



# Shed 5 Pounds with Wardrobe Basics

Selecting clothing that compliments your body shape can make you look five pounds thinner.



Selecting clothing that compliments your body shape and coloring can make you look five pounds thinner. The key to looking smaller is to:

- Balance your body
- Provide proper support
- Select flattering styles
- Accessorize

### **BALANCING YOUR BODY**

One major way to appear slimmer is to balance your silhouette.

- If you have broad shoulders or a large chest, avoid shoulder pads, or sleeves with ruffles or heavy detailing.
- To balance out a larger top and a smaller bottom, try full skirts or wide legged pants.
- For a smaller top and larger bottom, try a top with embellishments or layer tops or sweater sets to balance out the top half.

### **PROPER SUPPORT**

One garment can have an immediate impact on a silhouette: a correctly fitting BRA!

- For most women, one breast is larger. If the size difference is one cup size or larger, choose the cup size that fits the larger breast.
- As the band size of a bra increases, so does the size of the cup. For example, the D cup in a 38D bra is smaller than the cup of a 42D.
- If you have a small back, fit the bra to your cup size, then alter or remove excess in the back.

- If you have a broad back, fit the bra to your cup size then add an extender to increase the size of the back. Extenders can usually be found as an accessory.
- Wearing a perfectly fitting bra will make you appear slimmer.

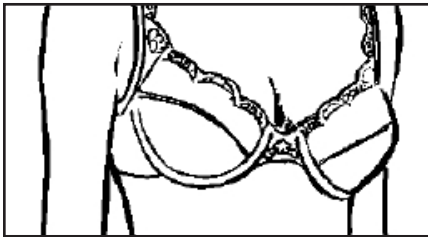
### **STYLES THAT ARE FLATTERING TO YOUR BODY TYPE**

#### ***FRONT PLEATS DON'T FLATTER***

- Contrary to popular belief, pleated front pants and skirts do nothing to camouflage a tummy or hips; in fact, they emphasize these “problem areas.”
- Choose pants without elastic waistbands (they just dig into the waist and create a roll). Instead try pants with a flat waistband and elastic in the back.
- Choose pants that have sleek straight lines with front slit pockets or no pockets at all.
- To minimize your bottom half, look for pants cut slightly *lower*. Yes, pants that sit at or slightly below the natural-waistline are most flattering! (A general rule: The higher the waistline the more emphasis on the butt.)

#### ***HEMLINES***

- To create a taller, slimmer silhouette, pants should almost touch the floor, leaving a little bit of room between the pants and the tip of the shoe.



One garment can have an immediate impact on a silhouette: a correctly fitting BRA!

- Pants that end just below the ankle can add as much as 10 pounds to a person's appearance.

### **BOXY JACKETS**

- Avoid anything boxy, especially jackets. Boxy jackets do not compliment any body shape.
- Semi-fitted styles with princess seams or darts that cinch in the waistline work well.
- Curved seaming on garments give the body a feminine silhouette.

### **ASSESSORIZE WITH FANCY FOOTWEAR**

- Height slims any silhouette: If you can tolerate high heels, use them to drop 5 lbs. from any figure.
- Not a high heeled lady? Do not fret! Kitten heels, flats with pointy toes, and shoes with chunky heels can still give you the same long legged silhouette as high heels.
- However, try to stay away from square-toed and extremely chunky shoes because they can make legs look short and chunky.

### **USE YOUR BEST ASSET**

- Everyone has at least one part of their body that is TERRIFIC!
- All of you is sensational, but there's one body part that is your pride and joy!

## **Wardrobe Basics for Your Body Type**

Bodies come in many sizes and shapes. Basic design principles can be applied to create the illusion of a balanced silhouette. Selecting clothing styles and designs that use line, rhythm, and balance can create symmetry.

### **Are you larger on the top?**

Women with a bust larger than their hips are considered bigger on top. Often they have little or no waist definition, slender legs, and a broad back. To create balance, women who are bigger on the top need to select clothing that will emphasize hips. Hip emphasis can be created with color and design.

Wear lighter colors or horizontal details in pants and skirts. Lighter colors add dimension. Horizontal details add width.



**Larger on the top**

### **Best Choices**

**Consider pants and skirts with:**

- Soft pleats
- Gathering or fullness
- Flared bottoms or wide legs
- Hip details and pockets

Straight skirts need to follow the natural curves of the hips.

