



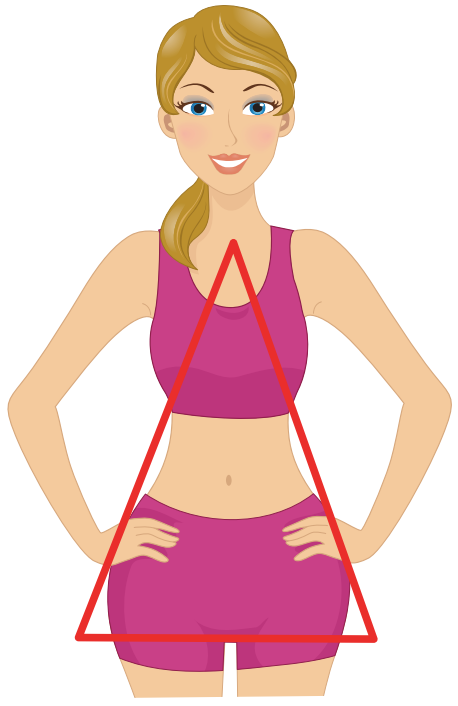
# SMART

## Swimwear Guide

## ONE PIECE

## TWO PIECE

### If you're bottom heavy.



- Horizontal necklines will help balance out hips
- Details on upper body eg: frills, ruffles, prints & Halter necks will help highlight your upper half
- One piece is a no brainer for your shape because it creates a longer line
- High rise bottoms are also great because they help accentuate curves that are already there!
- Avoid ruffling, hardware or other eye-catching, volume increasing embellishments around your hips and waist. Bikini bottoms with side-ties and horizontal waistbands can also draw attention to your wider hips: go for a high cut waistline instead.



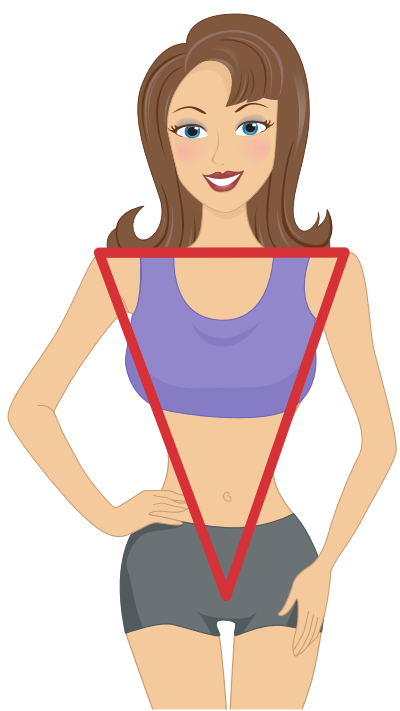
### If you're straight / athletic



- Busy prints, ruffles & strings will help to create curves
- A swimsuit that's cut high on the hips with a deep, plunging neckline is perfect for adding emphasis to smaller breasts and hips.
- Add a belt to make your waist look even slimmer.
- Cut-out sides create illusion of an hourglass shape
- Padded tops will emphasise bust
- Avoid square, boxy necklines & boy shorts – you're looking to add curves, not reduce them.



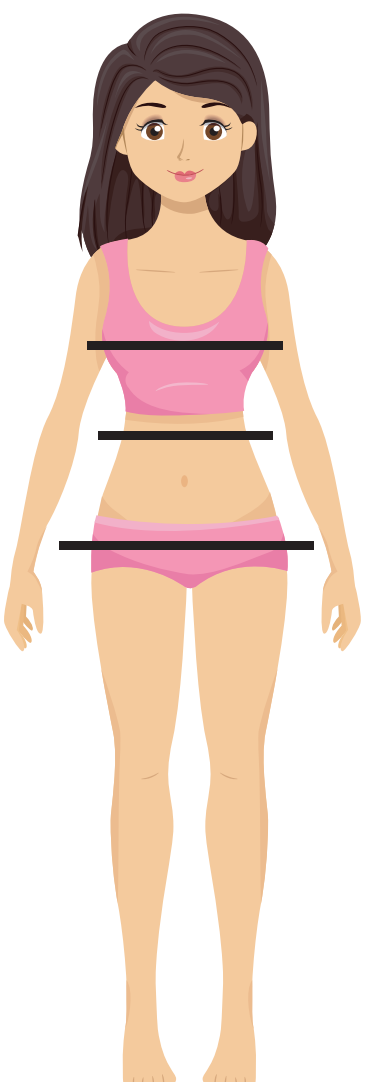
### If you're shoulders are broad



- Plunging necklines minimize broad shoulders while emphasizing cleavage.
- Thick straps can be better than thin.
- A-symmetrical tops can help break up broad shoulders
- Add definition to small hips and thicker waists with high-waistline bottoms or a curve-enhancing cutout monokini.
- Ruched bottoms & a cheek-revealing cut will enhance a smaller bum
- Or on the flip side, a high rise full brief will help lift your bottom instead of cutting in to it at the wrong angle
- Avoid hip-reducing styles like boy shorts



