

## 5 Tips to Make Your Shopping Experience a Better One:

1. **Create a positive environment when shopping, especially in the changing room:** Personally over the years, I have found that I just can't shop with certain friends or family members since it will end with me in the dressing room crying and I leave discouraged and depressed. Knowing who you feel most comfortable with in the changing room is important since the process can be so intimate.

*Ask yourself:* Are you more comfortable trying on clothing at home? By yourself? Do you prefer to shop with your best friend? Does your mother's comment about something not fitting send you into a crying fit? What was the best time you had trying on clothes? Knowing what makes you feel comfortable will also make the experience better in the future

2. **Know your measurements:** With a lot of extended sizes being online, you need to make sure you have your most recent measurements. Sizes can vary from brand to brand but referencing a size chart is the best bet to not walk away from a purchase disappointed.
3. **Size is just a number:** As cliché as it sounds, it really is true. For years, I would obsess over fitting into a certain size but the truth is, no matter your weight or size, every clothing brand is going to fit differently depending on the brand and style so don't feel bad if you have to go up a size or two in certain brands. If it fits and you love it, buy it!
4. **Be assertive and honest with yourself:** As much as I encourage fashion risks, forcing yourself to purchase something that you don't feel confident in when you put it on will only be wasted money sitting in the back of your closet.
5. **Be mindful of return policies:** This is one as a wardrobe stylist I always have to be careful about. Online shopping tends to be more flexible with returns, but not always so check it out before you purchase!

## Stores for Sizes 14+

### Department Stores:

**Nordstrom** “Encore” departments in select stores and online run up to size 24  
<http://shop.nordstrom.com/c/womens-clothing-encore>

**Macy’s** Women’s department online and in select stores run up to size 24W  
<http://www1.macys.com/shop/plus-size-clothing?id=32147>

**ASOS** The dedicated section of the online retailer is named “Curve” and features clothing up to a size 24  
<http://www.asos.com/Women/Curve-Plus-Size/Cat/pgecategory.aspx?cid=9577&r=2>

**Saks Fifth Avenue** “Salon Z” is available online only up to size 24  
[http://www.saksfifthavenue.com/Women-s-Apparel/Salon-Z:-Sizes-14-to-24/shop/\\_/N-52fq8h](http://www.saksfifthavenue.com/Women-s-Apparel/Salon-Z:-Sizes-14-to-24/shop/_/N-52fq8h)

**Talbots** “Women” & “Women Petites” lines available in-store & online to size 24W  
[http://www.talbots.com/online/browse/category\\_landing\\_horizontal.jsp?rootCategory=cat70012&id=cat70012&section=Regular](http://www.talbots.com/online/browse/category_landing_horizontal.jsp?rootCategory=cat70012&id=cat70012&section=Regular)

**Neiman Marcus** Women’s collection offered online and in select stores up to size 28  
[http://www.neimanmarcus.com/Womens-Clothing/Special-Sizes/Womens/cat000116\\_cat3650732\\_cat000001/c.cat?fromDrawer=true](http://www.neimanmarcus.com/Womens-Clothing/Special-Sizes/Womens/cat000116_cat3650732_cat000001/c.cat?fromDrawer=true)

### Individual Brands

**Simply Be** Online retailer based out of U.K. that offers sizes 14-22  
<http://www.simplybe.com/>

**Old Navy** Their “extended” sizes are found online up to a size 30  
<http://www.oldnavy.com/products/plus-size-clothing.jsp>

**Evans** UK based retailer offers clothing in sizes 14-32  
<http://www.evansusa.com/>

**Forever 21** “Forever21+” is offered online and in some select stores up to a size 20  
[http://www.forever21.com/product/Category.aspx?br=PLUS&category=plus\\_main](http://www.forever21.com/product/Category.aspx?br=PLUS&category=plus_main)

**Wet Seal** +Plus by Wet Seal just premiered in select stores this fall but the full collection is available online to size 28/4x

<http://www.wetseal.com/catalog/category.jsp?categoryId=1510>

**Gap** Extended sizes of their line are offered online in up to size 20  
<http://www.gap.com/>

**SWAK Designs** Offering designs in sizes 14-36, the entire line is available online and in select boutiques  
<http://www.swakdesigns.com/>

**Rachel Pally** Rachel Pally White Label features sizes 14-22 and can be found in their online store as well as select retailers, including Nordstrom  
<http://www.rachelpally.com/wl/pl/c/600.html>

**Modcloth** ModCloth Plus is offered online up to size 26  
<http://www.modcloth.com/shop/plus-sizes>

### *Specialty Brands & Rentals*

**Lola Getts** Active wear for the curvy girl sizes 14-24  
<http://www.lolagetts.com/>

**Gwynnie Bee** A monthly subscription for renting clothing up to size 32. Get a free 30-day trial when you sign up!  
<http://www.gwynniebee.com>

**Rent the Runway** RTR+ offers high-end rentals up to a size 22 online or you can try on in person at their Manhattan showroom  
<http://www.renttherunway.com/plussize>



### *About Crystal Cave*

Crystal Cave is a wardrobe and personal stylist based out of New York and Los Angeles. Inspired by her love of fashion, yet being a size 12-18 most of her teen and adult life, Crystal was inspired to become a stylist to help other women look and feel their best, no matter their size. Crystal's style advice and stories of how she overcame her personal struggles with fashion can be found at xoCrystalCave.com.