

# Dress for Your Body Type

Be comfortable being you!

## STEP 1: FIGURE OUT YOUR BODY TYPE

Grab a hand mirror and stand with your back to a full length mirror. (Best if you're in your undergarments.)

Looking at yourself in the hand mirror to look at your shape. If you're wearing a top, pull it tight enough to see your shoulder, waist and hips.

Are your shoulders the same width as your hips? Smaller? Larger?

## Step 2: LOOK AT THE CHART BELOW

Look at the body types and their descriptions, and decide which one is closest to your type.

Then follow the suggestions to flatter your Body Type.

BODY TYPE		TOPS	BOTTOMS	DRESSES	SHOES
  HOURSGLASS	<b>HOURGLASS</b> Defined waist Bust and hips are the same. Curvy shape	Scoop & V-necks Fitted jackets & coats Wrap style tops Tops that sit at the waist  <b>DON'T WEAR</b> High necklines Empire waist Shapeless tops	Pencil skirts A-line skirts Jeans with fitted hips Skinny, boot cut or straight leg jeans  <b>DON'T WEAR</b> Mini skirts Baggy pants	Scoop and V-neck Bodysuits Wrap dress Form-fitting Pencil skirt dress  <b>DON'T WEAR</b> Mini skirts Very flared skirt	Knee-high boots Stilettos & heels Peep-toe Rounded toe  <b>DON'T WEAR</b> Pointy toe Chunky heels

BODY TYPE		TOPS	BOTTOMS	DRESSES	SHOES
 <p>TRIANGLE</p>	<p>“PEAR” Bust smaller than hips. Narrow waist Bottom fuller</p>	<p>Wide scoop neck Shoulder pads or detail Kimonos Dolman sleeve Horizontal stripes Bust, shoulder detail</p> <p><b>DON'T WEAR</b> Beggy tops</p>	<p>Wide leg pants Straight leg pants A-line skirts with fitted hips Dark colors</p> <p><b>DON'T WEAR</b> Baggy pants High-waist pants</p>	<p>V-neck Wrap style A-line with full skirt</p> <p><b>DON'T WEAR</b> Bodysuits Pencil skirts</p>	<p>Heels Peep toe Boots under knee height</p> <p><b>DON'T WEAR</b> Very high heels Pointy flats Low boots</p>
 <p>ROUND</p>	<p>“APPLE” Full bust Full midsection Narrow hips and legs</p>	<p>Wide neckline Deep neckline Compressed waist Semi-fitted Tops end at hips</p> <p><b>DON'T WEAR</b> Fitted tops Embellished tops Tucked-in top</p>	<p>Straight or slight flare pants/ jeans Stretchy bottoms Flared skirts</p> <p><b>DON'T WEAR</b> Skinny jeans Short bottoms</p>	<p>Empire waistline A-lines with full skirt Wrap dress w A-line or flared skirt</p> <p><b>DON'T WEAR</b> Form fitting Pencil bottom</p>	<p>Wedges/ chunky Platforms Flats Strappy sandals Calf-length boots</p> <p><b>DON'T WEAR</b> Pointy toes Dainty</p>

 <p>RECTANGLE</p>	<p><b>RECTANGLE</b></p> <p>Smaller bust Undefined waist Less curves</p>	<p>Fitted blazers Relaxed tops Capped sleeves Embellished shoulders</p> <p><b>DON'T WEAR</b> Square neck Fitted tops</p>	<p>Skinny jeans with back pockets A-line and pencil skirts Belt at waist</p> <p><b>DON'T WEAR</b> Straight skirts Flare/baggy</p>	<p>Cap sleeves Defined waist Belted waist A-line or pencil</p> <p><b>DON'T WEAR</b> Straight skirt Super flared skirt</p>	<p>Flats Heels Any heel height</p> <p><b>DON'T WEAR</b> If you are thin, avoid skinny heels.</p>
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*Patsy Sanders*

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BODY TYPE		TOPS	BOTTOMS	DRESSES	SHOES
 <p>INVERTED TRIANGLE</p>	<p><b>INVERTED TRIANGLE</b></p> <p>Broad shoulders Top heavy Legs and hips narrow</p>	<p>V-necks Wrap tops Asymmetric tops Darker tops than bottoms</p> <p><b>DON'T WEAR</b> Shoulder pads Shoulder details</p>	<p>Palazzo pants Relaxed fit pants A-line, flared skirts Boot cut jeans Brighter colors</p> <p><b>DON'T WEAR</b> Pencil skirts Skinny jeans</p>	<p>Narrow V-necks Wrap style A-line Full skirt</p> <p><b>DON'T WEAR</b> Pencil dress</p>	<p>Dainty heels High heels</p> <p><b>DON'T WEAR</b> Platforms Strappy shoes</p>

*Patsy Sanders*

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To learn more about how to choose the right colors, fabrics, and styles to show up as who your authentic self, visit [EmbracingYourEssence.com](http://EmbracingYourEssence.com)