

Understanding Yourself

How To Look And Feel Sensational In A Swimsuit

(NAPSA)—With this season's variety of swimsuit looks, it's easier than ever to find one that makes the most of your body and expresses your personal style.

Animal prints, graphic tropical and leaf designs, mix and match prints and patterns ranging from string suits to coverups, the latest looks offer lots of figure-flattering options.

Here are some tips on choosing a suit that suits your body from Kathy Douglas, who helps develop winning looks for Kmart. If you're one of the following body types, you might consider:

For a curvy build: Choose an all-over pattern that draws the eye to the print. Or choose a suit that emphasizes a feature you like.

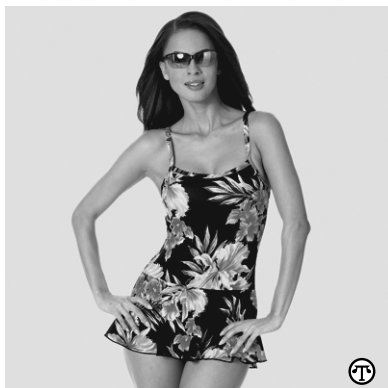
If you have long lean legs: Go for a suit with a bottom that's cut higher.

To flatter the bustline: Choose a lower neckline or style that draws the eye to the bust.

If you have a fuller bust: Look for styles that offer support, such as those with built-in shelf bras or even underwire bras. Avoid skimpy bikini tops, shapeless styles and halter tops that are cut too low.

If you have a small bust: Chose a style with padding or with ties or other such details at the bust to create the illusion of a full bustline.

If you're pear-shaped: Draw attention to the neckline by choosing a darker color suit or a suit with a dark color bottom. This



Popular poolside looks include swim dresses, two-piece tankini sets and bandeau sets.

draws the eye upward. Skirted suits can be flattering.

What's new stylewise? Bikinis with embroidery are popular poolside as are terry skort cover-ups, fun prints such as hearts and swirls. Gauze over-sized shirts are also a must-have cover-up.

Other water-worthy swimsuit styles include the two-piece tankini set; the two-piece bandeau top and bikini bottom set in florals, stripes and solids; the classic tank; and plus-size swim dresses styled in both dress and skirt styles.

"It's never been easier to accentuate the positive," said Douglas. "Now's the time to create your own signature swim look with Kmart's wide range of great styles priced right so you can collect a variety of stylish options for the summer."