

How to dress for your body type – Ultimate Guide for male and female

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Alright, so see if this sounds familiar:

It's time to go shopping. You need a new shirt, new jeans, new shoes, a new jacket, pretty much new everything, it doesn't matter. So you go into a store that you think you're gonna love, right? You go, and you see it, it's right there! The most beautiful shirt you've ever seen, you love it instantly and think you're gonna look super sexy in it. You grab it, the fabric is luscious, the price is affordable, seems meant to be especially for you. You check the size, it's a Medium, just what you need. You try it on... and it doesn't fit. Noo! You try the next size, and the sleeves are too long. You try a smaller one, and the lengths are good, but it's too tight across the chest...

And so on. This shirt just isn't going to work for you. Sound familiar?

Or maybe you see someone with a great jacket on it! You ask them where they have it from and hurry to get one for yourself cause it just looks amazing on them, and you are absolutely positive it's gonna look even better on you.

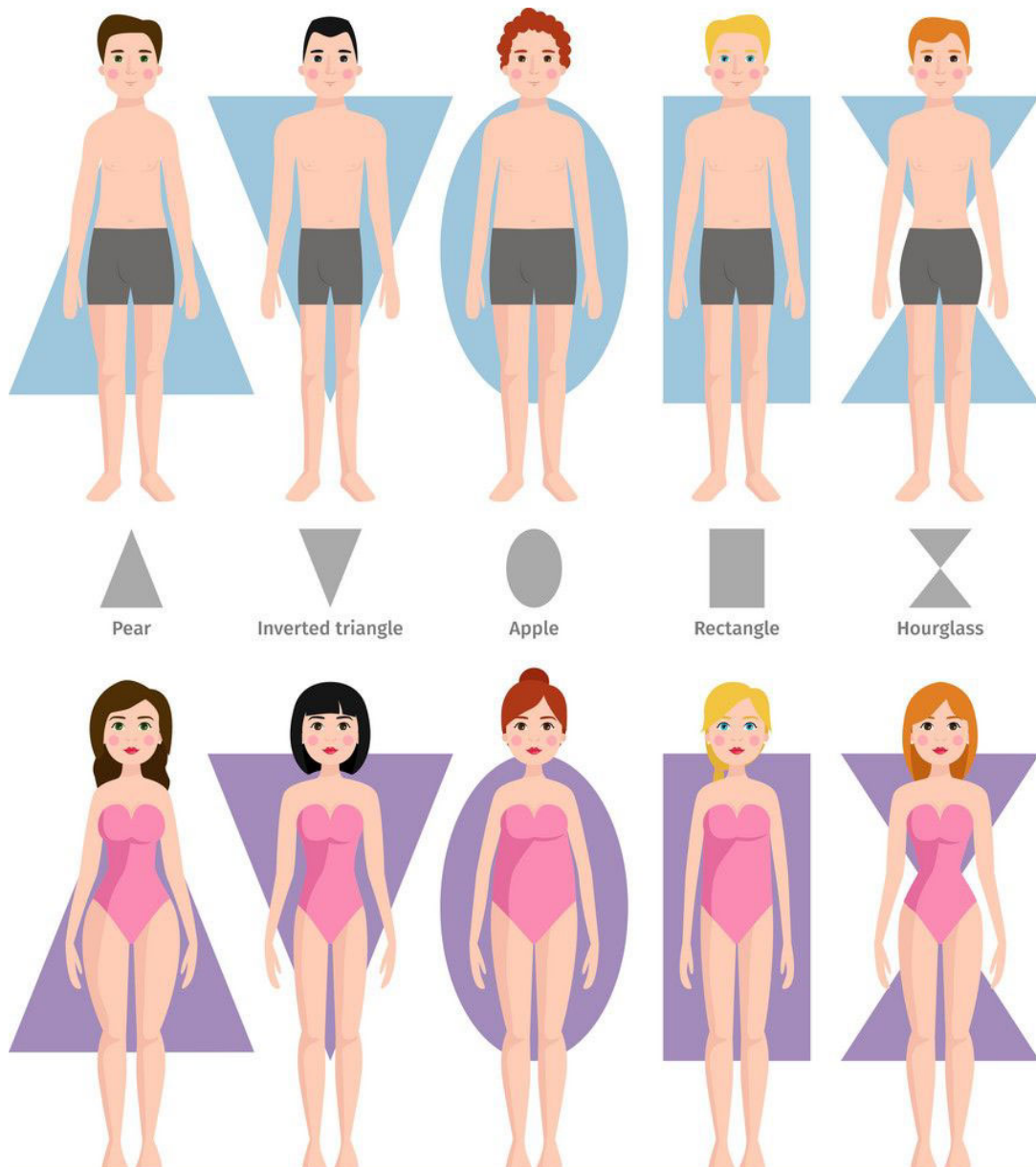
But once again, it doesn't fit. You size up, you size down, but the bottom line is this: the proportions are totally wrong for you. For your body type.

