

Dressing to Slim Tip Sheet

After thirty years in the professional portrait business we have picked up a few tips and ideas that will instantly make you appear a little slimmer. The right choice of colour, material, accessories and proper fit makes a noticeable difference. Here is a crash course.

This tip sheet is available free from Spencer Studio
Please forward it to anyone who will benefit from it.

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Slimming Do's

- Wear dark colours, Black, Charcoal, Olive, Grey, Navy, Plum, Burgundy, Dark Brown or Eggplant.
- Solid Colours
- Dress head to toe in a darker solid colour (Monochromatic).
- Dark cool colours are even better than dark warm colours
- Remember vertical lines are slimming:
- Wear V Necks
- Long Chain or necklace
- High heels or platform heels
- Pointy shoes
- Single Breasted Jackets
- Capri's
- Wearing clothes that fit properly
- Small rounded shoulder pads
- Good posture



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Slimming Don'ts

Just say "No" to:

- Large areas of Pastel or White
- Bold Patterns (or pattern over pattern)
- Plaid
- Heavy fabrics
- Shiny fabrics (large areas of)
- Shorts
- Horizontal dividing lines
- Dividing the body into sections
- Belts of a different colour
- Front pockets
- Cuffs on pants
- Double Breasted Jackets
- Wearing clothes that are too baggy
- Wearing clothes that are too tight
- Shoes with Ankle-straps
- Poor posture