Beauty and the Beach

HIV med side effects can shift your shape like the sands. Fear not—POZ fashionista Nick Burns has the style secrets to show off the parts you love and mask the troublemakers. Take ’em with a grain of margarita salt.

August 1, 2006 By Nick Burns

Women:

Embroidered Tunic
Target, **$16.99**
A great beach coverup,
this light and airy number packs three-quarter-length sleeves that casually cover the upper arms. The sexy sheerness keeps you from feeling overly, well, exposed.

Summer-Weight Chino Cropped Pants
J. Crew, **$68**
Too shy for shorts? Merely crop your pants to a cool length (below the knee, midcalf or at the ankle). Daisy Duke, eat your heart out.

Shades
(street vendor), **$10**
Big splashy sunglasses (pick a pair with UV protection) give an air of mystery worthy of Brangelina or Vaughniston. They’ll lure other beachgoers, getting the conversation—and the party—started.

Tote Bag
J. Crew, **$68**
Load the beach towel, sunscreen, an afternoon snack and your medications into the ultimate summer tote. Now you’re cool—and packing some heat.

Men:

Striped Linen Shirt
The Gap, **$49.50**
Linen is the perfect lightweight antidote for sweltering afternoons. Shirts with vertical stripes help slim a paunch, and the long sleeves beg to be rolled down if you’re bashful about your arms.

Summer-Weight Relaxed-Fit Chinos
J. Crew, **$68**
Pants don’t have to suffocate you; ’tis the season to go lightly. Roll ’em up to your calves and wear with flip-flops for a casual chic that eases leggy self-consciousness.

Mossimo Newport Print Board Shorts
Target, **$17.99**
The surfer classic is ideal for guys with thinning thighs. Wanna camouflage your behind? Pick large patterns: Hawaiian flowers and bright colors.

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