



DONNA ROLAND

Speaker & Stylist

She is clothed with strength and dignity; she can laugh at the days to come

Proverbs 31:25

Inspiring women to develop an outward style to reveal their inner beauty!

Hello Beautiful Friend!

I don't know about you, but I LOVE summer! I love the beach, lake, pools, cookouts and everything fun about the season. This also means it is swimsuit season. I know I hear all of you moaning now. Trust me when I say I understand. I'm not really fond of wearing a swimsuit on this little extra fluffy, casper skinned body either but the fact of the matter is I love being in the water so I need to wear one because I don't want to miss a moment of fun! I have learned that I can't wait until I have the perfect body (that won't be until I get to heaven) to put on a swimsuit. *We need to all appreciate the body God has given us at every stage of our life.*

Below are some styling tips for choosing the perfect suit for your body shape.

Choose a swimsuit based on your challenge area(s) and make sure it is in your best color(s) for the most flattering look!

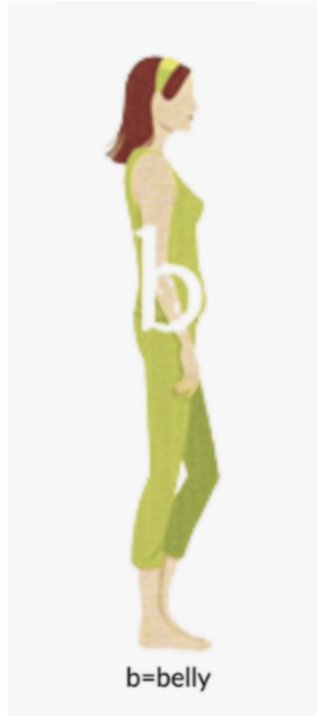
When shopping for the perfect swimsuit you must **try them on** to see what will look best. Try using a self-tanner or get a spray tan before you try on. If you can't tone it, then tan it! Don't go on a day when you are feeling down and out. **Take a friend** to do it together.

Option: For those of you that would like a try-on-at-home option, I've included suits available at [LandsEnd.com](https://www.landsend.com) - click on the pics for more information or to purchase online!

Don't forget to **finish off your look** with the perfect coverup, sunglasses and beach tote! Add a pair of fun earrings too!

Lands End Bathing Suit Options for All Body Shapes!

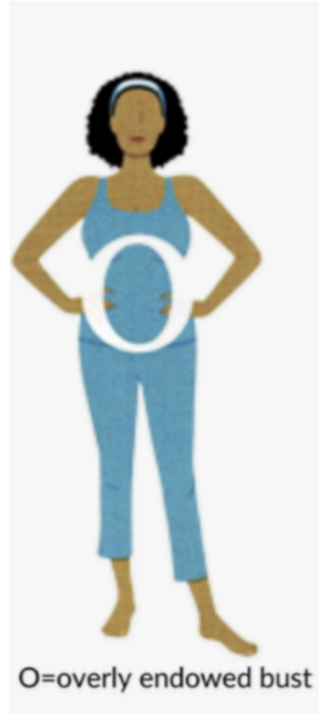
Click on the pics to purchase from Lands End!



b Body Shape - You gain in your belly area

- Look for styles that create the illusion of a waist and draws attention away from the belly
- Choose a top with a pattern to camouflage your challenge area
- Choose a top with a loose fit in the middle and not clingy





O Body Shape - You gain in your bust area (overly endowed)

- Look for styles that draw attention to your shoulders and legs and creates a defined waist line
- Choose a top with necessary built-in support
- Choose a top with a pattern to minimize
- Avoid halter tops





d Body Shape - You gain in your derrier & hips

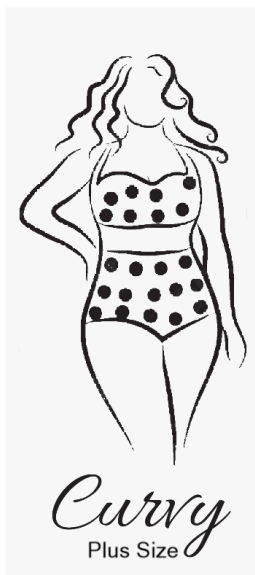
- Look for styles that balance out the shoulders which are more narrow than the hips
- Choose a top that has wide-set straps (avoid halter top)
- Choose a bottom with a skirt or shorts that covers the fullest part of the hips





X Body Shape - Balanced all over

- Most any suit will work but make sure to follow the tips above if you have small challenge areas



Curvy (Plus Size) Body Shape

- Choose a suit made of supportive fabric
- Choose a suit with patterns or ruffles to minimize

- Choose bottoms with skirts



Mastectomy-Friendly Bathing Suit

If you are a breast cancer survivor or currently fighting the fight, Lands End has a suit just for you! Click on the image for more information!



From a heart filled with grace and veins filled with glitter,
Donna

P.S. Is your church or ladies organization planning an event? I would love to be your Guest Speaker! [Email](#) or call 865.599.6682

What I offer...

- Christian Women’s Events
- Corporate & Professional Events
- Wardrobe Solutions Workshops
- Girlfriend Getaways / Style Parties
- Clothing Analysis & Closet Organizing
- Personal Styling & Shopping



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