



Jo's FIGURE FIXERS

Now you have body-boosting confidence, Cosmo's fashion expert Jo Sawkins shows you how to make shopping for your shape stress-free. Here she looks at three common problem areas and shows you what to buy and not buy, and which celebrity looks to copy.

BUSTY

If you are blessed with voluptuous breasts, you must invest in a well-fitting bra. Seventy-five per cent of women wear the wrong size bra, so go to a company that has a good reputation, such as Rigby & Peller. They have professionally-trained staff and offer their own bras plus 24 different brands, with prices starting at £35. And they even offer a made-to-measure service starting at £250. For more information, visit www.rigbyandpeller.com. Or you can buy branded bras from a great website I recently discovered called www.brasplus.co.uk, which has a wide range of branded bras in cup sizes ranging from A-G.

FIGURE-FIXER DOs



DEEP V-NECK Deep V-necks are a must-have. This cardigan, from George at Asda is a fantastic colour for the summer. You can wear a white V-neck or low scoop-neck top underneath and it only costs £16!

WRAP-TOPS The V of a wrap-top will divide your front and the ties will pull you in across your waist and sides, making you look more proportioned. This one costs £22 from Dorothy Perkins, and is very trendy for the coming seasons.

JACKET A short jacket to the hips lengthens your legs and the deep V divides the front. This one is great and costs £49.99 from River Island. It can be dressed up with a pretty skirt or dressed down with jeans and some spiky heels.

WRAP DRESSES This light, cotton dress is so pretty, and it has the important V-neck and wrap-around front, which will pull your waist in. This one is the perfect summer dress and is from Fullcircle, costing £50.

CLOTHES THAT DON'T FLATTER: HIGH-NECK TOPS ROUND-NECK VESTS BOXY, SHORT-WAISTED JACKETS ANYTHING DOUBLE-BREADED BELTED TRENCH COATS HALTERNECK DRESSES CHUNKY CABLE KNITS RIBBED POLO NECKS FUNNEL-NECK COATS

Celeb DOs



LIV TYLER
The V-front and wrap effect of this dress shows off the skin between Liv's breasts and neckline, so that her neck appears longer and thinner.



UMA THURMAN
Voluptuous Uma Thurman opts for an open neckline and corset-style waist which helps to pull her in and up, giving her a fantastic to-die-for cleavage!



MARIAH CAREY
This corset-style top is worn tight around the waist but Mariah wraps it at the top, so it makes her waist look smaller and her body appears more in proportion.



ULRIKA JONSSON
Ulrika makes a great fashion statement in this deep scoop-necked dress that divides her front, preventing her chest looking like one big area.

Celeb DOs



KATE WINSLET
Wearing a jacket that ends just below the bottom is ideal, but it must be fitted so that it shows off the shape of your bum without clinging to it.



MARTINE MCCUTCHEON
Usually, tight jeans on larger thighs isn't flattering. But Martine makes the style work by wearing a tassled jacket that just covers her bottom, slimming it down.



HALLE BERRY
This dress hugs Halle at the waist but the straps are wide on the shoulders, and the dress kicks out at the bottom giving her a gorgeous hourglass figure.



BEYONCÉ KNOWLES
The Destiny's Child singer goes figure-hugging, but not TIGHT – showing off two of her best assets – that cute little waist and a fantastic cleavage.

BIG THIGHS

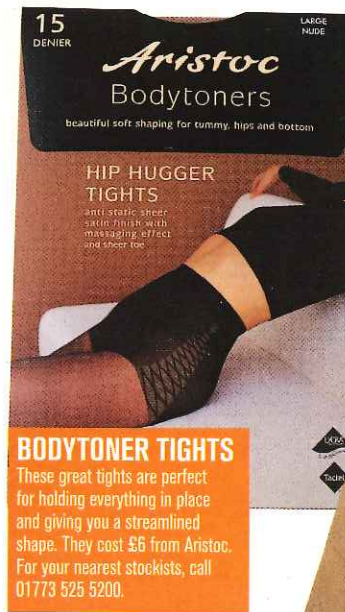
This is the body area I get most letters about. We all want to be thinner around the thighs, hips and bum areas, but there are great ways of flattering a curvier shape by wearing correctly-fitted trousers and skirts. It is important to steer clear of baggy clothes. The best way to disguise big thighs and hips without totally covering up is to stick to trousers and skirts that are fitted around your bum and that flare out at the hem. But always make sure that the fitted look shows off your shape and silhouette without drowning it.

FIGURE-FIXER DOs



SLASH NECK TOPS
Here's a little fashion secret: the slash-neck top is perfect for balancing out large hips and thighs. This is a good one and is such a great colour for spring. It's from Hobbs and costs £49.

SIDE-FASTENING, WIDE-LEG TROUSERS
These are slightly low-waisted, which makes the bottom appear smaller and the wider legs balance out the bum and hips. They are from Fullcircle and cost £70.



BODYTONER TIGHTS
These great tights are perfect for holding everything in place and giving you a streamlined shape. They cost £6 from Aristoc. For your nearest stockists, call 01773 525 5200.

FLARE-BOTTOM SKIRTS
This skirt has the same effect as the trousers above, balancing out your figure. It's made from real suede and, because the fabric is heavy, it will hide your sins. It's £165 from Fullcircle.

CLOTHES THAT DON'T FLATTER: HIGH-WAISTED OR TIGHT TROUSERS COMBAT TROUSERS WITH POCKETS ON THE THIGHS JEANS WITHOUT POCKETS ON THE BUM FRONT PLEAT TAPERED TROUSERS SHORT JACKETS LONG, STRAIGHT COATS WITH NO DEFINITION JACKETS ENDING ON OR ABOVE YOUR BOTTOM A-LINE SKIRTS LARGE FLORALS IN SOFT FABRIC BIAS-CUT DRESSES