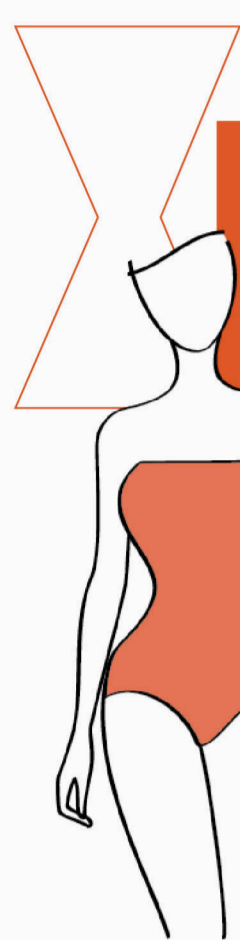




# How to Dress For Your Body Shape

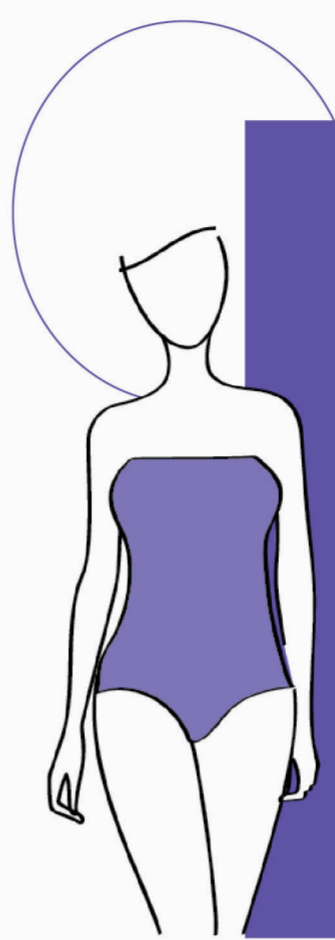
Knowing which clothing types best suit your body shape is the secret to great style. Here's how to determine which body shape you have and how to accentuate its best assets.



## Hourglass

A classically curvy shape with a full bust and hips and a defined waist.

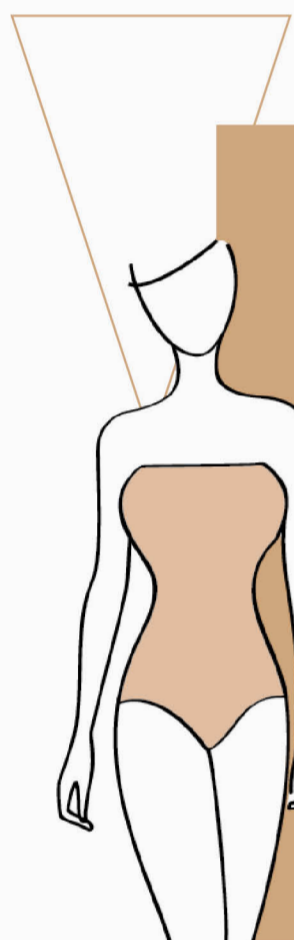
- Dresses:** Show off your curves with wraps or body-cons.
- Tops:** A peplum or wrap blouse will highlight your waist.
- Pants:** Flared pants draw the eye upward, showing off your figure.
- Denim:** Accentuate your waist with some high-rise jeans.
- Skirts:** Flatter your full hips with a fitted pencil skirt.
- Shoes:** Stretch your frame with leg-lengthening nude pumps.



## Apple

A circular shape with a full bust and hips and a less defined waist.

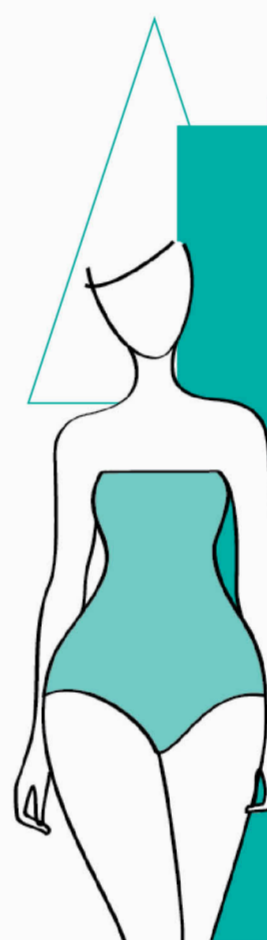
- Dresses:** A wrap or empire waist is really flattering to the torso.
- Tops:** Highlight your bust with a sweetheart neckline or your hips with a peplum.
- Pants:** Straight or slim fits are great if you don't love form-fitting trousers.
- Denim:** Bootcut jeans are a perfect match for your curvy silhouette.
- Skirts:** Bias-cut styles drape softly, emphasizing the body without clinging.
- Belts:** Wear one to cinch your waist in a dress, skirt, long jacket, or high-rise pant.



## Inverted Triangle

These figures usually have broad shoulders and a narrow waist and hips.

