

SWIM-SUITS YOU

Summer's here. You can practically fry an egg on the hood of your car, but let's confess. It's not the heat that bothers you. It's the thought of bearing it all that gets you running for air-conditioned cover. We know it's scary but there's a suitable set of swimwear for every woman, no matter what your size. Yes, *really*. Here's an easy-to-follow guide to what's best for your body shape, so you can face the beach feeling beautiful. Just pick the body shape that best matches yours, and hit the shops for selected styles.



DO



Cello:

Your chest, waist and hips measure almost the same, so a coloured one-piece will look great on you, while a low cut neck-line will give the illusion of a longer neck and slimmer body. The tankini is also a great choice – this will cover your curves on top and allow freedom for your legs. Pair it with a flowing sarong.

DON'T



Apple:

For girls with a fuller bust and smaller hips, a halter-top bikini will make you truly beach-beautiful, as it both offers support and highlights those curves and cleavage. Look for styles that are banded around the midriff and can be tied at the back and around the neck. Skirts can even you out at the bottom, as can a flowing sarong.



Hourglass:

You're the classic, womanly shape with curves to die for. Any style tends to suit you, but halter-top bikinis can enhance cleavage and highlight a small waist. If you're slightly self-conscious about your bust, a tankini will cover your midriff and highlight your legs.



Ruler:

You're small and naturally thin, which means it's up to you to create those curves. Luckily there are lots of swimwear designs that feature frills and little skirts to help. Padding on top can give the impression of a fuller bust, and boy styles shorts look great on you too, (they can highlight wide thighs on bigger women) – play around with mix and match sets.



Pear:

Like thousands of women, your bottom half is a little bigger than your top. You need patterns and padding on top to give the illusion of a fuller bust. Mini-skirted bikinis are also great for evening you out. These will hide your extra curves whilst still showcasing those fabulous legs.



Don't hide this summer! Visit www.specialkchallengeuae.com for more tips.

Sponsored by the **Special K** Summer Confidence Challenge to help get your body beach-beautiful.