



strategy 3: Enlist some sneaky solutions.

Wish you owned pieces that adapted to your changing waistline? “Thanks to the marvels of modern technology, there’s clothing with built-in components that slim and hide problem areas,” says Kressley.

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1. Anew blouse, \$118

The stretchy bands around the waist of this chiffon blouse not only camouflage but also let the shirt expand up to two inches all around. And “three-quarter-length sleeves won’t add visual bulk to the hips,” says Lo.

TO BUY: byanew.com.

Expandable clothes like this will support that extra cotton extra fabric a secret elastic waistband

Five more get-thin-quick tricks

1. Choose an open neckline to show off the clavicle, says Stephanie Solomon of Bloomingdale's. "That open usually looks good on all women, regardless of the shape they're in."
2. Dress monochromatically. "But don't be limited to black—how boring!" says style authority Lauren Crowley, who prefers gray, brown, or navy.
3. Leave your shoulders unattached to avoid extra bulk around the waist (and to cover up any midsection bulge). Make sure the shirt hits just past the hips so it doesn't look sloppy.
4. Slip on high heels that match your skin tone. "It makes you look longer and leaner because there's no contrasting color to break up the leg line," says style expert Terina Lo.
5. Opt for small-scale prints—florals, geometrics, plaid—especially in dark colors, to keep the eye from focusing on one area.