

Perfect fit Beach Body

Don't hide in the shade this summer. Boost your confidence with beachwear and bikinis that skim, shape and sculpt

HEAVY THIGHS

Look for a bikini with simple, high-cut briefs and an embellished top. The cut makes your legs look longer and your thighs slimmer, while a decorative upper half focuses the eye away from problem areas. A sun hat will also deflect attention upwards.



Beach dress, £42, French Connection



Hat, £11, La Redoute



Towel, £12, Marks & Spencer



Bikini top, £7; bottoms £4: Matalan

tip Swap shorts and playsuits for skirts and simple sundresses – they skim rather than cling, so don't emphasise your thighs.

MUFFIN TOP

Notch up serious style points and disguise love-handles in this dropped-waist, vintage-feel swimsuit. The draped fabric hides your problem area without adding bulk, and the pretty halter neck will flatter and draw attention to your bust and shoulders.



Playsuit, £50, Monsoon



Sunglasses, £141, Calvin Klein



Swimsuit, £36, ASOS Revive



Hat, £15, Next

tip A cotton playsuit conceals your problem area but keeps your silhouette balanced by exposing shoulders and décolletage.

BIG BOTTOM

A cover-up that's close-fitting or cinched in under the bust will accentuate your best bits – a flat stomach and slim upper body – and skim the rest. Navy blue is a great choice because the dark tone is flattering, while the nautical colour is on trend for summer.



Bikini top, £53; bottoms, £47: Seafolly



Sunglasses £100, Marc by Marc Jacobs



Sandals £18, Sunseeker at Swimhut



Beach dress £130, Heidi Klein

tip If you're worried about cellulite, choose shorts-style bottoms or a brief with a ruffle to disguise your dimples.

LARGE BUST

Gone are the days when supportive swimwear meant saying goodbye to style. This pretty polka-dot bikini has discreet underwiring and gives great uplift and support, while still looking cute. Time to perfect that *Baywatch* run...



Pink bikini top, £22; bottoms, £16: Lepel



Top, £40, Monsoon



Bag, £35, Oushka at SwimHut



Sandals, £40, Scholl at Office

tip A simple beach shirt or smock will put the spotlight on lithe limbs and divert eyes away from your boobs.