In Fashion: Weighing in on fall

by Sharon_Mosley

You are what you eat - or maybe it's what you wear that makes the biggest difference in how you look and feel this fall. There are plenty of ways to slim down your wardrobe and look like you've lost a few pounds just by weighing in on a few of these figure-flattering tips:

TOPPING IT OFF - Take pounds off your overall appearance this fall by making a few changes in your wardrobe. Try keeping the volume on top with narrow pants and tights on the bottom. CNS Photo courtesy of Escada Sports. - Visit your hair salon. We often never think about how the hairstyle we wear every day can affect not only our mood but how we feel put together. If we're having a bad hair day, not even a new jacket can make us feel better. So start with re-evaluating your haircut with your stylist - or find one who will explore new styles with you. Consider longer, side-swept bangs and layers a la Victoria Beckham for a fast update.

- Stick with narrow pants. The skinny pants trend is here to stay for awhile and the narrow legs are often the key to one of this season's most slimming silhouettes. We're not talking "skintight" here, just lean pants that can take pounds off your entire body when tucked into boots and paired with a knit tunic top.

- Pull on a pencil skirt. Yes, these straighter skirts that are tapered in just a bit on the bottom do give most women the illusion of a slimmer line. Leave those flippy A-lines in the closet - especially if you have a pear-shaped figure. Shorter, knee-length hemlines will show a little more leg and give you more illusion of height.

- Dress in one color. It's easy this fall to stay in the same color family, whether it's gray, black or scarlet, and vary textures of jackets, skirts or tops. Shift dresses are great too. There are plenty of shoes and accessories to match. Add tights and you'll have this slimming monochromatic look down and the pounds melting away.

- Wear high heels. I know there are many of flats out there this fall, but most of you know that those higher heels do lift you up. At least put a pair of shoe boots with higher heels on your fall shopping list. Pointed toes are more "lengthening" than rounded toes or Mary Janes with wide straps across the ankle. Heels paired with

dark tights will also make you look taller and thinner.

- Wear fitted jackets. Whether it's long and knee-length or short and flared, a jacket that is gently tailored is one of your best figure-flattering buys this fall. Steer clear of the big and boxy - none of us I hope are going for the Sponge-Bob effect. Leave that to the younger kids.

- Cinch it in. This one is tricky, but the wide belt (especially in patent leather) is a great asset to containing some of those flowing tunics that are popular this fall and adding a waistline. But make sure if you do plan to belt a blouse or top, there's nothing flowing out over it - if you know what I mean.

- Add accessories carefully. Don't overdo on the jewelry. Piles of necklaces and armloads of bangles will only add bulkiness and some jangled nerves. Stick to one or two longer necklaces, more structured handbags and soft scarves that play up your best features.

One more tip: Spanx.

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