

Image Consultant Secrets by Ferial Youakim - The Power Of Illusion To Look Slimmer

The first thing people see and notice about a person's appearance before anything else is the color they are wearing. Color is said to be so powerful that the impact of color is immediate and lasting.

July 15, 2009 - [PRLog](#) -- You can actually create impressions and illusions with the help of color. The power is in your hands. Techniques for creating illusions have been used for years by image professionals.

They create amazing illusions with makeovers that help people to appear taller and/or slimmer.

At some point or other, we tend to lose our track and let our selves go by gaining a pound or two. So, how can we create "The Power Of Illusion" to look slimmer.

Following these tips below and you will look slimmer, therefore, it will boost your self esteem and help to put you back on the track to lose your weight, to look good and feel great.

The Power of Color

- Wearing monochromatic (one tone) colors, top to bottom gives the appearance of an elongated body making it slimmer.
- Dark colors such as olive, black, and navy help make areas appear smaller; by wearing them at the problem area it deemphasizes the problem. For most of us women it would be the bottom half.
- Sheer dark hose will make you look slimmer and taller especially if the hose color is matching your hem color, and shoes.
- Flow color from top to bottom in a vertical line e.g. black top, black pants and royal blue jacket or black jacket black pants and royal blue top creates the elongation in color inside flow or outside flow.

The Power of Line and design

- Vertical design line such as princess seams in dresses, single breasted jackets, or a row of buttons draws the attention in, giving a slimmer look.
- Creating stripes by ironing a crease in the front of your pants will visually slim the body by forming a vertical line.
- Accentuate angular lines, shapes and styles in your wardrobe rather than rounds and horizontal lines.
- Do not highlight a problem area by emphasizing it with the same line. For example, if you have a round face you should not settle for a rounded hair style or a rounded neckline. The reason that you would not do this is that you are only making it look rounder. If you have a long neck, wearing a V neckline will only create the illusion of even longer neck.

The Power of proportions

- Avoid textures and bulk in fabrics. The heavier the texture, the heavier you are going to look. Shiny materials and fabrics will reflect light, making the area visibly larger.
- The larger the pattern or accessories the larger you are going to look, a large scale lady wearing large pattern will only emphasize how large her scale is.
- Creating a balance is the key to creating the illusion of looking harmonized. For example, a woman who has a long legs and short body should wear her blouse out to elongate her upper body and create the illusion of shorter legs.
- Direct the attention to the face, after all, the best asset any one can have is the smile. You can create attention toward your face by wearing colored scarves and jewelry, thus making your face the focal point.

Illusions to look slimmer instantly

- Standing straight with good posture will make you look taller and therefore slimmer.
- Wearing vertical lines, in color, pattern, design or accessories.
- Wearing simple lines in the best quality you can afford.
- Wear dark colors in the challenging area.
- Wear a monochromatic color from top to bottom.
- Wear matte fabric in fine to medium texture.

- Rolling or pushing your sleeves up to just below the elbow.
- Hosiery should be in the same color as your shoes and hemline.
- Shoes should be medium to high heels.
- Shoes with open vamp will give the leg elongation.
- Always remember to wear your smile after all it is the best asset God created for everyone.
- Avoid wearing clothes that are too tight or figure hugging.

Looking slimmer may be challenging, but it is easy, if you know the theory of line and design principle. I went thorough a sufficient amount of detail above to help you look slimmer and help you find your way, but do consult with us, or a professional, if you feel unsure or need some help at any point after all, we are here for you.

For more beauty solutions or a free consultation to discuss your issues and concerns please call ByFerial Certified Consultant near you or email us at info@byferial.com

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Ferial Youakim's mission to help women look their best started in a bridal boutique in 1986. While helping brides achieve personal style and cherish their special day, she nurtured a grander dream to bring that improved image to women everywhere - everyday.

"My dream in life has been to share some of the tools I have found in my own frustrating struggle while not believing in myself."

Ferial has plenty of reason to believe in herself these days. As the founder and director of ByFerial she manages a global organization that provides training in a broad spectrum of topics related to personal image.

ByFerial is one of the few organizations in the world accredited by the Association of Image Consultants International to offer Continuing Education Units (CEUs) in the field of image consulting. The company is currently based in Fort Lauderdale, Florida; Sydney, Australia and Dubai, United Arab Emirates".

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