If you have a tough time finding clothes that fit you and your body off the rack, you've come to the right place! Here, you'll learn all about different body types and shapes, and where do you fit in 😊

Why do you need to know your body type?

- It helps to draw attention to your best features and **maximize your “look good” potential.**
- It can **help you to play down your less positive features** or areas of your body that you may want to hide, such as a larger tummy (more on that in just a few).
- Knowing your body type **makes shopping for clothing much easier.** Knowing your body shape is actually great news because it can cut down shopping time significantly.
- You'll **learn how to create that visual proportion and balance**, that'll make you look your best!
- *You'll really start thinking in terms of how can I maximize my assets and how can I minimize the problem areas.*

There are 5 main Body Shapes in which each person falls.

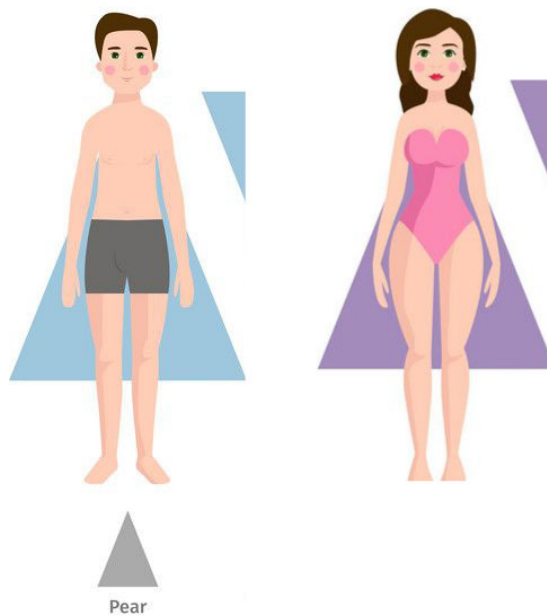


TYPE OF BODIES

So let's get to it:

Body Shape 1: Triangle or Pear shape

- Or, in other words, smaller up top, big at the bottom. Your hip is larger than your bust or shoulders.



People with this body shape are heavy/wide on the hips compared to the upper body the shoulders. They do not fall in the same line with the hips. People with this body shape are also called as “Pear” shaped.

When you’re dressing a **triangle-shaped body**, the TOP aim is to visually emphasize and widen the shoulders and accentuate your waistline. To make your torso look larger.

The BOTTOM aim is to visually make your thighs smaller, to visually elongate your legs and make your bottom half look smaller and thinner.

What to Wear

- Dark-colored clothes on the lower body (dark, navy, charcoal jeans, dark slacks, etc.)
- Vertical stripes on the lower body
- Light-colored t-shirts, blouses, tops on the upper body
- Bright colors and volume on the upper body
- Prints, puff, shoulder pads on the upper body

Outfit ideas

- Men

Wear checked blazers and fitted waistcoats with solid trousers. The mix of prints and solid colors will create the illusion of

shape and take the focus away from the larger waist.

Example: Try a pair of charcoal slack pants, with very slim vertical white stripes, and a V-neck light-colored polo shirt – smart casual all the way



- **Women**

Go for a dress that will fit your shoulders and hips well.

“Boat neckline” and “Wide scoop neckline”, “A” line dresses.

Try dark shades of

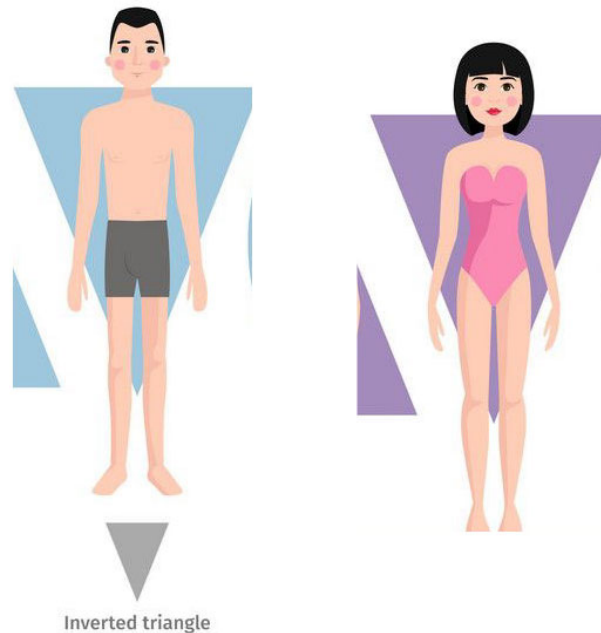
garment that will make your lower body – hips, thigh – look slimmer.



