

Dressing For Your Shape – Part II

Welcome to Part II of “Dressing for your shape”. By now, you should have identified your body type using the clues in Part I*. This newsletter brings you the basic do’s and don’ts of dressing for each shape. Remember you may fall in-between two of them. If this applies you, take the advice for both that are relevant.

Hourglass

1. Wear open necklines.
2. Show off your waist (not necessarily with a big belt as they love to do on the makeover shows!). Look for styles that are cut to show off your waist
3. Elongate your body with heels either small or large, kitten or wedge, depending on your scale and what you find most comfortable.

Avoid:

Never wear shapeless, billowing tops that hide your shape. You will look bigger all over. No matter what your size you need to show off your waist.

Heart

1. Wear curved necklines (rather than V necks or square necks).
2. Cover the tops of your arms with loose sleeves.
3. Wear darker colours on your top half.

Avoid:

Never wear a shrug (short cardigan). This simply draws attention to and adds bulk to your problem area.

Angular

1. Break up your shoulders with a V neck, not too narrow and not too wide.
2. Bootleg cut trousers are the most flattering to balance out your shoulders.
3. Wear darker colours on your top half.

Avoid:

Delicate straps which will make your shoulders appear even wider.

Rectangle

1. Stick to V necks and square necks.
2. Draw attention towards your hips with pocket detail or a low slung belt.
3. Wear darker colours on your top half.

Avoid:

Anything that draws attention to your waist i.e. belts on the waist, wrapover tops tied at the waist.

Pear

1. A-Line shaped skirts and dresses are perfect to hide your thighs and bottom.
2. Wear darker colours on your bottom half.
3. Draw attention to your smaller top half by wearing print, texture or a lighter colour on top.

Avoid:

Skinny jeans are best avoided unless you are very slim. Lighter colours will make your bottom half look bigger.

Ellipse

1. Wear a dark tone from head to toe.
2. Wear a shirt, cardigan or jacket open over your outfit.
3. Always wear an open neckline which is medium or low to break up your top half.

Avoid:

Lighter colours on your top half and polo necks.

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