**Consider simple blouses and dresses that include:**

- Raglan or straight sleeves
- V-necks
- Vertical or asymmetrical closings

**Look for:**

- Clothing to emphasize hips to balance the upper half
- Full skirts, dresses with draping across hips
- A-line skirts
- Lighter wash on the jeans to balance the upper half

Stay away from narrow, straight (pencil) skirts. However, when cut correctly a straight skirt that naturally follows the curve of your hips may accentuate the curves of your lower half.

Petite women need to select small prints, use the same fabric on the top and bottom and create a vertical line.

## Are you larger on the bottom?

Women who have a triangle- or pear-shaped body have small shoulders and bust area. They have rounded curvy hips that are two or more inches wider than their bust. Adding dimension to the shoulder and bust area will help to create balance.

However, petite women (5'2" and shorter in height) need to create a lengthening effect on the lower body. Adding width to the upper body tends to make petite women look shorter. Petite women need to select small prints, use the same fabric on the top and bottom and create a vertical line. They should avoid high collars, large bows, belts,



Larger on the bottom

and horizontal patterns.

### Best Choices

#### Blouses and jackets with:

- Full sleeves
- Light or bright colors
- Shoulder pads
- Peplum waists
- Wide lapels
- Lower Necklines
- Layers in tops
- Jacket length above or below widest part of hip

#### Skirts and pants with:

- Straight or fitted hips
- Straight legs with stretch (jeans)
- Simple designs
- Vertical seams
- Dark or neutral colors

#### Try to avoid:

- Jackets that end at the widest part of the hip
- Short, tight or straight skirts
- Tops with raglan sleeves
- Patch pockets
- Horizontal seams
- Excessive fullness at the hips

#### Look for:

- Styles that emphasize the bodice and shoulders to balance out the figure
- Patterns with full sleeves, boat necks, and extended shoulders
- Jackets with small shoulder pads that balance out the upper and lower body and those with a peplum that extends out slightly from the waistline
- Jackets with wider lapels and lower necklines

- Fitted skirts that are straight from the largest part of the hips
- Straight leg jeans with stretch
- Clothing layered on the top to balance lower half

### Is your body straight?

Most designers create styles for the straight body. Women with little difference (within 1 inch) in the size of their waist, hips and bust are referred to as having a straight body. Flowing and graceful styles are most flattering on straight body types.

#### Flattering designs include:

- Dresses with waistline above or below natural waist
- Princess seams that give the appearance of a well-defined waistline
- Belts, when appropriate
- Layered separates



Straight

- Boot cut jeans to add curves to the figure
- Skirts cut on the bias
- Skirts that flare
- Blouses with dolman, capped or puff sleeves
- Blouses with v-neck or ruffled collars

#### Choose jackets and shirts with:

- Cinched waists
- Belted waistlines
- Sash ties

#### Try to avoid:

- Patch pockets at bust or hips
- Contrasting separates
- Short, boxy or fitted jackets
- Jackets with shoulder pads

### Is your body curvy?

The curvy or hourglass figure was once considered the “perfect” body with balance in the bust and hips and a small waist. The well-defined shoulder line has full upper arms. The curvy hips, stomach, and derriere also have full thighs. A slender to medium version of the curvy or hourglass body can wear almost anything. The full figured curvy body type should minimize the curves and elongate the figure.

#### Styles to consider:

- A garment that follows natural curves and accents the waist
- Pants with soft pleats or gathers
- Jeans with wider legs to balance hips
- Darker colors in pants and jeans
- A-line and circular skirts to accent curves and balance hips

A slender to medium version of the curvy or hourglass body can wear almost anything



Curvy

- Skirts with soft fullness with fabric that drapes
- Belts to accentuate the waist
- Dresses cut on the bias to follow curves without clinging

**Styles to avoid:**

- Horizontal designs
- Patch pockets at bust or hips
- Wide belts in contrasting colors
- Bulky sweaters

**Look for:**

- A-line and circle skirts, which accent curves while balancing hips
- Empire waist tops and dresses to flatter the curvy body shape
- Slightly flared trumpet skirts to balance hips and thighs
- Belts over shirts and jackets when appropriate
- Wrap dresses or shirts as well as dresses with sashes, to bring attention to the narrowness of the waist
- Bias cut dresses, which will follow the curves of the body without clinging to them

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