



Living In Your Power

By Lynnette Begue-Lavery

Living in your power... in a swimsuit!? Yes! You can be just as confident and cute in a swimsuit as you can in a business suit! But there are some things you should know first. Most women presume that what they wear in clothing size is what they should wear in swimwear. While companies try to stay true to size, more often than not they vary by brand and tend to run small. So ignore the number because you want to feel good in your suit, not like you are poured into it. You may need to try a size up.

Most importantly, consider your body shape, your best features and skin tone. Identify what

feature you feel you need to camouflage to feel comfortable. There are bathing suits now for all body types, so knowing what style works best for you is half the battle!

Here are a few tips.

Shop for quality fabric. If it feels thin in the dressing room, beware of how it will look when it gets wet. You want a bathing suit to support you!

Color matters. Choose colors that compliment your skin tone. Bright colors or prints will draw attention and can be used to highlight features.

A good rule of thumb is to downplay fuller areas with solid, darker colors. However, if you have darker skin tone, a brighter solid color may camouflage for you as well.

For help camouflaging a fuller middle choose Rushed or shirred fabric. Vertical lines will give an elongated appearance and help slim. Try a tankini vs a one piece that is very clinging. For a smaller bust, use ruffles to add fullness or try padded styles. Triangle shape bikini tops work well. For fuller figure women try a one piece that has a plunging neckline or v-neck and high cut around the thighs to elongate. For a fuller booty try a low rise bottom. It can be slimming if it's not pinching or tight.

Whether it is more coverage or less, feeling comfortable is what will build confidence. Because when you are comfortable, you are able to relax and let your inner beauty shine!

Once you have chosen the right suit, cover-ups are a staple for every suit! Throw it on, with a cute hat and sandals and you're ready for a bite to eat or a dinner by the pool.

Be comfortable in whatever you choose and your confidence will show.

Remember there is no comparing, you are uniquely and wonderfully made! Enjoy your summer and live life confident.

Lynnette Beque-Lavery

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