

YOUR BODY CONSCIOUS HOLIDAY STYLE *guide*



Feel confident that you look amazing this holiday season with our pro tips on how to flatter any body shape and our must-have age-appropriate pieces. BY NICOLE LIPPAY

The holidays are a hectic time of year, to say the least. With all of the gifts to purchase (don't miss our gift guide on p. 44!), food to prepare and social engagements galore: the last thing you want to be stressing over is your holiday outfit. Often fashion trends seem impractical, especially when you want to look stunning and age-appropriate—after all you are sharing the holidays with some of the most important people in your life. Choose flattering shapes and textiles for your holiday ensemble that celebrate where you are in life with the help of Cori Burchell, a personal style coach in Toronto, to make your outfit outstanding this year.

We all have insecurities, but that shouldn't stop us from feeling confident and sexy. "If you have any type of body issue that you're uncomfortable with, the trick is to draw attention away from that area. Bring attention to another part of your body that you do love. Emphasize your great legs if you don't feel comfortable showing your arms. Highlight your petite frame if you have a small bust," suggests Burchell.



CHIC 30s

Be bold. Take holiday style as an opportunity to try that cute dress or top that might be out of your comfort zone. Concerned about your belly bulge? "Look for shapes that gently skim over your body, showing your feminine shape, but nothing too tight. Wear a bold statement necklace or earrings to deliberately draw attention upwards, to your face and neckline. Think bold, sparkly or really colourful," suggests Burchell. If you're nursing, try this innovative, beautiful nursing bra from Mayana Geneviere (\$110, Tryst Lingerie, Carry Maternity). You'll still feel sexy and glamorous, but you can quickly and discreetly feed your little one.

30S: NECKLACE, HILLBERG & BERK; DRESS, PINK TARTAN; BRA, MAYANA GENEVIERE
40S: TOP, BANANA REPUBLIC; BOOT, ROCKPORT; UNDERGARMENTS, WONDERBRA; SKIRT, TED BAKER LONDON
50S: BRACELET, HILLBERG & BERK; NECKLACE, JENNY BIRD; POMPER, ADDITION ELLE; DRESS, TED BAKER LONDON; UNDERGARMENTS, WONDERBRA