Example: A puffed-sleeved bra and an above-waist long straight skirt – for a breezy, romantic, summer look 😊

Body Shape 2: Inverted Triangle or Muscular

- Or, in other words, big up top, small down below.



INVERTED TRIANGLE SHAPE

Inverted Triangle body shape is the vice versa of Triangle body shape. In the inverted triangle, the shoulders are wide, and the hip is narrow.

Yes, it looks a little bit like a popsicle – big up top, slim little legs. BUT there's a solution for this, to make you look more balanced, to counteract the inverted triangle look.

When you're dressing an **inverted triangle-shaped body**, the **TOP aim** is to visually make your shoulders and torso smaller, slimmer.

The **BOTTOM aim** is to make you look more symmetrical, to broaden your thighs and waist.

What to wear

- Dark colors on **the upper body**
- Thick, wide straps **up top** – to break up your wide shoulders
- Horizontal stripes and details **on the lower body**
- Light-colored pants, skirts, shoes
- Below the knee, light-colored clothes (short pants, skirts) **on the lower body**
- Create vertical lines with vertical stripes
- Wear open necklines and collars – halter necks, V-necks, scoop necks
- Try soft feminine textures to soften the shoulder line

Outfit ideas

- Men

Slim cotton shirts with spandex give a perfect finish to your chiseled shoulders and chest while creating a tailored look around your waist. Since your shoulders are broad, make sure your jeans give a balanced look to your hips too. Slight flare type jeans will serve better than skin-tight jeans.

Example: A simple black Henley shirt combined with some light grey or nude pants or jeans will just do wonders. Simple is elegant!



- Women

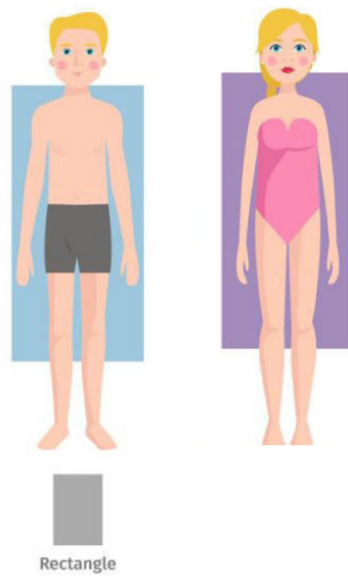
Skirts with horizontal details, like ruching, or details like a wide belt will create more volume around your hips. Skirts at or below the knee will look best on you.

Example: A pencil-type business skirt, white or nude, with charcoal thin horizontal stripes, a pair of dark stilettos and a soft, silky dark grey shirt with a suit jacket, unbuttoned to the limit – will make a great office look and you don't have to change for a cocktail hour 🤔



Body Shape 3: Rectangle or Column

- Or, in other words, tall and with a thin frame.



RECTANGLE TYPE OF BODY

A rectangle body shape has straight hips and a straight Body Line. Your shoulders and hips will be roughly the same measurement with little waist definition, and, whether you are a size 8 or size 28, you still have a straight body.

Rectangle body shapes look good in form-fitting clothes.

If you are tall, there are plenty of XL stores where you can find clothes, especially for your tall self. For this particular body type, there are no rules that'll make you look different. Basically, you just need to find the fitted clothing for you, no matter the colors or stripes. Still, try not to choose baggy. This doesn't look good on anybody.

When you're dressing a **rectangle-shaped body**, the **TOP aim** is to visually highlight your natural shape and curves.

The **BOTTOM aim** is to visually add some curve and emphasize your buttocks area 🙄

It's all about balance.

