

FASHION AND STYLE TIPS FROM FASHION STYLIST KALEE HEWLETT



We all want to look and feel fabulous so Slendertone have teamed up with fashion stylist & presenter [Kalee Hewlett](#) to bring you some top fashion tips so you can dress to impress.

While you're toning away and working on the body you want Kalee has put together some great advice to make sure you look gorgeous no matter what you're wearing from party dress to denim.

Top 10 Fashion Tips

1. "You may have over indulged a little this Christmas and lost your body confidence. If you're feeling that your thighs aren't as slender as they were before the festive period, wearing front pleated trousers will help to slim down and elongate your legs. Opt for a fabric that has at least 2% elastane to prevent any unsightly ripples."
2. "It's the party season so no doubt you've been succumbed to those killer heels! If you haven't already, it's time to invest in a nude court shoe. These not only elongate your legs but a pointed toe stiletto will also slim down your pins! Avoid ankle strap details which can cut off your legs and make them look shorter and chunkier."
3. "Give your denims and your bottom an uplift in the new year! Darker denims are more slimming than the lighter washes."
4. "Leggings and even jeggings are the go-to comfort option in favour of those all-time favourite denims. Opt for styles with pocket details, these will work to further accentuate and lift your bottom. Just make sure you don't fill those back pockets... That's what your handbag is for."
5. "Shawls, pashminas and stoles are great for adding that extra dimension to your festive outfit and are perfect for covering the tops of the arms. Remember though - a hint of skin can be sexy, so be sure to show off those shoulders when you can."
6. "As your arms become more toned, play around with the length of sleeve you choose to wear. As you dare to bare those biceps, working your way up to a cap sleeve will flatter your arms beautifully and show off your new found muscle tone. Avoid puff sleeve styles, these will just add bulk to your frame."
7. "Graphic prints work to distract the eye and do wonders for disguising any extra weight around the mid-section. Stripes don't date - opt for a vertical stripe print to elongate your body and further slim down your frame."
8. "Vertical panel details on dresses and skirts work wonders for removing inches. Darker coloured panels should always be worn on the outer sides, moving inward to lighter shades. The trickery is in the correct colour shading."
9. "Further sculpt your body with form fitting shape wear, the perfect accompaniment to help define your silhouette for that divine body con dress which you can now wear with confidence!"
10. "Avoid wearing trousers with fold over pleats at the waistband. They will add bulk to your stomach. Opt for horizontal pockets slits rather than slanted designs that can cause an ugly gaping effect when fabric is stretched. Simple and streamline are the two key things to remember."



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