

# FASHION FOCUS

## Finding Your Style

(NAPSA)—It's one of every movie star's worst nightmares. She's walking down the red carpet at some star-studded event, photographers are madly clicking away—and everyone watching, including Joan Rivers providing the play-by-play for TV audiences, can clearly see that the celeb's gown is either way too tight or just incredibly inappropriate. "What on earth was she thinking when she put that on?" Rivers and all the rest of the pundits titter.

In fact, finding the right-fitting outfit is so crucial to celebrities that they now routinely hire experts—fashion stylists—to try to avoid such nightmarish scenes.

Unfortunately, that's not generally an option for the rest of us, even though finding and wearing the right clothes can help you feel more at ease, more confident and more assured.

Fortunately, you can add more fit to your fashions if you follow a few easy tips:

- **We all need some support:** Replace your bra every six months. That's about how long it takes for one to lose its shape and ability to support you properly.

- **Bottoms up:** Find the right panty for the job. Fitted trousers look best with a thong, while a flowing skirt might mean briefs are more appropriate.

- **Underneath it all, comfort is queen:** According to a recent survey, comfort is the single most important feature women look for in a pantiliner, followed by protection and ease of use. In response, Carefree has introduced Perfect Fit, a pantiliner that's less than one millimeter thick, so it's more comfortable than ever.



**Stars like Jennifer Lopez have stylists to help them pass fashion muster.**

- **Don't be a tightwad:** Clothing that's a little loose can actually make you look slimmer.

- **Don't be a size slave either:** Clothing manufacturers size clothes differently, so don't worry what the tag says. Instead, focus on how those clothes look on you.

- **Stay still:** Make a low cut outfit more comfortable by keeping the neckline in place with double-sided toupee tape. (It's a secret stars and their stylists rely on all the time.)

- **The low down:** Another stylist tip—if you're shortwaisted, wear today's popular low rise pants to give your torso a longer appearance. Conversely, long-waisted women should avoid jeans and pants with an ultra-low rise.

Keep these tips in mind and you may find yourself celebrating your own fashion dream.