

**SLIMMING SECRETS**

ways to  
**50 Fake your weight**



Jessica Simpson

**DO** invest in high heels: They lengthen and slim your legs!



**Before**

**28 Wear heels**

**23** "Layers bring the attention to the upper half of the face," says Mark DeVincenzo of Frédéric Fekkai Fifth Avenue salon, where Brooke Shields tends to her tresses.

**24** "Stay away from shiny fabrics like silk charmeuse. They show every lump because they reflect light," says Stacy London, host of TLC's *What Not to Wear*.

**25** Extend your eyeliner. "Pulling out the color a little farther makes the eye area look larger and the cheek area smaller," says M.A.C.'s Eichler.

**26** London's picks of what to wear? "Clothes that create an hourglass shape: A-line skirts and dresses, fitted three-button blazers with a high stance, and medium-rise, medium-leg-width trousers."

**27** Wear the right size. "Don't attempt to squeeze into your smaller clothes," says London. "Think tailored, not tight!"

**28** Use your feet to lose inches. "When I want to look taller, I wear 5-inch heels!" Jessica Simpson states.

**29** "If you're going to wear shorts, pair them with a super-high wedge or your legs will look stumpy," warns *ET*'s Sarre.

**30** "Wear dark colors on the bottom and jewel tones on top," says Style Made Simple's Berlin.

**31** Jennifer Love Hewitt maximizes her figure by drawing attention to her waist. "Try something with an Empire waist to divert the eye line to your smallest area," says London.



**31**

**DON'T** go for an all-over print if you've got an hourglass shape. Instead, draw attention to a tiny waist.

Jennifer Love Hewitt

**32** Opt for an A-line shirtdress. "It highlights the slimmest part of your body while creating a smooth line over the hip and butt," Berlin notes.

**33** Colorblock is big this season. "It can mask a multitude of sins!" says Berlin.

**34** "Wear skirts and dresses rather than pants," London says. "The fit is more forgiving on your bottom half."

**35** Curvy Kim Kardashian carries her handbag to complement her body. "If you're pear-shaped, carry your bag on your shoulder. If you're top-heavy, tote your handbag," says author L.O.



**35**

**DO** balance your handbag with your body shape!

Kim Kardashian

**36** Use blush. "A warm glow at the cheekbone helps to highlight where the bones is," Eichler tells OK!

**37** "Apply bronzer just under the cheekbones and around the jawline and forehead. It will slim and define your face," says Hay.

**38** Utilize shapewear, like Lipo in a Box, which totally disguises problem areas!

**39** Paris Hilton knows: tan equals skinny. "The darker tones in a tan disguise any flab, ripples and stretch marks," says Dera Enochson, founder of sunless tanner Xen-Tan.

**40** Vertical stripes and pinstripes are slimming, but avoid horizontals, which make you look wider.

**41** Wear accessories near the features you want to accentuate in order to draw attention away from your problem areas.

**42** Plumping your pout thins the rest of you out! "The key is to apply a lighter lipstick shade to the center of the lips," celebrity makeup artist Mally Roncal reveals.

**43** Invest in FitFlops. These sandals not only make your legs look thinner, but they also help you lose weight as you walk!

**44** Get bangs! "They make your face look thinner and longer if they're three-quarters of an inch below your eyebrows," says Boscher.

**45** "Long hair to the middle of the back makes you look taller," says Boscher, who adds, "Have it cut to end in a V shape."



**Before**

**48 Go dark**

**DO** go for a dark-chestnut hue. The less blonde in your hair, the thinner you look!

**46** The *Insider*'s Lara Spencer believes wearing all one color is the best way to go. "Having a skirt and top the same shade makes you look longer and leaner," she says.

**47** "I use bronzer to create 'hollows' in my cheeks when my face looks a bit full," Spencer says.

**48** Katie Holmes knows blondes *don't* have more fun! "Darker hair makes you look thinner because it creates shade around your face," says Boscher.

**49** Use volumizing hair products. Big hair balances out the body!

**50** Highlight the very tops of your cheekbones. "Highlighting works like contouring in reverse to bring forward the tops of the cheekbones," says Eichler.



Paris Hilton

**39**

**DO** fake a sculpted physique with a sunless tanning lotion or spray.



Katie Holmes

OK!

— Laura Schreffler

CLOCKWISE FROM TOP LEFT: SETH BROWMAN/WIREIMAGE.COM; JESSICA SIMPSON: JEFFREY MAYER/WIREIMAGE.COM; BROOKE SHIELDS: JEFFREY MAYER/WIREIMAGE.COM; JENNIFER LOVE HEWITT: JEFFREY MAYER/WIREIMAGE.COM; KIM KARDASHIAN: JEFFREY MAYER/WIREIMAGE.COM; PARISS HILTON: JEFFREY MAYER/WIREIMAGE.COM; KATIE HOLMES: JEFFREY MAYER/WIREIMAGE.COM