

## Big And Beautiful Ladies - Looking Good Tips

Did you know that today's woman is about 5' 4" and a size 14? If you are a plus size woman, you can feel left out in the cold after seeing all those skinny girls on the TV, bill boards etc. Starting loving your curves is easy look at these suggestions/tips:-

1. They say retail therapy works a treat and it sure does - take some time for you and pamper yourself!!&nbsp; Get a few of your girl friends, have shopping spree, lunch and a treatment – go on a new hair cut or a manicure makes you feel brilliant.
- 2.&nbsp; Do some exercise and have fun - enjoy yourself – I'm sure the dog will love you been taken out for a long walk (just wrap up warm in the cold weather and take a drink of water in the hot weather), make new friends by visiting your local gym and see what classes are available! You'll soon see you energy levels and vitality grow.
- 3.&nbsp; One of the best ways to increase your own self confidence is sexy underwear.&nbsp; treat yourself with a sexy, new full figure bra and matching briefs. Indulge yourself in a new, sexy bra and matching panties. Since self image is all about loving yourself, how better to love yourself than to treat yourself to gorgeous lingerie?
4. Show off your best bits, whether it's your bottom, cleavage, shoulders, curves or legs – look at the stars to see how they work it – seemingly effortlessly!! Take Beyonce, Cameron Diaz or Penelope Cruz – they all know which lingerie works for them and how to work it.
5. Let go of dieting and surround yourself with friends who are interested in whom you are rather than what dress size you are.&nbsp; Embrace your curves and love you voluptuousness – let the world open up for you.
6. The London Marathon has given many of us some incentive to get active – not only to give us that 'good feeling' but to also improve our fitness levels.&nbsp; Doing 30 minutes a day brisk walking is fantastic exercise and this is the best time of year to start – what beats going for an early morning or evening walk in the spring time?
- 7.&nbsp; Why not treat yourself to a special pamper day with friends?&nbsp; Check out any special offers that your local spas and retreats may be running – what could be better than steaming in the sauna, receiving a full body massage, relaxing by the pool side followed by a mouth watering meal with your dear friends – you're worth it! &nbsp; It's time to start shaping up for your summer break – not only will you feel better but you'll look FANTASTIC – try exercise that it enjoyable and fun such as family game of cricket, bike riding with friends or taking part in a Charity Fun Run/Walk.
- 9.&nbsp; Part of improving your self image and embracing your body is being proud and showing yourself off.&nbsp; Learn which styles flatter your best features - remember, finding the right clothes is never about the size, it's about measurements and cut.
10. Ensure you are wearing the right size bra, so that you get excellent support and an impressive flattering shape.
11. Stick to smooth bras for wearing under fitted or sheer tops as these are best for not showing through these coloured tops.
12. Wear streamline or fitted shapes - more flattering than baggy clothes. Choose tops with seams or darts under the bust - these will define your waist and make you look slimmer.
13. Stretch fabrics like knits and cotton Lycra are great if you want to emphasise your shape, but remember to wear a plain or smooth bra underneath tighter tops.
14. It is important to choose round, scooped and V-necklines as they tend to be more flattering for bigger boobs than high necklines.

## About the Author

Julie-Anne Smith is owner of [Amplusfigura.com](http://www.amplusfigura.com) – log on to see range of lingerie that is currently available – <http://www.amplusfigura.com> . Online lingerie shop which sells plus size lingerie.

Source: <http://www.BeautifulPlusSizes.info>