

HOW TO DRESS YOUR BODY SHAPE

Choose clothes that create balance in your proportions! We are all unique, but we can define
4 simple body shapes:

Hourglass - balanced hips and shoulders and defined waist

Rectangle - balanced hips and shoulders but no defined waist

Triangle - Shoulders narrower than hips

Inverted Triangle - Shoulders wider than hips

Round - Waist wider than shoulders and hips



Round

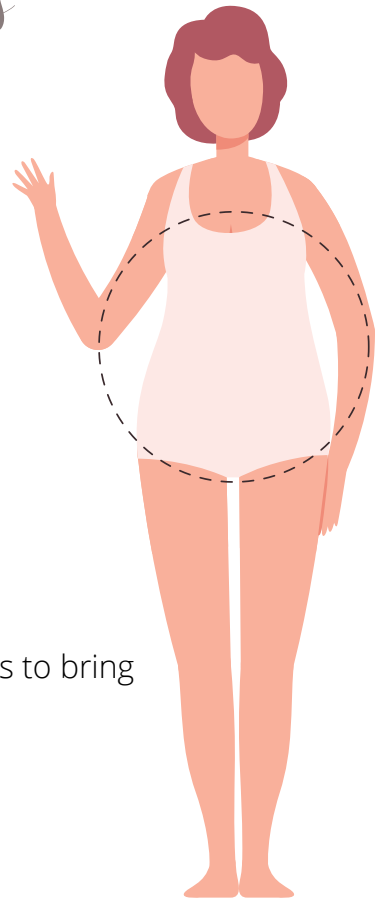
Wear clothes that add heights, elongate your body, enhance and define waist

Tops

- V necklines
- Vertical details
- Tunics tapered at waist
- Long jackets and vests worn open
- Short jackets finishing at hips level
- Wrap-over tops
- 3/4 sleeves

Pants and Trousers

- Long trousers in dark colours
- Vertical stripes
- Monochromatic outfits in flattering colors
- Dark bootcut jeans



Skirts and dresses

- A line skirts
- One colour head to bottom
- Soft fabrics
- Vertical details
- Maxi dresses

Accessories

- Wear necklaces and earrings to bring attention to face

Try to avoid

- Ruffles
- Full, baggy skirts
- Cropped trousers
- Heavy knit sweaters
- Side pocket trousers
- Shiny fabrics
- Too tight leggings and trousers
- Animal prints
- Large prints
- Horizontal prints
- Small bags

Rectangle

Create illusion of curves

Tops

- Wrap-over tops
- Tailored style jacket
- Flutter/Ruched/Billowy sleeves
- Tops tucked in
- Trench coats, open or belted

Pants and Trousers

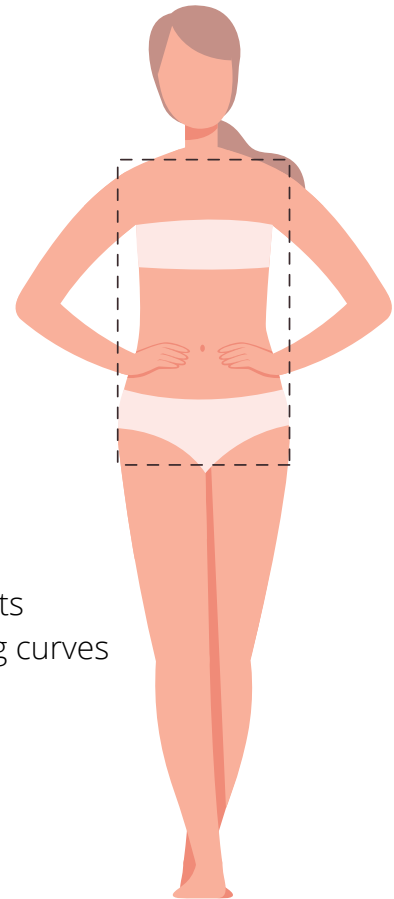
- Boot cut
- Flare
- Low waisted

Skirts and dresses

- A line
- Full skirts
- Bias cut skirts
- Wrap around dresses
- Diagonal lines
- Floral prints

Accessories

- Colourful jewellery and belts
- Round accessories to bring curves
- Scarfs
- Round rings
- Belts with round buckles



Try to avoid

- Boxy pants
- Shapeless clothes
- Crop trousers
- Double-breasted jackets
- High-waisted trousers
- High necked sweaters
- Shoulder pads
- Heavy fabrics and knits
- Mandarin collars
- Boyfriend and straight cut jeans

Triangle

Bring balance by drawing attention to the upper part of your body

Tops

- Shirt/blouses with ruffles
- Wide V neckline
- Boat neckline
- Subtle shoulder pads
- Jackets with interesting details
- Flutter, cupped sleeves
- Decorative details on shoulders

