

Live Well

inspire | care | educate

Priscelia Chan
Beauty is More
Than Skin Deep

Get a Bikini-Worthy Body
Plus! Swimsuits
to Flatter
all Shapes and Sizes

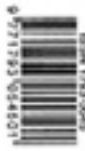
All About 'S' that Status

Say Hello to
Gorgeous **SKIN**
with these 10
Essential Oils

Go Green
and Drink
Yourself
SLIM

Enjoy the
SALUBRIOUS
Life!

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The *Swimwear* Squad

Just because your figure isn't today's "beauty standards" doesn't mean you have to shun from wearing a bikini. Here are our top picks of swimwear styles that fit and flatter every frame, from athletic to bootylicious!

ATHLETIC BODY

You have a straight up-and-down body with fewer curves and muscular thighs. Take advantage of the fact that you have a toned midriff and lower half by picking styles that show them off. Alternatively, go for bold prints that can create dimension and distract from the rectangular proportions.

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2. **Bods.Bodynits Crossback Bikini Top (\$59.90)**

The back mesh panel delivers optimal ventilation for your skin to breathe better while its double layer construction provides a snug fit for support and comfort. You can wear this to play competitive beach volleyball or do extreme water sports while still looking feminine and smelling fresh for longer!

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3. **Bods.Bodynits Bra Top (\$56.90)**

If you dare to bare, try this bra top that has a deep V front that shows off more cleavage yet is still secure enough to hold your bust up firmly. Its lightweight fabric facilitates better wicking and evaporation of sweat, so there's no clamminess. It also helps that the contrast back panel forms a keyhole to keep you cool and comfortable.

SMALL BUSTS

Your girls belong to the itty bitty community so you will need more distractions to give the illusion of a larger chest. Go for a top with fringes, embellishments, ruffles or a suit with padding to give that little bit of oomph.

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SHORT TORSO

You want to pick styles that elongate your trunk such as halter straps that draw eyes up to your collarbone or chic details that draw the eyes away from your short mid-section.

1. **Bods.Bodynits Tankini (\$63.90)**

This tankini not only lengthens your body but also creates the illusion of a smaller waist because of the different colour block panels along the side. The gathers at the front and the tie-back halter design gives your girls a boost, creating a soft feminine look for your upper body. **Bonus!** This tankini is made with fabric that offers ultraviolet protection to keep you safe from the sun's harmful UV rays.

Padding Sold Separately