

Your Biggest Dressing Dilemmas...

Solved!

Ladies,

I have a confession to make: I hate my arms. I think they're too skinny, and I've covered them up my entire life. (Don't believe me? Try finding a picture of me in short sleeves.) So when women come up to me at weddings, Bar Mitzvahs, even here in the *O* offices, complaining about their body issues, I can relate. Thanks to makeover shows and *Urban Dictionary*, we all know the terms: *Muffin top*. *Back fat*. *Turkey neck*. *Cankles*. And while I'm somewhat startled by the poultry comparison, I do believe it's high time these problems (and more!) were addressed. So I've compiled the complete guide to solving your most pressing body problems once and for all, through strategic use of shapewear, clothing, and accessories. The important thing to remember is that no body is perfect—the trick is learning how to artfully disguise the parts you don't love and highlight the ones you do. With the right wardrobe, everyone can look and feel beautiful. Turn the page to find out how.

Adam

ADAM GLASSMAN
O CREATIVE DIRECTOR



THE PROBLEM

Pooch

Flabby abs; differentiated from muffin top by its below-the-belly-button location (a.k.a. front butt, bay window).

THE SOLUTION "Briefs with elastic panels in front will do the trick," says Nethero. Once you've got the right shapewear, Glassman suggests tunic or Empire-style tops.

AVOID High-waist pants and skirts, tucked-in shirts. **CAN YOU GET RID OF IT FOR GOOD?** A proper diet can help reduce puffiness, and NYC fitness expert Joe Dowdell recommends knee tucks on a stability ball to target the area. But if you've done everything diet- and exercise-wise with no success, surgery may be the most effective option, says NYC plastic surgeon Adam Kolker, MD.

THE PROBLEM

Muffin Top

Excess stomach, hip, and back chub that hangs over the top of a too-tight waistband (a.k.a. love handles, spare tire).

THE SOLUTION

High-waist shapewear "ensures a smooth line under clothes," says "Bra Whisperer" Susan Nethero, founder of Intimacy boutiques. "For extra smoothness, pull shapewear all the way up to your bra." Adds Glassman: "Higher-waist pants and skirts in sock-it-in fabrics like Ponte are also great."

AVOID Low-rise jeans, cropped tops, any waistband that squeezes you.

CAN YOU GET RID OF IT FOR GOOD? Yes, but you have to be vigilant about both diet and exercise.

"Avoid alcohol, sugar, processed carbs, and excessive dairy," says NYC fitness expert David Kirsch. "Oblique crunches will tighten that specific area." *Blouse, St. John. Pants, Raglaella. Earrings, Molinda Maria. Bracelets, Julie Collection and Melanie Auld.*

THE FIX



UNDER



OVER

"Has built-in tummy-whittling shapewear." —Adam

High-waist panty, \$70; shop.coasabella.com. Blue top, \$86; miraclebody.com.



before



after

"These magical pants are instantly slimming. And they're only \$49!" —Adam

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before

Tunic, Tory Burch. Pants, Piazza Sempione. Earrings, Julie Collection. Bracelets, Jewels By Dawn.

High-waist panty, \$38; bare necessities.com. Orange top, \$27; hugoboss.com.

after

THE FIX



UNDER



Chantelle high-waist panty, \$38; bare necessities.com.

High-waist panty, \$38; missioncontrolusa.com.

"Make sure tunics are fitted on top to avoid a maternity look." —Adam



OVER

Orange top, \$27; hugoboss.com.

THE PROBLEM

Armpit Fat

Excess flesh in the underarm area that is often worsened by strapless dresses and tank tops (a.k.a. pit chub, side boob).

THE SOLUTION "That bulge is a symptom of a bra that doesn't fit," says Nethero, who believes most women need to go down at least one band size and up one cup size. Bras with side slimmers can also help, adds Sara Blakely, founder of Spanx: "Go for sweetheart necklines and tanks with thick straps."

