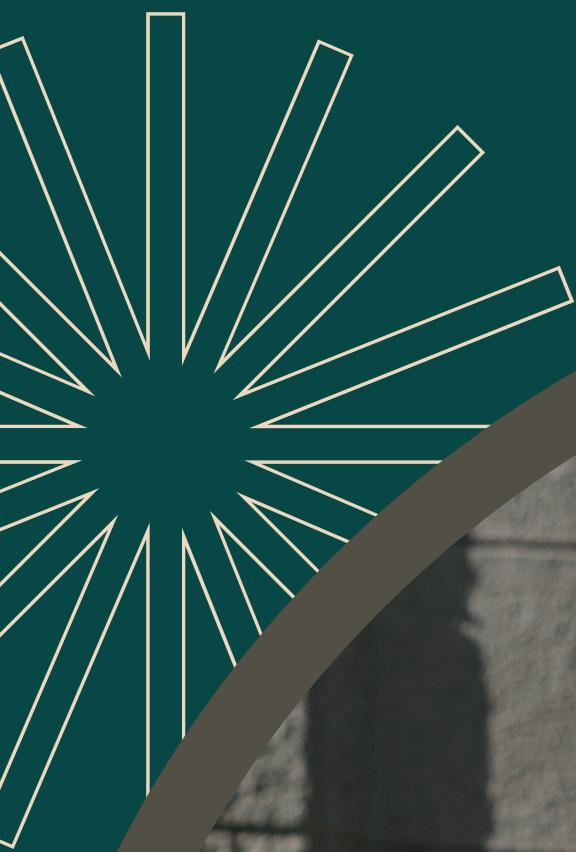


**JULIET SLYUSARENKO**



**EFFECTIVE WAYS TO HIDE  
BELLY FAT WITH CLOTHES**

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*about me*

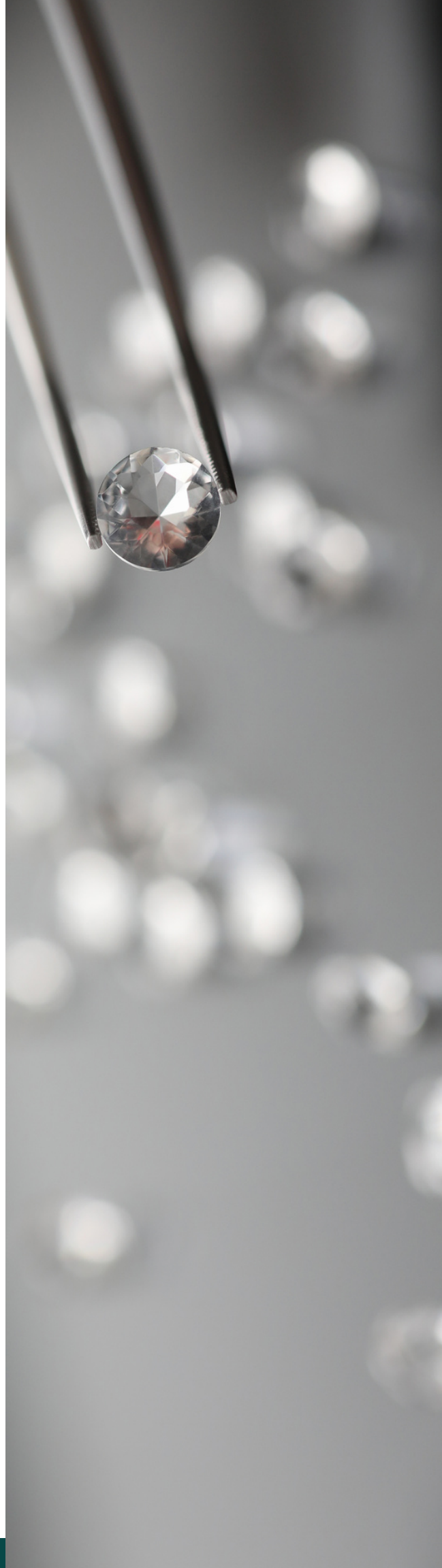
I'm Juliet Slyusarenko, a fashion model and a serial entrepreneur. Fashion has been my passion, and it is also an inherited art from my beautiful mother, who was an ex-supermodel and has modeled for Prada and Louis Vuitton in the past. I have a deep-rooted passion for fashion and extensive experience in the modeling industry. Fashion is a part of my everyday life, whether I'm at home or on the move. Personally, fashion is an art for me, and it's about wearing what makes me comfortable. Now, let's dive into these ten effective ways to hide belly fat with clothes.





# EFFECTIVE WAYS TO HIDE BELLY FAT WITH CLOTHES

- **Wear Dark Colors:** Dark-colored clothing, such as black, navy, or dark gray, can create a slimming effect and help to camouflage your midsection. Avoid light or bright colors, as they tend to draw attention to the area.
- **Avoid Tight-Fitting Clothes:** Avoid wearing tight-fitting tops or dresses that cling to the stomach area. These can emphasize any bulges or curves. Instead, opt for clothing with a more relaxed or A-line cut that skims over the midsection.







- **High-Waisted Bottoms:** Opt for high-waisted pants, skirts, or jeans that sit above the belly button. This style helps to smooth and hold in the stomach area, providing a more streamlined appearance. Pair them with tops that fall loosely over the waistband.
- **Wrap Dresses and Tops:** Wrap-style clothing can be flattering for hiding belly fat. The diagonal lines and adjustable ties of wrap dresses and tops create an illusion of a smaller waist while providing a comfortable and stylish look.
- Look for garments that have **ruching or gathering around the midsection**, as it can help to camouflage any bulges or unevenness.





- **Peplum Styles:** Peplum tops or dresses are great for disguising belly fat. The flared fabric at the waist adds volume and creates a flattering hourglass shape. Look for peplum styles that hit just below the narrowest part of your waist for the best effect.
- **A-Line Skirts and Dresses:** A-line skirts and dresses are ideal for camouflaging the midsection. They gently flare out from the waist, skimming over the belly area without clinging to it. Pair them with fitted tops to create a balanced and slimming look.
- **Long Layers and Cardigans:** Layering long, lightweight cardigans or duster jackets over your outfits can provide coverage and help to streamline your silhouette. Choose longer layers that fall below the hip to create a vertical line and minimize focus on the belly area.
- **Choose Loose, Flowy Tops:** Opt for tops that have a relaxed, loose fit. Flowy blouses, tunics, or peplum-style tops can drape over the belly area and provide a more forgiving silhouette.
- **Shapewear and Compression Garments:** Consider wearing shapewear or compression garments underneath your clothing for extra support and smoothing of the stomach area. They can help to create a more streamlined look and boost your confidence.

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