What to wear

- Molded, tight clothes on **the upper and lower body**
- Any color on **the upper or lower body**
- Ankle boots
- Pencil skirts
- Skinny, slim-fit jeans

- Flowy shirts, tops, sweaters **up top**
- Regular V-neck t-shirts
- Slim-fit shirts

Outfit ideas

• Men

Almost any shape of pants or jeans will fit, but slightly flared trousers will look great on you as it will add more shape to your body. Up top, try horizontal stripes. Particularly from the chest down, as they'll broaden your comparatively narrow waist.

Example: Try a dark-colored jacket combined with dark pants or jeans, a brown belt, and a peach or light pink business shirt, unbuttoned a little bit 😊



Women

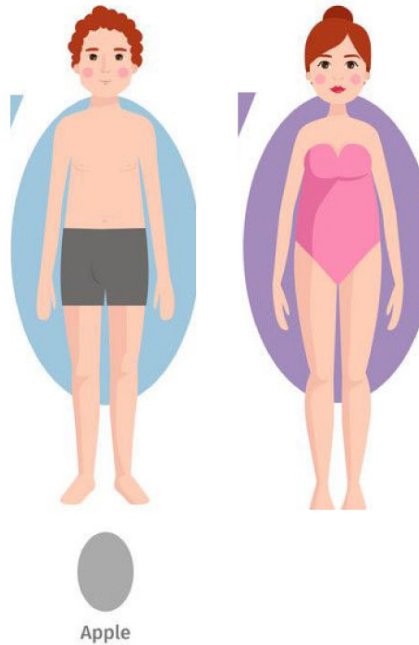
Create curves. Look for scoop-neck and sweetheart tops that help create curves. Go lean. Wear long jackets to create a lean look and emphasize your narrow rectangle body shape. Layer it up to add more dimensions to a simple rectangle body shape.

Example: Skinny dark grey jeans, with a pair of rock-ish looking boots and a white, delicate, flowy top – all topped up with a vintage, light cardigan, for a looser, casual style!



Body Shape 4: Oval or Round

- Or, in other words, the teddy bear.



OVAL BODY SHAPE

Sounds cute and cuddly, right? © By this body type, we mean somebody with a few extra pounds, but mostly on the belly area.

The Round Body shape is also known as **the apple**. Round body shapes have an upper body that is bigger than the lower body, with no defined waist, slim hips, and broad shoulders. They can have great legs, that's why this particular body shape can be a little tricky to dress, especially when buying off the peg.

There's also a big misconception that says that people with a few extra pounds cannot wear fitted clothing. That is absolutely false! You can wear a great fitted suit, in dark colors (black, navy, charcoal) with a peak lapel, something a little bit wider. This is going to give you a better visual V taper.

The other thing that's gonna help with that is a lower stand. Stands are where the jacket buttons. And for this particular body type, it goes the lower, the better.

When you're dressing an **oval-shaped body**, the AIM is to de-emphasize your midsection and create a more defined waist.

What to wear

- Dark colors, solids, vertical stripes and details on **the upper body** – it'll make you look slimmer
- Empire waist tops **on the upper body**
- Off the shoulder, boat-neck tops
- Square, wide V or U necks
- Tops with nipped or belted **waists**
- Wrap style tops and jackets
- Tops that flare at the **hips**
- Tops with embellishments around the **bust** that skim your midsection without adding volume
- Strapless tops that show off your shoulders
- **Slim fit jeans and pants on the lower body**
- Tight clothes, any color, on the lower body

Outfit ideas

- Men

Keep it simple and dark. Solid colors are always good. The trouser waist should always be comfortably loose, never belted so tight that it pinches and wrinkles.



Example: The famous black suit and tie, with a white shirt, is a classic and will work perfectly for this particular body shape 😊

- **Women**

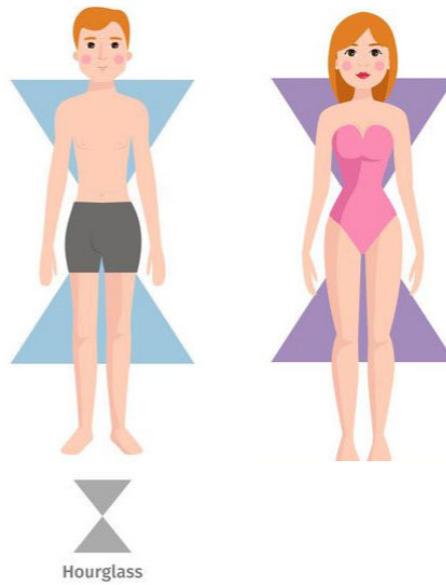
Tailored tunic-style tops that nip in at the waist and flare out towards the bottom. V-necks and plunge styles are often the most flattering.



