

# **JEWELRY DIET VERBIAGE**

-Some simple ways to dress and accessorize to look taller and more slender, without breaking a sweat! Creates an optical illusion.

## **1. Larger Earrings**

- Who knows what the most important accessory is?
- Draw the eye up to your face and away from areas in which you don't want to call attention. Focus is on the eyes, not the thighs!
- Dime-size or larger or be seen from across the room.
- Even if you don't have time to wear all your accessories, you want to at least wear your "grocery store" earrings.

## **2. Monochromatic**

- Each color, belt, or horizontal stripe is a line break. Just watch how many line breaks you have in your outfit.
- Same/Same/Different – With your shirt, jacket and slacks/skirt, have two that match and one that's different, e.g., red tank top, red sweater and black slacks. Any combination of this works.

## **3. Jacket/Long Necklace/Long Scarf**

- Vertical lines bring the eye up and down versus across.

## **4. Pins**

- Does anyone know why more ladies don't wear pins? They don't know where to place them.
- Pins never go out of style and they say more about our personality than any other piece of jewelry.
- For the most slenderizing look, wear your pins at the base of your shoulder to bring the eye up. You also can wear pins on your coat, handbag, as a pendant/broach, or placed at the hip on a scarf belt. A great look is a scarf belt with the "Spiral" pin.

## **5. Sleeve Bands**

- Sleeves pushed up some expose your wrist, which is the smallest part of a woman. This accentuates your great bracelets!
- When you have your sleeves up and your arms are down by your side, you have a break, i.e., skin onto fabric versus fabric onto fabric, avoiding more inches to your hips!