

# WELL DRESSED

Written by  
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A dress can solve most of those "I've got nothing to wear" moments but finding the right one is never easy.

This summer the task is especially challenging, with fashion's hottest looks - mini and maxi dresses - not ideal for many figures.

Image consultant Amanda Curren says women shouldn't give up on the idea of wearing either style but should consider age and body shape.

"A maxi in a jersey fabric and bold print is definitely for a younger person but in a different fabric and with thicker straps, it can work for older people," she says.

"And the mini isn't just for the young, it can look really elegant on older people."

A bit like buying jeans, finding the right dress is a matter of trying on lots of styles and seeing which ones look best on the body but as a guide, Amanda offers the following tips:

**Bottom heavy:** Look for empire line or waist-defining dresses with an A-line shape that skims rather than clings to the hips and thighs. These designs draw the eye up and away from the problem area.

**Top heavy:** Try a halter-neck style with thicker

straps (to hide a bra strap) and a slightly flared bottom; the halter line will give the illusion of a smaller top half and the flared bottom will balance the upper and lower body.

**Rounded tummy:** Choose a semi-fitted shift dress with an open neckline to draw the eye up and away from the stomach area. Avoid anything with waist emphasis such as belts or wrap dresses.

**Adapt the trend:** If you've tried a few dresses, and the mini tunic is too revealing and the maxi swamps your frame, consider a knee-length dress in a new-season colour or print. Make sure the hem ends at the narrowest part of the leg - just below the knee.

**Accessorise:** You don't have to wear the latest trends in clothing to look stylish. Choose what flatters your shape and add some of the season's hottest accessories to give your look a fashionable edge. Key accessories this summer include jewellery - long necklaces, bangles and big rings (limit yourself to two pieces to avoid looking overdone), oversized sunglasses, large handbags and shoes with a wedge or stacked heel.



If the mini and maxi dresses don't suit your body shape, try a knee-length style in a bright print. Pictured styles by Sacha Drake (Stockists: 07-3112-1818, www.sachadrake.com)

Amanda Curren, of Ask Amanda Image Consultants, can be contacted on 8363-3363.



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