

# HOW TO DRESS FOR YOUR BODY SHAPE

## WOMEN BODY TYPES

STUDENTS



# WOMEN BODY TYPES



## **HOURGLASS**

Shoulders and hips are the same width. Narrow waist.



The ideal proportions.



## **TRIANGLE**

Hips wider than shoulders.



Give more attention to the shoulders than the hips.



## **INVERTED TRIANGLE**

Shoulders wider than hips and waist.



Give more attention to the hips than the shoulders.



## **RECTANGLE**

Shoulders, hips and waist are the same width.



Drag attention to the waistline to create a more feminine body



## **OVAL**

Waist wider than your shoulders and hips.



Choose clothes that don't emphasize the waistline.

# SHORT

## HOW TO LOOK TALLER:

- Wear a single color outfit, even better in a dark or matte color.
- Same color for shoes and pants/tights, or nude shoes if not wearing socks.
- High heels or pointed shoes help the legs to look longer.
- Sweaters and shirts with “V” necks to elongate your neck.
- If you like prints, prefer small ones.
- Vertical stripes create the illusion of a taller body.
- Use small bags. Big bags will make you appear even shorter.
- Keep your hair short or in an updo. Long hair give you a “heavier” look and make you look shorter.



# SHORT

## WHAT NOT TO DO:

- Wear oversize clothes, they make it look like they are a size too big for you.
- Low-rise pants or skirts make your legs look shorter.
- Shirt passing your hip bone, as they cut the length of your legs.
- Wear chunky platforms, because it will make legs appear shorter and thicker.
- Skirts under the knees cut the line of your legs and make them look shorter.



# THIN

## WHAT TO DO TO VOLUMIZE:

The goal here is to create more volume to make the body appear a bit bigger than it is. Here are some way to achieve it:

- Wear heavy fabric (in winter).
- Contrasting colors that create horizontal lines.
- Details like pockets, shoulder pads, buttons... to add volume.
- Wear clothes with big prints.
- Belts in contrasting colors.
- A-line skirts.
- Layering.

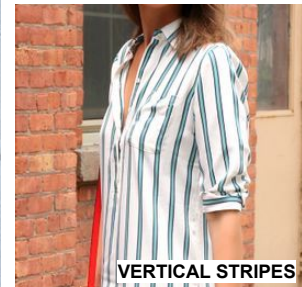


# THIN

## WHAT NOT TO DO:

If we want to avoid looking even thinner, we should avoid all these things:

- Wearing lots of black.
- Wearing monochrome outfits.
- Avoid using too clingy clothes.
- Oversize clothes only make you look like you chose the wrong size or like you are an hanger.
- Vertical stripes only make you look even slimmer.

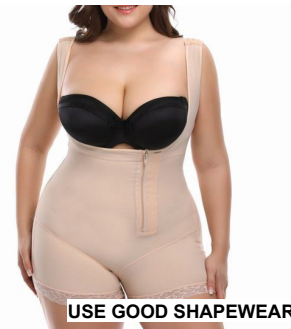


# LARGE

## WHAT TO DO TO LOOK SLIMMER:

The goal is to try to disguise the tummy area and use colors and prints that visually make you look slimmer. Some of the things you can do:

- Wear dark colors.
- Jackets with high armholes.
- High-rise pants.
- Use good shapewear.
- Prefer dresses with Empire waistlines to hide the tummy.
- Small prints or vertical stripes.
- Use soft, light fabrics that follow the contour of the body.



# LARGE

## WHAT NOT TO DO:

To look slimmer, we need to avoid prints that have an enlarging effect and avoid putting volume around the waist area.

- Wear baggy clothes.
- Big and bright prints.
- Horizontal lines.
- Too clingy clothes.
- Peplum tops or dresses that add volume to the waist.
- Shiny materials.





# SQUARE OR LARGE SHOULDERS

## HOW TO MINIMIZE THEM:

If we want to minimize the shoulders, we need to drag away the attention from that area and avoid adding volume.

- V-neck and vertical lines.
- Raglan sleeves.
- Use long necklaces.
- Pair a dark top with a light colored bottom.
- Use tops with wide straps.
- **Avoid** shoulder pads.
- **Avoid** sleeves with volumes on the shoulders.

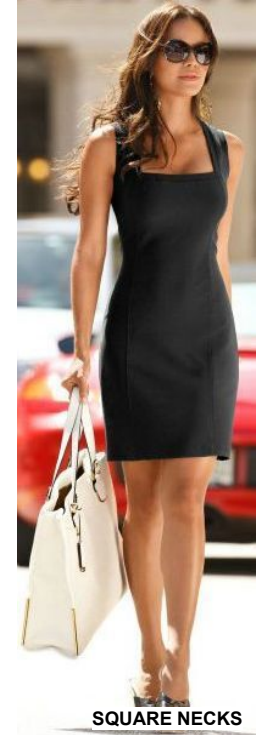


# DROOPING SHOULDERS

## HOW TO “LIFT” THEM:

In this case we need to visually “lift” the shoulders up. To do so here are some tricks:

- Wear shirts with boat necks.
- Prefer halter tops.
- Use shirts or dresses with puffed sleeves.
- Square necks.
- Shoulder pads.
- **Avoid** turtlenecks.



