

Tubby tummy you say?

The anticipation for a picture-perfect wedding season is already in the air. And given the fact that Eid ul Azha was just here a few days ago, sirens are already wailing — unless you cut on devouring those delectable meat recipes picked right from Buzzfeed, the tummy will show and that statement pleat will not work its magic. As for the men, flex your abs you may, but there is a limit to what a man can do.

While for some a pot belly can redefine your beauty at many levels, but there is no denial that a tummy can rule out half your evening wear.

When it comes to pulling a classy attire, a positive mindset is all you need. Hopes of attempting a size zero with a 36" waistline will not get you anywhere — but that does not mean you have to rule out being chic. A bit of thinking in the right direction will do magic!

—Fabric that cling to your body is THE faux pas for those desperate to take the focus off their tummy. Opt for woven cotton, linen and synthetics instead.

— Patterns can play a huge role in solving this problem. Vertical stripes make your legs appear longer and drive attention away from your tummy; needless to say, horizontal stripes are hence a no.

— Tunics and asymmetrical dresses or flowy tops are both trendy and a great aide in hiding that bloated tummy of yours. Mixing that up with tights that can totally make that fat 'disappear' — maybe a little!

— High waisted pants, tights, Palazzos which are stretchy can easily keep that mid area tight and tucked in under your dress.

— Shape wear, or stretchy under garments holds the belly and you can wear anything on to without showing off that extra fat.

— Avoiding pleated pants and light colours which often accentuate the problem. Rather go for shades that are dark and do not draw focus to the belly.

— Tucking your tops or shirts in can make the waistline more prominent and hence it is better to just let it loose. Traditional Kaftan shaped dresses or fatuas are often lifesavers.

— One thing that trumps all other style hacks is learning the layering game. If you know the know-how even jackets and loose shirts, or cardigans with tight pants can make you look dashing.

— Lastly, accessories often have the last word. With an appealing neckline, tops and shirts with printed or accessorized neckline, ruffles, embroidery, studs, etc. attract more attention to your face. Bid farewell to those high belts. Go for an oversized bag because it takes all attention away from the abdomen.



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