AVOID Strapless dresses that cut straight across

THE FIX



Bra, \$68; spanx.com.



the chest, tube tops, too-tight tanks.
CAN YOU GET RID OF IT FOR GOOD? Shadowboxing with hand weights and jumping rope will tone the area, says Kirsch, but the right clothing and shapewear will eliminate the problem altogether. *Dress, Thela. Earrings, Coralia Lente. Ring, SKU Jewelry.*



Bra, Fayreform, \$68; sylemedc.com.

THE PROBLEM

Bat Wings

Flabby skin on the underside of the upper arms (a.k.a. hello Helens, arm flags).

THE SOLUTION Converting sleeveless tops by wearing long sleeves underneath is an effective fix, says Glassman. "Shrugs, as well as anything with full sleeves, are terrific, too."

AVOID Sleeveless styles and cap sleeves. "You may think cap sleeves provide some coverage, but they actually make the upper arms look bigger," Glassman says.

CAN YOU GET RID OF IT FOR GOOD? The old-fashioned push-up is one of the best ways to tone upper arms. "The closer together your hands are, the more you'll challenge your triceps," says Kirsch.

If you've exhausted all the diet and exercise options and excess skin and fat are still an issue (as they can be after extreme weight loss), you may want to consider surgery, says Kolker. *Blouse, Ramy Brook. Skirt, Rachel Roy. Earrings, Flying Lizard. Cuff, CuffLett. Ring, Martine Wester.*



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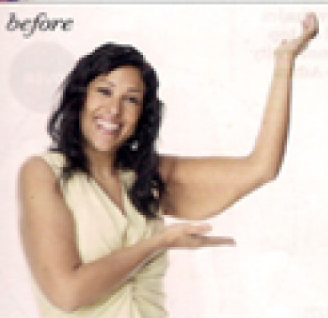
THE FIX



"Kathy Najimy invented ChArms to wear under sleeveless pieces because she had arm issues. I love it!" —Adam

Sleeve coverage, ChArms, \$30; fan.com. Dress, Diane von Furstenberg.

Sleeve shapewear, \$64; slimpressions.com.



This shapewear compresses the arms.



HAIR: JESSIE LEVINE; MAKEUP: MARISSA WILSON; STYLING: JESSIE LEVINE; SET: JESSIE LEVINE; PROP STYLING: JESSIE LEVINE; HAIR: JESSIE LEVINE; MAKEUP: MARISSA WILSON; STYLING: JESSIE LEVINE; SET: JESSIE LEVINE; PROP STYLING: JESSIE LEVINE

THE PROBLEM

Mom Butt

A flat, elongated backside, without any shape or definition. Particularly noticeable when wearing jeans (a.k.a. flat butt, frump butt).

THE SOLUTION Look for panties with posterior padding or shapewear with butt-lifting properties, says Nethero. Glassman suggests jeans with defined rear pockets and strategically placed darting and seams. Finally, wear heels: "They improve posture and lift the butt," he says.

before



AVOID Jeans with small back pockets; high-waist pants. **CAN YOU GET RID OF IT FOR GOOD?** Hip bridges—lying with knees bent and raising the hips off the floor—are excellent for building more booty, says Dowdell. As for

"Butt-boosting panties are the secret here."

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jeanrock.com



after

THE PROBLEM

Chub Rub

Thighs that rub together while walking, causing clothing in that area to become worn and pilled (a.k.a. thunder thighs, thighscrapers).



before

Uh-oh! Chub rub can cause splitting.

THE SOLUTION Thick tights and bike-shorts-style shapers help relieve chafing and provide control in the thigh region, says Catherine Shannon, director of shapewear design at Maidenform. A-line skirts and thicker fabrics conceal larger thighs as well. "Ponte—a sturdy double knit—is your friend," says Glassman. **AVOID** Pants made of thin, drapey fabrics. **CAN YOU GET RID OF IT FOR GOOD?** Plié-toe squats target the thighs, says Kirsch. If excess fat and skin remain a problem after diet and exercise, Kolker suggests liposuction or a thigh lift—but shapewear is definitely a less-invasive option. *Blouse, RD Style. Pants, Marina Rinaldi. Earrings, SKU Jewelry. Belt, Raina Belts. Shoes, Bottega Veneta.*

"Pill-resistant acetate keeps these pants from looking worn out." —Adam

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THE PROBLEM

Cankles

Thickness in the lower-leg region, with little or no distinction between calf and ankle (**a.k.a.** tree trunks, peasant legs, piano legs).

