

● Ask America's Ultimate Experts

Q "Help! I want to look 10 pounds thinner—tonight!"

Have a hot New Year's Eve bash to attend? Want to look your slimmest and most gorgeous? Fantastic news: Even if you've waited until the day of the party, top diet, fashion and body language experts promise there's still plenty of time to slim your silhouette—and trick friends into thinking you've lost 10 pounds or more!

1 Banish bloat (almost) instantly!

For a flatter tummy and an all-over trimmer look, the key is getting rid of extra gas and water retention, reveals nutrition and fitness expert Stella Metsovas. Here, her easy tricks guaranteed to work the day of your party:

Pop a peppermint capsule!

Take one the morning of your party, suggests Metsovas. The oils in peppermint act as cleansing agents throughout the gastrointestinal tract, getting rid of the bad yeasts that can cause gas and bloat. Plus, it'll help with your digestion so new gas isn't formed during the day. One to try: Nature's Way Peppermint Leaves, \$2.67 for 100 400 mg. capsules at HealthSuperstore.com.

Sip parsley tea!

Throughout the day, enjoy four to six cups of parsley tea! This common herb is one of nature's most potent diuretics, quickly flushing toxins and excess fluids from your body, says Metsovas. Not only will your belly look trimmer, but it'll also help depuff your face and anywhere else that's retaining too much water! Parsley tea is so effective that folks who drank it lost up to 6 inches from their bodies in 24 hours, one study found. One to try: Alvita Parsley Tea, 30 bags for \$6.64 at Amazon.com.

Take a hot bath followed by a cold shower!

It'll help alleviate puffiness and tighten your skin, says Metsovas.

2 Dress to make pounds disappear!

Basic but often overlooked wardrobe wisdom: Choose an outfit that fits and accentuates your best features! says fashion expert Michelle Sterling. Here's how:

Show off a jewel tone!

Sure, you know wearing black makes you look skinnier, but what if you prefer a more festive color? Sterling suggests choosing an outfit in a shade of ruby, amethyst or sapphire—deep jewel tones that camouflage trouble spots as well as black does, look rich and also flatter most skin tones!

Go for a dress!

A dress is always most slimming, because it creates one visual line from head to toe, skimming over areas you may not want to draw attention to, says Sterling. The most flattering length? If you have shorter legs, opt for a style that ends just above the knee. If your legs are longer, have your hem end an inch or two below the knee.

Accessorize the right way!

When it comes to earrings, choose a chandelier style—longer, dangly earrings lengthen your face, says Sterling. If you'd like to emphasize a narrow waist or torso, buckle on a skinny belt in a color that contrasts your dress—it'll be an instant focal point! For your feet, a high heel always makes your legs look longer, and maximize the effect with a pointy toe that extends the line even more.



Look leaner with bronzer!
Brush on bronzer vertically, starting an inch below your throat and ending between your breasts, which will visually narrow your torso!



3 Body language tricks!

Did you know that standing a certain way can subtract inches from your frame? It's true, says body language guru Patti Wood. Try her advice on party night:

Perfect a model's stance!

Try extending your left foot out a few inches in front of your right and position it so your left heel is pointing toward the instep of your right foot. This trick used by runway models angles your body to create the illusion of a smaller silhouette, Wood explains.

Sit the right way!

To keep yourself looking slim when seated, all you have to do is cross your legs, says Wood. This instantly narrows your hip and thigh area.

Hold your arm here!

Bending one arm at the elbow and holding it just above your waist will make your waist seem smaller and your chest larger!



—Jennifer Leonard

Our expert panel



Nutrition specialist **Stella Metsovas, C.N.**, has more than 15 years' experience in the health and fitness industries. Voted "Best Nutritionist" by Citysearch, she's also been featured on Fox News.



Fashion and style expert **Michelle Sterling** is the founder of the Global Image Group, which helps clients develop a strong first impression through image development. She's given advice on Fox News and VH1.



Known as "The Body Language Lady", **Patti Wood, C.S.P., M.A.**, gives more than 100 lectures a year on decoding non-verbal signals. She's also been featured on CNN, PBS, the BBC and the Discovery Channel.