



Look great at your Christmas party whatever your size!

Simply Slimming, December 07, 2005

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7 Tips for looking like the belle of the ball at your Christmas party even if the pounds haven't quite come off in time.

PR9.NET December 07, 2005 - Edinburgh, UK - Despite all the "Drop a Dress Size in 7 days" type features around in December not many of us will achieve our ideal body by the time the annual company Christmas party comes around. After all more than 50% of us are overweight at any given time. But the skinny don't have the monopoly on looking good. There's still time to make the best of what you have, look like a million dollars and have a great time.

7 Tips to look Great at your Christmas Party whatever your size

1. Wear clothes which fit properly - anything which is too tight will create curves where they don't belong.
2. Choose fabrics which skim rather than cling.
3. Black, plum, dark green and navy will make you look smaller. Pale shades and garish patterns will not.
4. Fussy details on party wear such as frills and gathers add pounds. Choose simple lines to smooth your silhouette and add interest with jewelry and accessories.
5. Select your underwear with care. Think figure-hugging support rather than tiny g-strings.
6. Wear a glamorous evening wrap to hide less than perfect upper arms.
7. Smile and walk tall. People will notice your confidence and sparkling personality rather than your size.

Extracted from "How to have a Great Christmas without piling on the pounds" a free 24 page special report offered by Janice Elizabeth Small at her web site. See <http://www.SimpleSlimming.com/Christmas> for details.

Janice is a weight loss coach and author of "The Diet Exit Plan", a system which promotes permanent healthy and automatic weight loss through making small changes to your everyday habits. Further details can be found at <http://www.SimpleSlimming.com>

Janice Elizabeth Small is available to interview for more insights into this topic.

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About Simply Slimming

Through the "Diet Exit Plan" program and accompanying online slimming club, Simply Slimming offers a solution to those fed up with dieting. The "Diet Exit Plan" is a system which promotes permanent, healthy and automatic weight loss through making small changes to everyday habits. The 8-week program, additional information, recipes, tools and daily coaching are provided online through the slimming club. Those using the system can contact the club for coaching help at any time.

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