THE SOLUTION T-strap shoes, nude heels with pointy toes, and booties that are low cut on the top of the foot all visually lengthen the leg.

“Pairing opaque tights with the same color shoes also has that effect,” says Glassman.

If you’re wearing open-toe shoes, choose a nail polish that matches your skin tone.

AVOID Ankle straps, chunky heels, or any shoe that cuts off at the ankle.

CAN YOU GET RID OF IT FOR GOOD? Diet and exercise can’t do much to change what is largely a genetic issue.

And while liposuction is possible, it can be a dicey proposition: “If the area between the ankle and calf is dominated by muscle and bone as opposed to fat, then surgery is not an option,” says Kolker. *Dress,*

“You want to have a clean, uninterrupted line between shoe and foot.” —Adam

THE FIX

SHOES

Darker colors and neutrals are more flattering than brights. As for heels, the slimmer, the better, says Glassman.



MATCH YOUR SKIN TONE
Fergalicious by Fergie,
\$50; dsw.com.



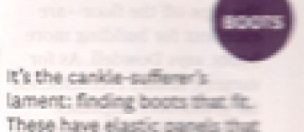
VERTICAL STRIPES \$230;
charlesdavid.com. Eric Daman for
DKNY tights, \$20, *Bloomingdale's*;
800-555-7467.



T-STRAP *Stuart Weitzman,* \$275;
212-750-2555. *Donna Karan* tights,
\$25, *Nordstrom*; 800-699-8000.



ANGLED BOOTIE \$90;
aldeshoes.com. Tights, \$20;
americanapparel.net.



It's the cankle-sufferer's lament: finding boots that fit. These have elastic panels that stretch over problem areas, minimizing tugging.



HIGH-HEELED *He Ten,* \$99;
nordstrom.com.



LOW-HEELED \$275; *sequentials.com.*

BOOTS

THE PROBLEM

Back Fat

Rolls of flesh around the shoulder blades, often worsened by bra straps (a.k.a. back cleavage, double Bs).

THE SOLUTION Shannon recommends a well-sized bra with smoothing panels in back. "Back fat is actually spillage from an improperly fitting bra," she says. Front-closure bras also help, adds Blakely. As for clothing, "Heavier

fabrics smooth over problem areas," Glassman says.

AVOID Thin fabrics like charmeuse or jersey.

CAN YOU GET RID OF IT FOR GOOD? Dowdell advises a rowing machine and chin-ups to target the area.

And while liposuction is possible, "push the diet and exercise as far as you can" first, says Kolker.

Dress, BCBG Max Azria.



THE FIX



FRONT



BACK

Seamless bra with tank back (left), Shapeez, \$75; unbelievabra.com. Cacique seamless bra with thick, high-cut straps (right), \$40; lanebryant.com.



FRONT



BACK

THE PROBLEM

Double Boobs

Breasts that spill over the top of a bra, resulting in a four-boobed effect (a.k.a. QBS [quadruple boob syndrome], double bubble).

THE SOLUTION "To keep the girls from running over, you must wear the right-size bra," says Blakely. Adds Shannon: "Full-coverage bras—as opposed to demicups—are best. And make sure to adjust your straps. If you lengthen them a bit, you can avoid that line."

AVOID Too-small bras, clingy tops in jersey or silk.

CAN YOU GET RID OF IT FOR GOOD? Absolutely—no diet or exercise necessary. All you need is the proper bra, say Blakely, Nethero, and Shannon. Bottom line: Get thee to a professional fitter, ladies! Sweater, Mai.

Earrings, Kara by Kara Ross. Ring, Fantasy Jewelry Box.

For details see Shop Guide.

"Spillage is not sexy. Choose a bra with more coverage." —Adam

THE FIX



UNDER



OPRAH'S FAVE!



before



after

Full-coverage bra (above left), \$32; ballintimates.com. Le Mystère full-coverage bra, \$69; barenecessities.com.