Example: A simple white, V top that shows a little cleavage, with a wide belt at a slightly above knee wavy flowery skirt, and a bright red wrap style jacket or short cardigan – top it out with a stylish hat and you’ll feel like a million 😊

Body Shape 5: Hourglass

- Or, in other words, slim or average.



BODY SHAPE HOURGLASS

Those with a trapezoid body type are proportioned individuals with medium to narrow waist and hips and a broad shoulder and chest. The upper torso is usually larger than the lower torso, which can be exemplified by weight lifting.

The waist and hips on this type are generally narrow. If you are a skinny person, you need to dress in a manner that is going to add visual bulk but without being baggy.

Like we all know that dark colors make you look smaller, the opposite is that lighter colors will make you look larger. So if you are super skinny and wearing black, navy, dark brown... it's definitely not a good idea!

When you're dressing **an hourglass body shape**, the AIM is to visually emphasize your whole shape to make you look wider.

You should be gravitating towards the lighter shades, the brighter colors. In terms of patterns, you want to **avoid** big, bold, robust patterns. Instead, opt for small, tighter patterns. Also, horizontal stripes will be perfect for this particular body type.

What to wear

- Bright colors, light shades on the upper or lower body
- Horizontal stripes on the upper or lower body
- Wide-legged pants
- A-line skirts or dresses

- Patterned or ruffled top on the upper body
- Skinny, slim-fit jeans

Outfit ideas

• Men

Avoid baggy clothes. Find a brand with a close fit or have your trousers tailored. Stylistically, most colors and patterns should work just fine with your build.

Example: Try a white shirt, with dark red horizontal slim lines. Maybe a polo one. Combine it with nude or light grey cloth pants, and you have yourself a casual summer look! Or a tennis outfit ☺



• Women

A-line skirts or dresses with patterned or ruffled tops that add definition to the upper body look great. Skinny jeans with loose tops help create an hourglass illusion. Crop tops, sweetheart, V or deep-V, scoop, or boat necks will balance your bottom out.

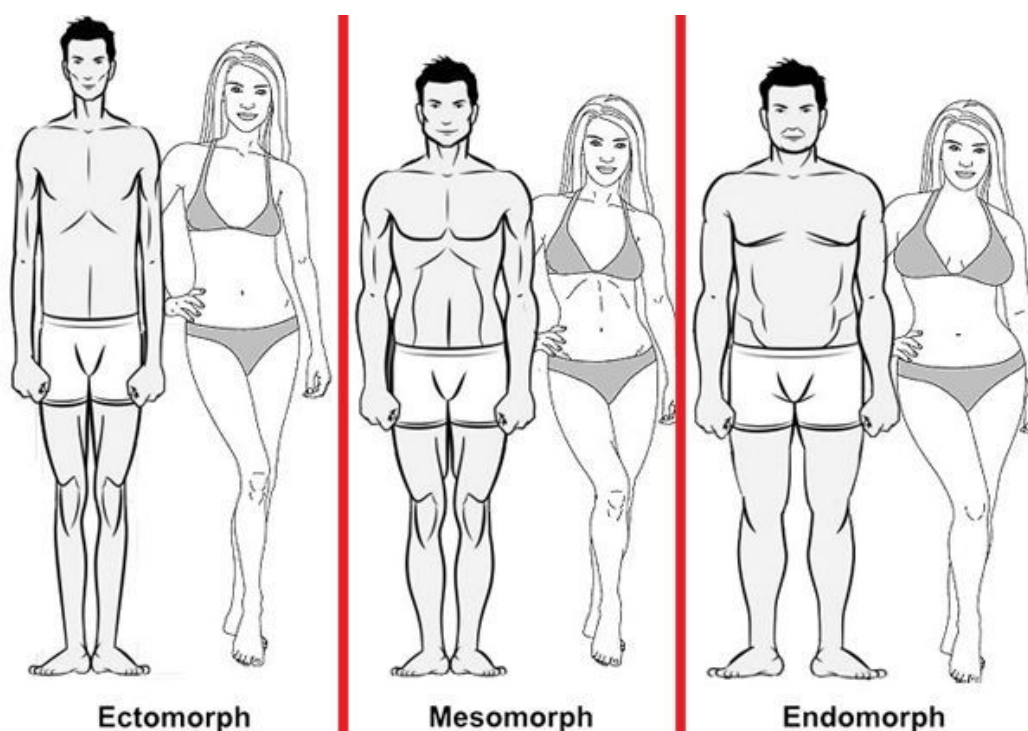


Example: A nice bright colored A-line summer dress will look simple but also amazing – try one slightly below the knee, a little wavy, bright-colored, or patterned with flowers. How about light magenta with ocean blue flowers? The chromatic spectrum will be delicious!

