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7 Fashion Choices To Mask The Holiday “Muffin Top”

...And Get You Back On Your Fashion A-Game



Noa Arias

Noa Arias is the co-founder and head of marketing for Bloomers Intimates, a sophisticated line of sexy and comfortable high-waisted, lace panties.

As we enter the New Year, with new fitness and diet goals in hand (buh-bye cookies and spiked eggnog!), all the Pilates and Keto diets in the world aren't going to hide our spare baggage instantaneously. Especially around the dreaded waist line. So, what's a girl to do when real life returns and it's time to head back to reality — or our latest version of it?

Not to fret, I've got seven sure-fire ways to mask the menacing "muffin top" and get you back on your A-game. Well, in the style department at least.

High-Rise Pants Are Your Friend



UNIQLO HEATTECH ULTRA STRETCH HIGH-RISE LEGGINGS PANTS \$39.90
at <https://www.uniqlo.com>

First and foremost, let's celebrate and embrace the fabulous high-rise pants/jeans trend right now. Not only do they cover the stomach spillage, but most styles are designed to slim the area as well with added lycra to create a perfect silhouette that is both universally flattering and comfortable. Available in every style, and price range, from professional wear to casual jeans to even your favorite stretch pants, these high-rise wonders will have you wondering how you ever endured the low-cut jeans of the early 2000s.

Pair Your Pants With The Perfect High-Rise Panty



Bloomers Intimates Panties \$38.00 at www.BloomersIntimates.com

Now that our pants are in place, let's get to the bottom of the issue — our panties. Forget low-rise, cheeky or skimpy underwear if a slimming, clean line is what you are after. The best solution? A great pair of [high-waist panties](#) with a waistline that lands somewhere around your navel. High-waisted underwear holds in your “muffin top,” so that it's not spilling out over your pants, without squeezing you like a girdle. Wearing high-waisted undies with high-waisted

pants adds extra comfort (forget about the dreaded “wedgie” or constantly pulling at your undergarments) and a level of confidence parallel to none.

