

# THE BODY TYPE STYLE GUIDE



We are uniquely shaped and are beautiful. However, our bodies fall under bigger brackets that we are going to explain in this guide.

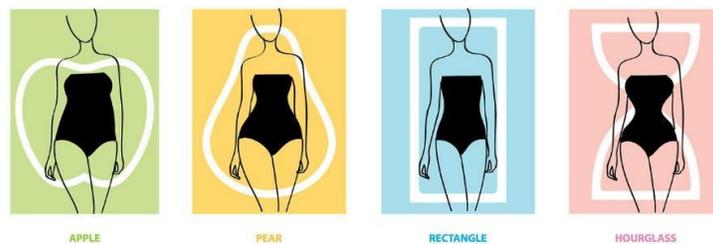
There are 4 major brackets

Apple-shaped women (Inverted triangle)

Pear-shaped women (Triangle)

Hourglass-shaped women (X-Shaped)

Rectangular-shaped women



## APPLE-SHAPED WOMEN



### CHARACTERISTICS

- About 14% women have this body shape
- Bust is about 2 or more inches bigger than hips
- Heavier upper body in comparison to your lower part of the body.
- Broad shoulders.
- Feels like the weight gathers around the midriff if bust is smaller than usual.
- Just below the midsection, waistline can have little definition, thus giving rise to the “top-heavy” description of this body type.
- Though top may be on the heavier side, legs should be slimmer.

### WHAT TO WEAR

#### TOPS

- strive to pick tops that accentuate just under your bust and draws away attention from the heavy mid-section.
- Flaunt upper body by wearing V neck tops and deep scoop neck tops. These gently accentuates your busts, drawing attention away from your middle.
- Go for tops or dresses with bodice that gently flows from the under bust, skimming over waistline. e.g Peplum tops, empire waist dresses, wrap dresses

#### BOTTOMS

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- Focus on creating balance in your silhouette.
- A-line or circle skirts are your favourites. These balances out the heavy top.
- Flared, wide leg or boot cut trousers or jeans should be staples in your wardrobe.
- Do not be afraid to show some skin. Flaunt your gorgeous legs. This draws attention away from the mid-section.

### WHAT NOT TO WEAR

- Clingy materials, e.g Body-con pieces.
- Skinny Jeans. These draws attention to smaller legs and accentuates broad shoulders and heavy mid-section. It leaves an unflattering silhouette.
- Dresses and belts that pinch the waist slightly. This would draw attention to the heavy midsection.
- High necklines.

### EXAMPLES OF APPLE-SHAPED CELEBRITIES

Naomi Campbell, Pamela Anderson, Jessica Alba

## PEAR-SHAPED WOMEN



### CHARACTERISTICS

- About 20% women have this body shape.
- The pear shaped body is all in the lower part of your body. Butt and thighs are visually bigger than your upper body. They are more noticeable.
- Shoulders are narrower, sloping, and not as broad.
- Usually described as the most “curvaceous” body. It’s a simple one to notice. Just by looking at ones legs, they are sometimes noticeably more muscular, wider, and fuller than the rest of the body.

### WHAT TO WEAR

#### TOPS

- Try empire waist tops which falls gently down around the hips
- Wide scoop neck tops or v- neck tops that open up your neckline and put the focus up top
- Tops and jackets with shoulder detail
- Detail around the collar to draw the eye upwards
- Medium size earrings and eye-catching chunky necklaces

#### BOTTOMS

- Shorter hem lengths to show off legs and move the attention away from hips
- Dark colored bottoms and lighter or brightly colored tops to attract the eye up.
- Pencil skirts or A-line skirts that gently flare out over hips
- High-waisted straight leg pants to make torso appear shorter and legs appear longer.

### WHAT NOT TO WEAR

- Fitting tops with loose bottoms.
- Flared pants can make your legs look very thick.

### EXAMPLES OF CELEBRITY PEAR-SHAPED WOMEN

Jennifer Lopez

## HOURGLASS-SHAPED WOMEN



### CHARACTERISTICS

- Only about 8% of women have this shape
- Unlike other body shapes, the hourglass figure has a very significantly defined waist.
- Curves are flattering in the right places. Fat is usually evenly stored throughout.
- Looking in the mirror, hip line and bust line are the same width.
- One can still have an hourglass body even when: slightly fleshy upper arms, wider looking shoulders, and a slightly fuller bottom.

### WHAT TO WEAR

#### TOPS

- Use waist as the focal point when dressing. This means to wear snug clothes and accessories around the thinnest part of the waist. Directing attention here will make curves stand out even more.
- Draw attention to your waist with belts and dresses that pinch at the midsection.
- Embrace V-neck dresses and tops. While many necklines work well for well-endowed women, V-necks are typically quite flattering.

#### BOTTOMS

- High rise or mid rise jeans/pants are flattering.
- Pair Skinny jeans with heels as this help in elongating the legs

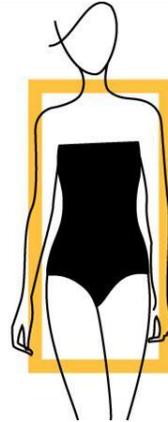
### WHAT NOT TO WEAR

- Shapeless or loose-fitting clothing tends to make hourglass shapes look heavy or pregnant.
- Women with curves can end up revealing too much bust. Avoid clothing with necklines that are too deep, or is inappropriate leave those clothes on the rack.
- For the hourglass shape, there's a high chance of having heavy bust. Wear a supportive bra so chest looks perky, not droopy and saggy.

### EXAMPLES OF CELEBRITY HOURGLASS-SHAPED WOMEN

Beyoncé, Rihanna

## RECTANGULAR-SHAPED WOMEN



- 46% of women have this shape.
- Here, the waist is almost the same in size as bust and hips.
- Silhouette isn't as curvy as the pear or apple bodies. Instead, you'll look fairly straight up with flat shoulders.
- Unlike the prior two body types; the best way to determine for a rectangular type is to measure. Upon measuring, you'll notice that your waist is less than 20% smaller than your bust.
- Standing straight up, one may not notice any significant curves around the waist area.
- One's rib cage will define most of her shape, as there will be no waist definition to add curves.
- Despite being rectangular, one may still have a curvy bottom (similar to a pear bottom), or a wide chest with a little bit of extra weight around the midriff.
- One's arms and legs are her assets.

## WHAT TO WEAR

### TOPS

- Create your curves
- Ruffled and layered tops help in adding volume and shape to the figure
- Dresses that add definition to your bottom body. e.g. peplum tops, wrap dresses
- Sleeveless, strapless and sweetheart neck lines.
- Blazers, long jackets and capes add the much-needed drama here.

### BOTTOMS

- Choose A-line, circle, skater or bubble skirts
- Slightly cinched waist

## WHAT NOT TO WEAR

Steer clear of menswear clothing. For example, dressing in baggy jeans and track clothes will make you look like "one of the boys".

## EXAMPLES OF CELEBRITY RECTANGULAR-SHAPED WOMEN

Cameron Diaz, Natalie Portman, Nicole Kidman, Gwyneth Paltrow