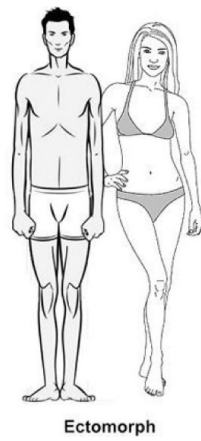
So there you have it, the 5 main most common Body Shapes.

And some tips and tricks on how to look awesome, no matter your shape.

BUT there are also 3 other body types to consider, if you're tackling a diet or a fitness plan:



The Ectomorph

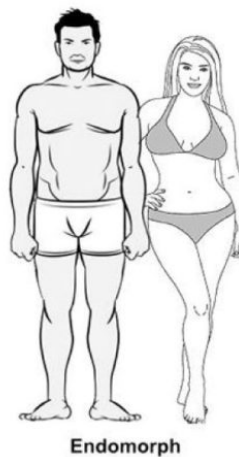


The ectomorph has a very slender build, having neither a lot of fat or muscle tissue. You also have longer limbs, narrow shoulders and hips, and also smaller wrist and ankle joints. This one is similar to the **rectangle** figure.

What to wear:

- Slim fit suits
- Fitted jackets and shirts
- Wider collars
- Slim cut pants

The Endomorph

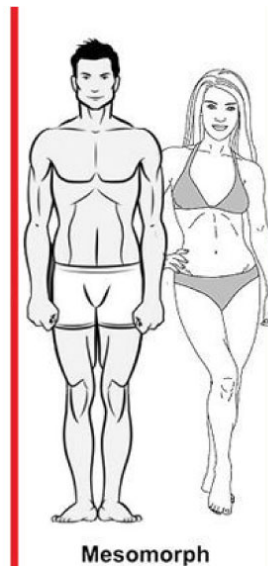


The endomorph body shape carries a little more body fat than the others and will tend to look heavier even if your muscles are very toned. This body type is characterized by hips that are slightly wider than the shoulders, a thicker rib cage, and just a general stockier look with shorter limbs. This one is similar to a wider **rectangle** figure.

What to wear:

- Dark colors with bright accents
- Shoulder pads
- V-neck shirts and sweaters in thin fabrics

The Mesomorph



The mesomorph is sort of the middle of the road body type between the other two, and it's viewed as the most desirable of the three types because it's "marked by a well-developed musculature," and it's most similar to the **trapezoid**. Other characteristics of this body type include broader shoulders, a longer torso, and narrower waist, and also thinner joints.

What to wear:

- Straight-leg pants
- Relaxed fit jeans or boot-cut
- V-shape tops

BONUS: The Short type

This is a tough one. Approximately 30 percent of the population is considered, by measurement standards, to be short so you're not alone ☺

But at this particular type, the first rule is to know your measurements really well. Sure, you can go in a store and buy off the rack, but you'll need to try on everything. It's all about proportions. The clothing you buy off the rack is the proportion for people that are average height.

Because for example, you can be a size 28 in your waistline for jeans, so that's what you'll need. You cannot pull a 30.

The measurements need to be based on your size and also weight, so make sure to check each clothing's labels to see if it might fit, before trying them on.

What to wear

- Anything that fits you by the inch and looks good 😊

How to find clothes that fit your body – problem solved!

The reality is that the majority of us were not born with perfect bodies or perfect proportions. If we had been, we would have absolutely no need for this e-book ☺

But the reality is different because we, as people, come in a wide variety of different sizes and shapes, from tall to small, thin or large. But here's the great news!

If you understand clothing, your body, and how to integrate the two of them, you can make your shoulders look broader and your bottom slimmer. You can minimize some of your perceived negative attributes and maximize the positive.

This will result in you looking more amazing and, of course, feeling more confident.

Conclusion

We are not all born with Greek gods amazing symmetrical proportions.

BUT if you take time to understand fit, color, clothing, and how it actually relates to you and your body, you're going to be amazed at how you can actually change your look. And things that you've thought were natural body imperfections can also be changed and concealed if you know how to!

So here's the deal: regardless of the shape you are – tall, short, big, small – you are actually perfect, just the way you are! ☺

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