# SMALL BUST

## HOW TO MAKE IT LOOK BIGGER:

To “enlarge” a small bust, you need to create volume in that area. Here’s how to achieve the goal.

- Garments with horizontal lines.
- Layering.
- Using necklaces, preferably with a small chain and layered.
- Wear scarves or foulard to add volume to the chest area.
- Turtlenecks.
- Polo t-shirts.
- Horizontal lines.

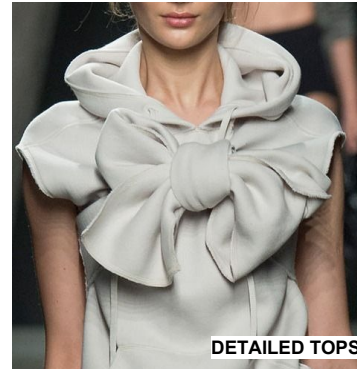


# SMALL BUST

## HOW TO “INFLATE” IT:

To “enlarge” a small bust, you need to create volume in that area. Here’s how to achieve the goal.

- Wear shirts or sweaters with a very detailed neck to draw the attention to the bust.
- Using light colors.
- Double breasted jackets.
- Mandarin collars.
- Use sheer materials.
- Shirts with pockets on the chest area.

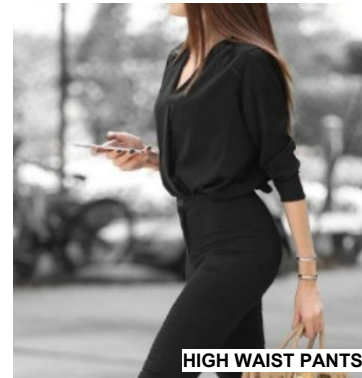


# FULL BELLY

## HOW TO “DEFLATE” IT:

To drag away the attention from the belly area, we can use accessories on the upper part of the torso or dresses/shirts made with flowy fabrics to cover the tummy area.

- Use dark or matte colors.
- Loose t-shirt.
- Peplum shirt or dresses.
- High waist pants.
- Prefer emperor cut dresses or tops.
- Wear a statement necklace to draw the attention away from the belly area.

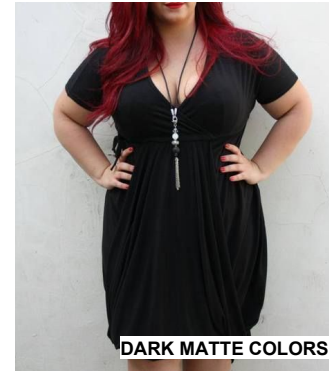


# FULL BELLY

## HOW TO “DEFLATE” IT:

To drag away the attention from the belly area, we can use accessories on the upper part of the torso or dresses/shirts made with flowy fabrics to cover the tummy area.

- Wear loose or flared t-shirts.
- 1 or 2-button cardigans and jackets.
- Hems of t-shirts/jackets a little under the hip line.
- Dark and matte colors.
- Emperor cut dresses or shirts.
- **Avoid** clingy clothes.
- **Avoid** belt or anything the emphasize the waist line.



# BIG BOTTOM

## HOW TO MINIMIZE IT:

If your goal is to minimize the bottom, use dark colors for pants and skirts and avoid adding volume to the area.

- Wear dark solid colors.
- Flared skirts or bootleg pants.
- Hip-length tops, they visually break the figure down in a different place from the natural waistline, and minimize a large behind.
- Tops or jackets that are short on the front and longer on the back.
- Light colors on top.
- **Avoid** wearing pants with big pockets.

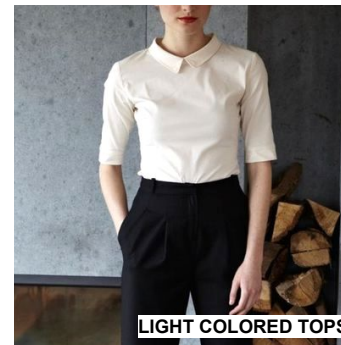


# BIG LEGS, KNEES OR CHUBBY ANKLES

## HOW TO REDUCE THEM:

The trick here is to hide the knees and ankles if too big or swollen, and to make the legs look slender. Here's how:

- Skirts below the knees.
- Wear pointy shoes, they make your legs appear to be slimmer.
- Tall boots might help dragging the attention away from your ankles.
- Give importance to the top half of your body, wearing dark colors below your waist and light colored on top closer to your face.
- Go for pumps.
- Use dark tights with dark shoes.
- **Avoid** flat shoes or shoes with ankle straps, they make your calves look wider.





# SKINNY LEGS

## HOW TO DRESS THEM:

If the legs are too skinny, we want to drag away the attention from them, or use cuts for skirts and pants that add volume to the legs.

- Wear straight-leg or bootcamp pants. They add a little structure to the legs and disguise a thin calf.
- Play with bold pattern or bright colors.
- Prefer light colors for skirts and pants.
- Horizontal lines will make your legs look fuller.
- **Avoid** skinny pants or leggings.
- **Avoid** chunky shoes that will make your ankles and legs even thinner.