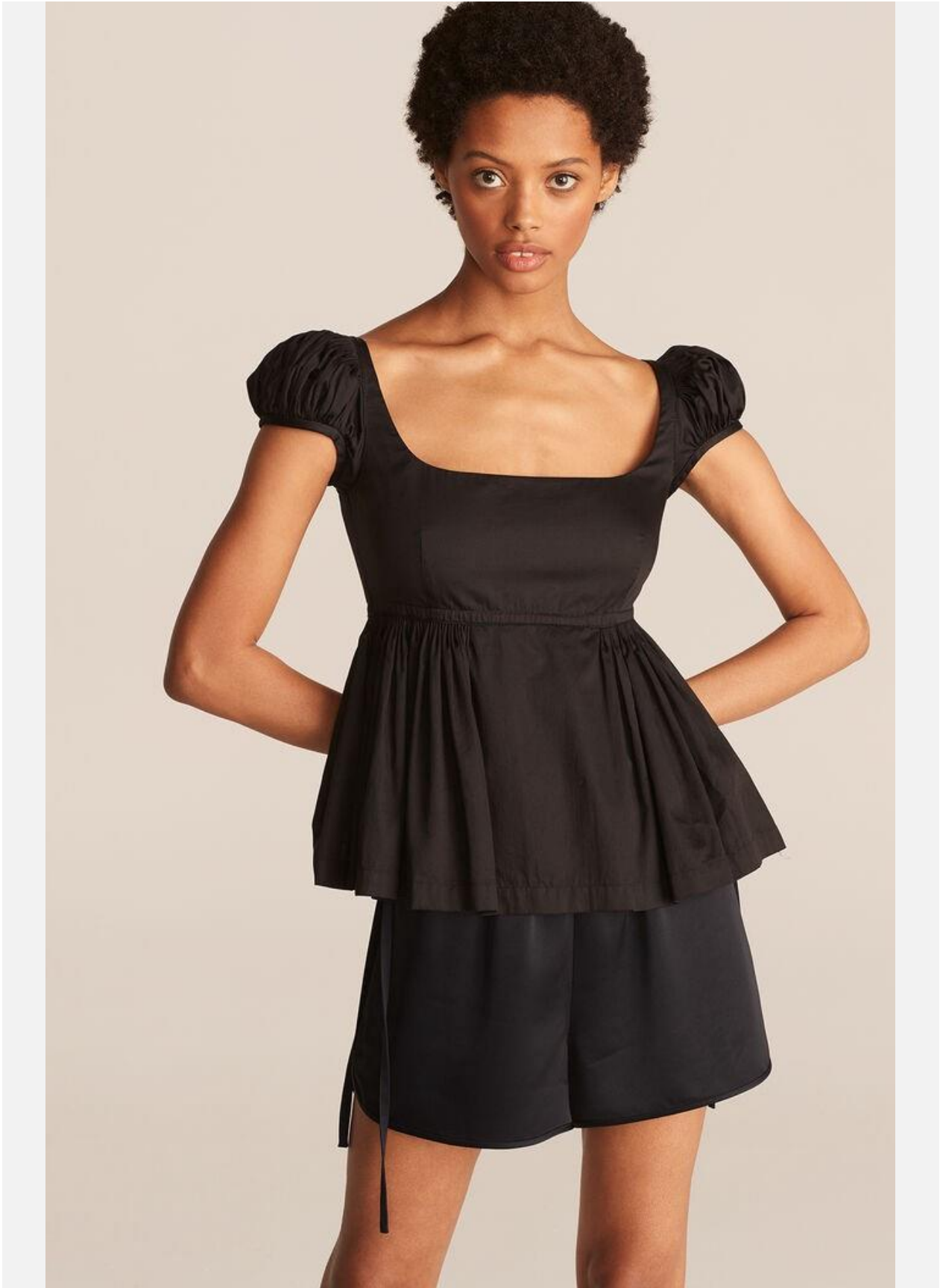
Trust The Tried & True Tank Top



JOYSHAPER Women's Shapewear Tank Top Tummy Control Cami Shaper Seamless Shaping Camisole Slimming Padded Tanks \$16.99 at <https://www.amazon.com>

Slimming our mid-sections isn't all about concealing our bottom halves. When it comes to the battle of the bulge, a simple yet effective tank top can go a long way. However, be warned that not all tanks are built the same. When looking to create the slim, layered effect, choose a tank that is form-fitting (body-contouring is best) and made with some degree of lycra for maximum coverage. Also, think about the length and thickness of the tank before making your selection. I shy away from light colors like whites and beiges, unless they are very thick and durable, and tend to go for black or brown tanks that tend to mask more of the mid-section. I also select tanks that hit just above my hips so that my stomach is covered but my shirt is usually covering it — unless you are going for the very “in” layered look. Then, a longer version is the ticket! For added comfort and protection, check out tanks with bras built in.

The Empire Waist Strikes Back



Rebecca Taylor Puff Sleeve Blouse \$90.00 at <https://www.rebeccataylor.com>

When it comes to choosing the best blouse, there are many styles that are great for concealing pooches. Sure, you can hide underneath a big sweatshirt or sweater, but they're like the [granny panty](#) of the fashion world — comfortable and easy, but not flattering or sexy. There are a number of ways you can hide muffin top without completely hiding your figure. One of these is with the adorable empire-waist, which is back in style (thank you [Bridgerton!](#)). However, buyer beware. Not all empire waist designs are the same. The most flattering are those that do not hit exactly under the bustline but rather have a high waist and a wide band below (note, you can fake this band with a great belt!). Also, remember, the less fabric the better. Avoid “babydoll” styles and opt for V-neck or wrap styles instead.

Pepper in Peplum



Ribbed Peplum Sweater \$34.00 at www.Venus.com

Another flattering choice is [peplum tops](#). Peplum is a short piece of fabric attached to the waistline of a top, jacket or dress that flares out. Peplum tops hug you right along the ribcage and then blouse out at the waistline, so they only show off the curves you want to show off (and hide those you don't).

A peplum style is a great cut for tummies as it cuts in just above the stomach — at your smallest part. The wide peplum also skims over the stomach and hips, without clinging, for a more flattering fit.

These tops look great paired with high-rise skinny jeans or pants and boots or a fabulous pair of heels.

Embrace the Smock



VICI Collection \$62.00 at <https://www.nordstrom.com>

Don't worry, we're not talking about artist's smock here, we're talking about [fabric smocking](#) — a method of gathering fabric in small bunches to give it more stretch. Dresses and tops with fabric smocking are not only super comfortable, they also allow you to determine where the waistline hits. You can pull up a smocked waistline to make a shirt blouse, or pull it right on top of your tummy as the gathered fabric makes it easier to conceal any lumps and bumps.

Master the Monochromatic



MSK High-Neck Jumpsuit \$68.84 at <https://www.macys.com>

When all else fails, there's always the golden rule of fashion— keep it simple. And what could be more simple than dressing in one color from head to toe? Not only does this make you appear thinner but also taller! Two pluses if you ask me. If this sounds too boring for your taste, try variations of the same color or mix in different textures of the same color. Just make sure that if you're looking to de-emphasize your stomach, you'll want to stick with darker, plainer textures in this area and play up your other assets with the lighter and more fun patterns or fabrics.

Battling the bulge — especially after the holidays — doesn't have to be stressful or cause any more anxiety than returning to our normal lives. But it does require a bit of creative dressing and forethought into how we put ourselves each day. Just remember, the important thing is to love our bodies the way they are ... after all, there's a fashion fix for everything!

About Noa Arias

Noa Arias is the co-founder and head of marketing for [Bloomers Intimates](#), a sophisticated line of sexy and comfortable high-waisted, lace panties. Arias began her extensive marketing career at L'Oreal Paris, where she was a semi-finalist in the Beauty Shaker Awards for Corporate Excellence. After leaving L'Oreal Paris, she spent nearly a decade in marketing at American Express and has since held senior marketing roles spanning technology and consumer goods. While at American Express, Arias and her husband founded [Cribsters.com](#), a

website where parents could find and review childcare providers, which they later sold to a third party.

In her spare time, Arias volunteers in her community, serving on the board of the PTA and various local non-profit organizations. She received her BA from Columbia University and MBA from NYU's Stern School of Business, with concentrations in marketing and strategy.

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