

# Flatter your figure



FROM LEFT: Fashion stylist Cindy Newstead (left) shows off this model's "contemporary look"; belt "accentuates the waist"; pleated skirts help create the "blouse of curves". Photos courtesy of Cindy Newstead.

Melbourne stylist, Cindy Newstead, provides tips on how to bring out your best.

## Enhance fabulous features

**W**hen we look fabulous we feel amazing — like we can conquer the world. Or at least the photocopyer at work. But how many of us can lay claim to looking sensational every day?

The trick to looking like we're (a) the Kils lighter, (b) off to a fashion shoot or (c) suddenly French, is actually quite straightforward.

Personal fashion stylist, Cindy Newstead, says women and men who want to dress stylishly should understand their body shape and personal style. "We want to bring attention to the parts of our body we love, and draw the eye away from parts we dislike," she says.

### Disguise 'problem' areas

"Most women have problem areas they're self-conscious about but there are lots of techniques we can use to disguise these parts while enhancing our fabulous features."

Large or floppy tummy: "Wearing a fancy belt or bold print accentuates the

area. It's best to keep that part plain and simple and avoid pleats. Wear a stunning necklace or shoes to draw the eye away from the stomach."

**Big bottoms:** "Pockets that are big, low, or excessively ankle-biased accentuate a large bottom. Wear simple styles and bring the attention up the body by defining the waist with a belt or wearing a shirt or jacket with wide lapels. Wide-leg or boot-cut pants flatter and balance proportions." **Busts:** "Women with large breasts are usually blessed with hourglass figures which should be accentuated. Steer clear of shapeless clothes that are too big or flowy, and avoid double-breasted jackets, which tend to cut through the upper torso and broaden the chest. For women not carrying too much weight, a v-shaped neckline helps break up the chest area. While you want to steer clear of chunky necklaces, a stunning pendant hanging just below the neck really adds that 'wow' factor."

"To enhance a flat chest, bulk-up the area with scarves or long necklaces. Wear

horizontal stripes or prints to create the illusion of a larger bust, or show-off slim, toned arms in sleeveless or capped tops which broaden the shoulders and balance proportions."

### Jazz it up

"Accessories should play a huge part in our styling. With the right pieces we can jazz-up a plain outfit very quickly. You can buy quality costume jewellery or throw-away fashion pieces — you don't have to overpend."

"We also need to remember our bodies change as we age, so we should adjust our style frequently. Clothes that suited us in our 20s and 30s are going to look unflattering when we're in our 50s and 60s. Likewise with hairstyles — revitalizing a tired look can take years off your face."

### For the blokes

Styling Australia for more than 11 years, Ms Newstead says men also want to learn about what to wear. "With men, we're

looking for one shape — the inverted triangle. We want to elongate the body and broaden the shoulders. For larger tummies, avoid pleats. Wearing appropriate shoes is just as important for men as it is for women. To elongate your physique, wear a longer-toed shoe and avoid chunky styles."

### The right colour

"Wearing the right colours certainly plays a big part in how we look and feel. Flattering colours accentuate the face while others make us look and feel old! To determine if a colour suits you, hold the garment under your chin in front of a mirror, then close and open your eyes — if you see your face first it's the right colour for you."

"Clothes and fashion should be fun, and when we acquire a good understanding for what suits us, we feel terrific and that has a domino effect on our lives."

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— ANDREA BISHOP