistlines or shirring and power mesh for extra tummy control.
- If you're a plus size, go to Catherines or catherines.com for an extensive selection of stylish plus-size swimwear to flatter your shape.