



Top Ten Ways to Look Good While Obese

1. "Clean scrubbed" with clean, shiny hair is the basis. Cleanliness is enough for looking good. Larger bodies take some effort to keep sweet smelling. Do whatever it takes as often as you need to. You are worth this effort.
2. Tight clothing doesn't work. If you can afford new clothing that fits better, do that. If new clothing isn't an option, yard sales and thrift stores are a great alternative. If a garment is slightly faded, dye it so the color looks newer.
3. Get a great haircut. It doesn't have to cost a lot. Find someone who 'gets' your hair and use that operator regularly to maintain your stylish do. Keep trying until folks say "Hey, that hairstyle is YOU, girl!"
4. Use hair care products to keep your hair fresh and shining looking. Bargain store products work well and won't ding your budget.
5. Keep your fingernails and toenails trimmed and clean. You can maintain their appearance handsomely and regularly at a reasonable cost. In particular, if you wear sandals, do whatever it takes to keep the skin on your feet moisturized and your heels trimmed. I use an acrylic nail file on my heels.
6. If you enjoy makeup, by all means emphasize the great features of your face to suit yourself. If you don't enjoy makeup, it might be a good time to go and get your makeup done at the makeup counter of a large department store in your area. It surprised the heck out of me when I did that.
7. Keep your shoes clean and polished. Liquid polish is easy and baby oil will remove the mistakes from your hands.
8. Highlight your better points. If you are slim hipped, wear pants that show off your hips. If you've got a good chest, wear tops that highlight those attributes. You don't have to be a particular size to dramatize your best points. You know that you DO have good points right now, don't you?
9. Make sure your smile is attractive. If you need dental work, make that a priority. Good old baking soda is a great whitener.
10. Look at other large women who don't present a good image and be sure what they *don't do* does not apply to you.