### If you're a true hourglass

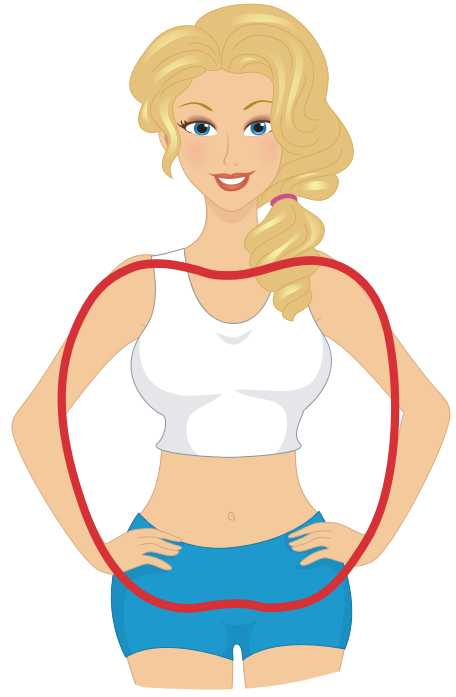


- Lengthen legs to add emphasis to your natural curves with a high cut hip & plunging neckline style.
- For curvy hips, simple bottoms that cut right across the waist look great.
- Avoid styles that cut you off mid hip. Aim to highlight the smaller part of your waist
- For a retro look, a high-waist bikini will draw the eye to your narrow waist
- There are no bikini types to avoid with an hourglass figure. Just be careful of mismatched prints & colours, that can throw the bikini top and bottom out of harmony.





## If you're tummy is larger



- Emphasize your legs & bust to lengthen your figure.
- A ruched design will help shape the mid-section
- A fitted one-piece can help elongate & add definition to your figure
- Look for designs with eye-catching shapes & details around the hips & neckline, with darker colors around the middle to flatter a wider waist.
- Mix & Match tops & bottoms to fine-tune to your personal dimensions.
- A tankini top paired with a high waisted bottom will tone and flatter.



## Minimising a lower belly.



- All over patterns or prints will help mask any area
- High-waisted will give you more coverage
- Ruching
- Blouson swim tops
- Flowy or Peplum Tankinis
- Dark Colors



## If you're busty.



- Look for tops that are adjustable.
- Halter tops are also great because they have several adjustments.
- Triangle suits aren't always the best for coverage, but do work for some women!
- A one-piece with underwire offers tons of support
- Support and comfort are key when you have a larger chest. Wider straps and cups that offer a bra-like fit are the best choices.
- Look for brands that specialize in this area



## If you're curvy.



- Embrace your curves
- Curve specific brands will have loads styles and designs to help give both coverage and highlight all sorts of curves!





## HIGH RISE

One of the most universally flattering cuts (except for those with quite a short torso)  
V-cut, cross front, ruched or fold down styles will all help to avoid "the muffin top" You want to aim to have the waist sit at your smallest point to enhance or create more curves  
These will also offer extra comfort & support.

V CUT & CROSSOVER BIKINI PANT



FOLD DOWN BIKINI PANT



RUCHED BIKINI PANT



## LOW RISE

Low rise v-cut will help to create shape through the lower belly.  
Excellent if your confident in eposing this area or if you have a shorter torso



## LOW LEG CUT

low-cut legs will help give you more coverage and are much more practical if you want to have fun in the water with your kids!

## HIGH LEG CUT

The higher the leg rise, the longer your leg will look



## SMALL BUST

You will find it easy to wear this bikini top multiple ways. Add frills to your bust to make them appear fuller



## BUILT IN BUST MINIMIZER



## BELTED SWIMSUITS

Can help to either define or create a waist



## SHORT TORSO

High-neck & high cut styles  
This works for both one- and two-pieces and helps elongate your torso by drawing the eye all the way up to your neck.



As we age our bodies change for so many different reasons.

Children, age, menopause, medication, covid ect... However regardless of the reason, it happens and that's just a fact of life.

I am certainly about positive body image (however hard it may be at times lol). But body love, and self-acceptance at every stage and age can be challenging for some. And trust me I completely understand.

Just take it day by day and love wherever your at right now... Go and find a swimsuit that flatters your assets (YES you have some) but also camouflages whatever your not ready to fully love yet and just have fun...

Life is too short and trust me, YOUR the one that has all the worry about your bits... Most other people aren't even noticing because they're too caught up worrying about their own wobbly bits!

The first step to self-love is self acceptance... Just accept where your at today and get out and enjoy the day  
xx



### TIPS TO TRYING & BUYING

- ***Know what you're looking for.*** This post will help you clarify what you're looking for in a swimsuit.
- ***Try or order your favourite suit in at least 2 sizes.*** If ordering online, order the size you think you need (according to the size chart) then order the next size that's most likely to fit. Just be committed to returning anything that does not fit!
- ***Just try it.*** You will never know how it will look until you try it on. This is truer for swimsuits than for any other piece of clothing. It might look awesome or it might be downright embarrassing, but if a certain design catches your eye, you have to try it to find out.
- ***Lighting.*** Try your swimsuits on in good lighting, when you're in a good mood, in the privacy of your own home even. I struggle with fitting room lighting here, so i take mine home to try. **See** how you look, **see** how you feel. Do a little wiggle and make sure it stays in place.
- Don't forget to think about your own ***personal style!***