Pants and Trousers

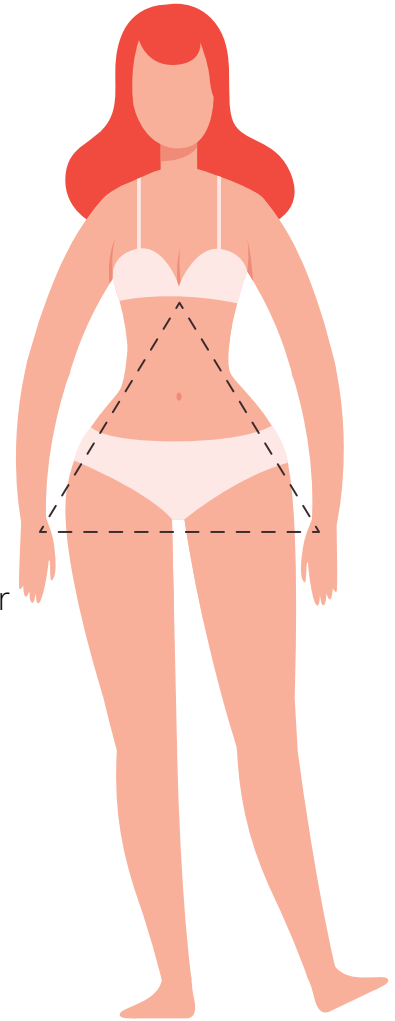
- Pants that fit well
- Medium rise pants
- Simple, flat fronted trousers
- Flared jeans
- Boot cut jeans

Skirts and dresses

- Simple A line skirts
- Pencil skirts
- Maxi skirts
- Wide neckline dresses
- Wrap around dresses

Accessories

- Bring attention to the upper part of body with jewellery
- Colourful scarfs



Try to avoid

- Clothes that draw the line in the waist
- Shiny fabrics at the bottom
- Combat pants
- Bulky pockets
- Horizontal details on bottom
- Coats with full skirts
- Mermaid skirts
- Bags that rest on the hip

Inverted Triangle

Try to visually slim upper body

Tops

- Blouses with scoop neckline
- Tunics with details on the bottom
- Smooth textures
- Dark blazers with light shirt underneath
- 3/4 length tailored coats
- Tailored jackets
- Deep slim necks

Pants and Trousers

- Pants with details at the bottom
- Boot cut jeans
- Boyfriend style jeans
- Cargo pants
- Corduroy pants
- High pockets with details
- Sailor trousers

Skirts and dresses

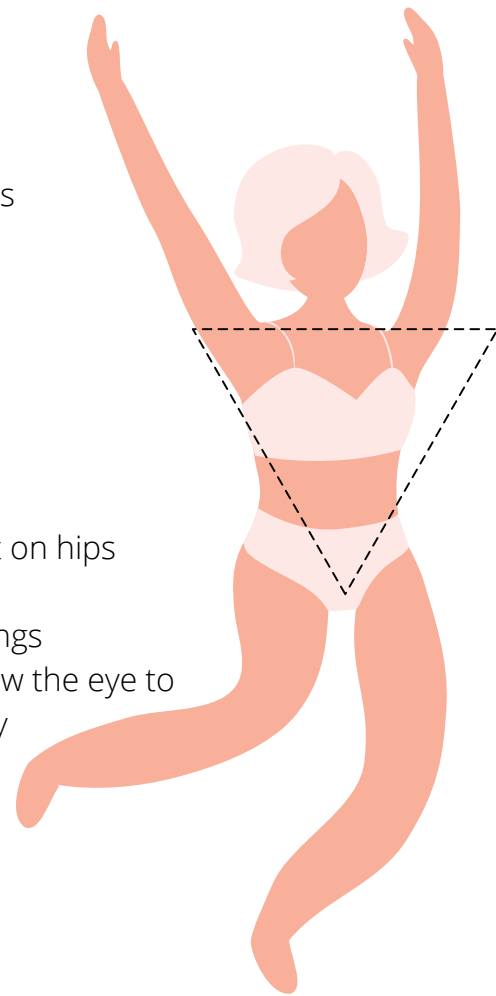
- Full skirts
- Ruffles, patterns, pleads
- High waisted skirts
- Tulip skirts
- Wrap around dresses with V neck
- A line dresses

Accessories

- Chunky belts that rest on hips
- Eye-catching shoes
- Chandelier style earrings
- Long necklaces to draw the eye to the centre of the body

Try to avoid

- Double-breasted jackets
- Horizontal stripes on the upper body
- Knit sweaters
- Boat neckline
- Bolero jackets
- Puffy sleeves
- Oversized tops
- Tampered trousers
- Bumper jackets
- Ruffled neckline
- High-waisted trousers
- Chunky heavy neckless



Hourglass

Your figure is balanced so make the most of it and emphasize feminine shape

Tops

- Tailored jackets
- Classic belted trench
- Wrap-over tops
- Tucked in blouses
- Peplum blouses
- Jumpsuits

Pants and Trousers

- High and medium waisted
- Boot cuts
- Flare jeans

Skirts and dresses

- A line
- Softly plated
- Bias-cut skirts
- Peplum skirts and dresses

Accessories

- Not too wide belts

Try to avoid

- Shapeless clothes
- Too full skirts
- Boxy style clothes

