“I dread putting on a swimsuit!”

Hate swimsuit season? You’re not alone: 68% of us would rather wear a turtleneck than a tankini! Luckily, our experts know some genius tricks that’ll make you look great and feel confident this summer!

1 Eat and drink your way slim!

Melt inches with a Mexican omelet!
Have hot peppers left over from your Cinco de Mayo fiesta? Just toss ‘em in an omelet, suggests FoodNetwork.com nutrition expert Toby Amidor, R.D. “Chili peppers contain capsaicin, which boosts metabolism for several hours after eating.” Plus, the protein in the eggs helps fill you up, so you eat less throughout the day. In one study, women who ate two eggs for breakfast, five times a week for two months, lost almost 70% more weight than women who ate bagels instead. And their cholesterol levels were no higher!

Beat bloat with lemon-ginger “tea”!
“Ginger lemon water is simply brilliant for eliminating water retention, which can show up as extra pounds on your thighs and waist,” promises holistic nutrition expert Julie Gabriel. Prepare it by slicing one medium lemon and 1-2” fresh ginger root. Cover with boiling water and let infuse 10 to 15 minutes. Drink 15 to 30 minutes before meals to aid digestion, reduce inflammation and help melt fat.

Slim down with krill oil!
Omega-3 fatty acids help you lose pounds—particularly around the tummy, research reveals. And studies suggest krill oil, found in tiny plankton, contains more omega-3s than fish oil and is rich in a substance that suppresses appetite. Beachy bonus: Krill oil contains a special anti-oxidant that helps protect skin against UV light! Important: Check with your doctor before taking krill oil supplements, as they may interfere with certain medications.

2 Look instantly slender!

Go for asymmetry!
The suit that ensures everyone’s eyes will be on your best assets? An asymmetrical off-the-shoulder style visually slims you, as more complex shapes and angles are perceived as smaller.

Find built-in support!
“Lots of companies are adding underwires to their swimsuits for extra support that lifts up the cleavage area for women of all cup sizes, so you look slimmer and trimmer,” says celebrity beauty and style expert Jené Luciani. And swimsuit tops aren’t the only ones getting the “shapely” treatment: “Companies like Lands’ End have cute options like swim shorts—adorable!—and mini skirts that feature tummy control lining that perfectly camouflages hips and thighs.”

Conquer cellulite with coffee!
“A coffee scrub helps flush retained water, which is often the cause of bumpy, uneven skin,” says Gabriel. To make her easy Coffee Cellulite Mask, mix 1 cup water, 1 cup ground coffee and the leaves in 1 green tea teabag in a bowl and stir. Add 10 drops grapefruit essential oil and 8 drops juniper essential oil (find essential oils in health-food stores) and stir again. Apply to problem areas, cover with plastic wrap, leave on for 15 minutes and then rinse.

3 Get sleek skin!

Tan away 10 pounds!
Apply a fake tan and you’ll automatically look 10 pounds slimmer. Want to look instantly toned? Apply a strategic dusting of a matte bronzer powder under your calf muscles, along your quadriceps’ indentations and to the undersides of your arms.

Wear “glamorous” flip flops!
A little heel elongates your legs and encourages a more slimming posture. Flip flops with a kitten heel will do the trick in style!

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Our expert panel

Toby Amidor, MS, R.D., CDN, a registered dietitian and nutrition expert for FoodNetwork.com, is the founder of Toby Amidor Nutrition and nutrition advisor for FitStudio.

Julie Gabriel is the author of Green Beauty Recipes and has been featured on AOL Health and Martha Stewart’s Living Radio.

Jené Luciani is the bestselling author of The Bra Book and has appeared on such programs as NBC’s Today and Access Hollywood.