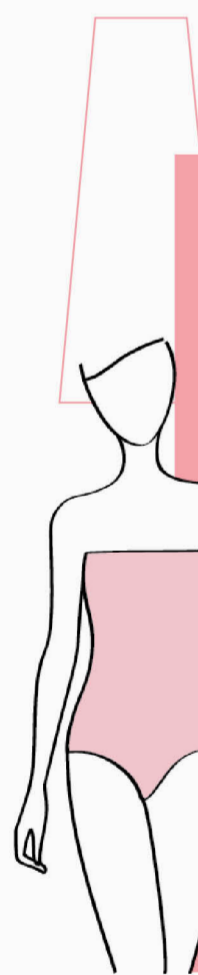
- Dresses:** Peplum and fit-and-flare styles will help create an hourglass figure for your waist.
- Tops:** Scoop and V-necks will draw the eye away from the shoulders and accentuate the neckline.
- Pants:** Prints—both bold and subtle—will bring the focus to your lower half and help create volume.
- Denim:** Balance out your silhouette with flared or cropped wide-leg jeans.
- Skirts:** A pleated midi works perfectly on this shape.
- Shoes:** Statement shoes and chunky-heel booties round out your outfit with a welcome touch of drama.



## Pear

A triangular shape with a smaller shoulders and bust and full hips.

- Dresses:** Fit-and-flares fall away from the hips and show off your waist.
- Tops:** Cowl-necks and boat-necks show off your shoulders, as do open necklines.
- Pants:** Flat-front or slim-fit pants are flattering go-tos for the office.
- Denim:** Straight, slim-straight, or bootcut jeans are equally good options.
- Skirts:** Emphasize the rest of your frame with a voluminous A-line skirt.
- Jewelry:** A bold statement necklace will draw attention to your neckline.



## Petite

Those shorter than 5'3" or with an inseam shorter than 27 inches.

- Dresses:** High-low dresses will make an impact without drowning you in fabric.
- Tops:** Lighter shades, three-quarter sleeves, and off-shoulder styles all elongate.
- Pants:** Again, lighter shades, or pleated styles that put a long line down your leg.
- Denim:** Mid- to high-rises and slim or skinny fits will give you legs for days.
- Skirts:** Circle skirts are easy to wear, and midis with long lines like pleats add height.
- Shoes:** High heels or pointed toes can both make your legs look longer.



## Rectangle

A straight shape with fairly uniform shoulders, bust, waist, and hips.

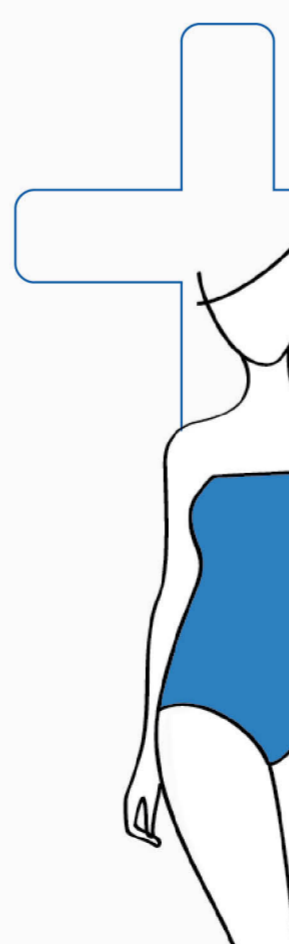
- Dresses:** Cinched waists, puff sleeves, or tiered skirts create curves.
- Tops:** Go big with features like ruching, detailed collars, or statement sleeves.
- Pants:** Add some extra volume to your bottom half with wide-leg styles.
- Denim:** Slim or straight fits are flattering alternatives to super-skinny jeans.
- Skirts:** Go for dramatic oomph with pleats, layers, tiers, or patterns.
- Belts:** Medium-width belts are your best bet for some waist definition.



## Tall

Those taller than 5'9" or with an inseam longer than 32 inches.

- Dresses:** Calf-skimming hemlines accentuate your legs, and prints are easy to pull off.
- Tops:** Though tunics are too long for some frames, they're perfect for tall women.
- Pants:** Subtly flared trousers are classic, while cropped wide-legs are a modern option.
- Denim:** High-waisted, flared, and straight-leg styles all highlight your height.
- Skirts:** Midis in bold prints are a match made in style heaven for tall shoppers.
- Shoes:** Neutral strappy sandals are supermodel status, no matter the heel height.



## Plus-Size

For most American brands, plus starts at size 16.

- Dresses:** Wraps and fit-and-flares are foolproof options for defining the waist.
- Tops:** Peplums show off your curves, while scoop- and V-necks flatter the bust.
- Pants:** High-waisted and bootcut trousers are perfectly polished for workdays.
- Denim:** Flaunt your natural figure with skinny, slim-fit, or straight-leg jeans.
- Skirts:** Midis are universally flattering when they hit around mid- to lower- calf.
- Shoes:** Pointed- or almond-toe anything is great, from flats to booties to pumps.