

# Can Plus Size Women Wear Belts?

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This may seem like a silly question. Can plus size women wear belts? Of course we can. Yet it's so hard to find plus size belts that many women think that they shouldn't wear belts. A sales clerk in the plus size department tells you that the plus size belts are in the Accessories Department, but when you get there, there are exactly zero plus size belts. So you assume that there's a fashion-based reason for this. But no, it's just another case of how under-served we are by fashion companies.



# Can ALL Plus Size Women Wear Belts?

Absolutely! Though not necessarily the same belts, or in the same way.

Cynthia Schames, founder of [AbbeyPost \(http://abbeypost.com/\)](http://abbeypost.com/) explains:

*Women come in many shapes and sizes. At AbbeyPost, we often think about dress styles as “waist” or “no waist”, meaning that they’re intended for women of a specific body shape. “Waist” styles like a [wrap dress \(http://abbeypost.com/shop/kim.html#.UydHN8dRFnE\)](http://abbeypost.com/shop/kim.html#.UydHN8dRFnE), for example, work especially well for hourglass or inverted triangle body shapes who have a waist.*

*Other styles like a [belted slim a-line \(http://abbeypost.com/shop/abbey.html#.UydHgMdRFnE\)](http://abbeypost.com/shop/abbey.html#.UydHgMdRFnE) can work beautifully for nearly all shapes—either highlighting the waist you do have, or giving the impression of a waist if yours is naturally less well-defined (such as rectangle or oval).*



<http://abbeypost.com/blog/wp-content/uploads/2014/03/dresses500w.png?9eab75>

A belt can highlight your waist, or create the illusion of a waist. Either way, it can make your clothes hang better on your body. It’s all part of finding the [right silhouettes \(http://abbeypost.com/blog/best-dress-shapes-for-plus-size/\)](http://abbeypost.com/blog/best-dress-shapes-for-plus-size/)

for your body. If you have a dress with an attached belt, then you can wear a belt with any dress of that shape.

## Long or Short Waists

If you're short waisted (or short non-waisted), then wide belts are not your friends. Jan Tanury, owner of [Botticelli \(http://www.botticelliri.com/\)](http://www.botticelliri.com/) (a plus-size boutique in Rhode Island), explains why:

*Not many women feel comfortable wearing a wide belt because if they have a shorter waist it can make your hips look huge. Combine this with an ill fitting bra & the look is doomed! What I do find is that most plus size women can wear a belt that is 1 to 2 inches wide. A smaller belt gives the same cinching effect but does not create bulging hips.*

Stylist [Fanny Woo \(www.stylelittle.com\)](http://www.stylelittle.com) is also in favor of skinny belts on plus size women:

*Wear thin belts, they will give your waist that cinch and make you look longer and leaner in that dress. Thicker belts can make your waist appear bigger.*



(<http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=297352.20295250384683103&type=2&murl=http%3plus-size-clothing-in-fashionable-styles%2Fshoes-accessories-new-arrivals%2Fenamel-buckle-skinny-belt%2F4000c4016p202952%2Findex.pro>)

Enamel Buckle Skinny Belt,

Lane Bryant, \$19.95

But that doesn't mean that no plus size women get to wear trendy wide belts. If you have a long waist (or long non-waist), then a narrow belt might look too small on you.

Design consultant [Mariana Leung \(http://www.msfabulous.com\)](http://www.msfabulous.com) explains how to wear a wide belt:

*Belts can definitely be a great accessory in a curvy woman's arsenal. A wide, elasticized belt is a great way to define waist shape. Think of it like a more comfortable corset.*

Much more comfortable.



(<http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=297352.18433145885213103&type=2&murl=http%3A%size-accessories%2Fbelts%2Fsling-buckle-stretch-belt%2F15834c103p184331%2Findex.pro>)

Sling Buckle Stretch Belt, Lane

Bryant, \$26.95

## Don't Forget Perfect Fit

Just like the rest of your clothes, your belts need to fit you perfectly. A belt that's too small will create unflattering rolls of fat, and a too-big belt won't stay in place. Yes, you can punch extra holes in a belt to make it longer or shorter, but it can look sloppy. And don't skimp – you need several belts in different colors and materials to go with your different outfits – even if your entire wardrobe is [black \(http://abbeypost.com/blog/four-good-reasons-need-black-dress-one-bad-reason/\)](http://abbeypost.com/blog/four-good-reasons-need-black-dress-one-bad-reason/).

And don't just wear belts around your waist. Look amazing in empire waists? Try wearing a belt up around your ribcage instead of at your waist to create an empire waist in any dress or top. Are you top heavy? Try a belt or scarf around your hips to create balance.



(<http://www.lanebryant.com/isabel-toledo/isabel-toledo-view-all/embroidered-eyelet-long-jacket-by-isabel-toledo/21250c21251p203190/index.pro>)

Embroidered Eyelet Long Jacket by

Isabel Toledo, Lane Bryant, \$178

# Where Are All the Plus Size Belts Hiding?

You'll have much better luck finding a plus size belt at a store that carries plus size clothing exclusively. Check [etsy \(http://www.etsy.com\)](http://www.etsy.com) and custom belt makers for plus size leather belts. If you got a belt with the last pair of pants you bought, try it with different outfits. Just remember that it's not built to last, so don't rely on those belts exclusively.

You can also dip into your [scarf \(http://abbeypost.com/blog/secret-making-outfit-stylish-accessories/\)](http://abbeypost.com/blog/secret-making-outfit-stylish-accessories/) collection for makeshift belts. Wrap a long, skinny scarf around your waist and tie or pin in place. Just make sure it's a narrow scarf – a voluminous scarf will make you look like you have an inner tube around your middle. Please don't ask me how I know this.

## Can Plus Size Women Wear Belts?

Of course! Stop thinking of belts as just something to hold up your pants, and start thinking of belts as an accessory that can pull your whole outfit together.



(<http://click.linksynergy.com/link?>

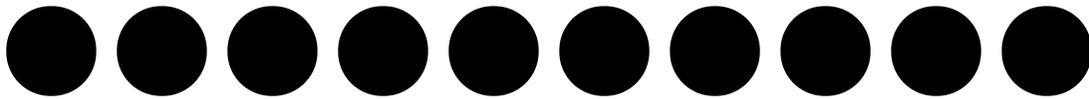
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Lauren Ralph Lauren Plus

Size Striped Peplum Tee,

Macy's, \$85.00



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