

How to lose 10 pounds in one day

Check out our tips on how to look like you dropped a dress size!

By Heather Hudson

Is it possible to drop 10 pounds in a day? No, of course not. But it is possible to *look* like you did. Find out how with our quick tips on finding clothes that flatter your best assets to make you look like you instantly lost a size.

The right shoes

It's no secret that the higher the heels, the slimmer you look. That's because adding an inch (or three, four or five) make even the stumpiest legs look longer and calves appear more slender and defined. If you want to instantly lose a couple of pounds and elevate yourself at the same time, slip on a pair of strappy heels. This season's wedges offer the extra height with the comfort of a more substantial heel.

The right shapewear

We've all seen those makeover shows that feature a dumpy looking woman in sweats transformed into a shapely mama with a figure you never would have guessed at. The secret in most cases lies in a brand new bra. If you want to look like you've just lost five to 10 pounds, get yourself a supportive bra that'll give you some lift and reveal the waist you've been hiding. A body slimmer that smoothes away the lumps and bumps can also take you down a size and allow you to wear sexy clothes that make you feel fantastic.

The right top

If you want to look like you've dropped a few, forget the oversized t-shirt. It isn't fooling anyone and might actually be making you look larger than you really are. The trick to a top that flatters your figure starts with a good fit. Make sure shoulder seams align with your shoulder and nothing is billowing in the middle. Look for v-necks, which elongate your upper body and put the focus on your face; ruching details around the waist that camouflage lumps; and wrap tops that skim away from trouble spots and hug your curves for a slimming effect.

The right bottoms

A good fit is also crucial when it comes to pants and skirts that flatter. Too big and you appear boxy and lumpy, too small and the very flaws you want to hide are accentuated. Try dark wash denim that make the legs appear longer and more slender; a-line skirts that nip in at the waist and minimize thighs; and boot cut or wide-leg pants that balance out hips and gives a long, lean look.