

Dressing Modest – Plus Sized Woman

Dressing modest as a plus sized woman can sometimes be a little tricky. You want to be able to wear clothes that will complement your shape and size without drawing attention to your shape and size. Example: a horizontal striped shirt may not compliment someone with a larger midsection as it would someone on the smaller side. Horizontal stripes tend to make you look wider. This does not mean one is unable to wear stripes, but maybe the sister with the larger midsection should try vertical stripes which will in the long run make her look taller and slimmer.

When dressing modest as a plus sized woman you must take extra precautions to make sure you are not exposing your figure. Asking your self-questions while looking in the mirror is vital to your modest journey. Questions like: is this shirt too low to where you can see the crack between my chests? Is this skirt too tight to where you can see the dip in my hip and all my curves? Is the material of this dress so clingy that it is hugging on to my midsection for dear life?

If your backside is a little more larger than most you want to make sure that you are not drawing attention to that area. Try throwing on a cover up (long cardigans, or kimonos are great) this will hide your bottom area and is also a way to take a simple basic look to the next level.

Materials matter! You may want to stay away from Stretchy Materials like spandex and polyester. These materials will cling to areas like your chest and bottom, drawing attention to those areas.

For my sisters with large breast, wearing low cut shirts, is going to be an absolute no. Mock neck shirts and crew necks are going to be your best friends! This will help you to avoid any spillage of the chest area.

Being stylish as a plus sized woman all the while dressing modest is in fact possible. It is all trial and error. Looking in the mirror and getting a second opinion is especially important as well. Do not be afraid to ask a friend or your husband if something is modest or not. Pay attention to fabrics and how they fit your body shape, also pay attention to patterns. The little details matter!



Shirts from *Chasidah's Creations* from IUIC Austin camp
Sunglasses from *Mid-Day Modesty* from IUIC Philly camp I believe
Earrings are from outside source