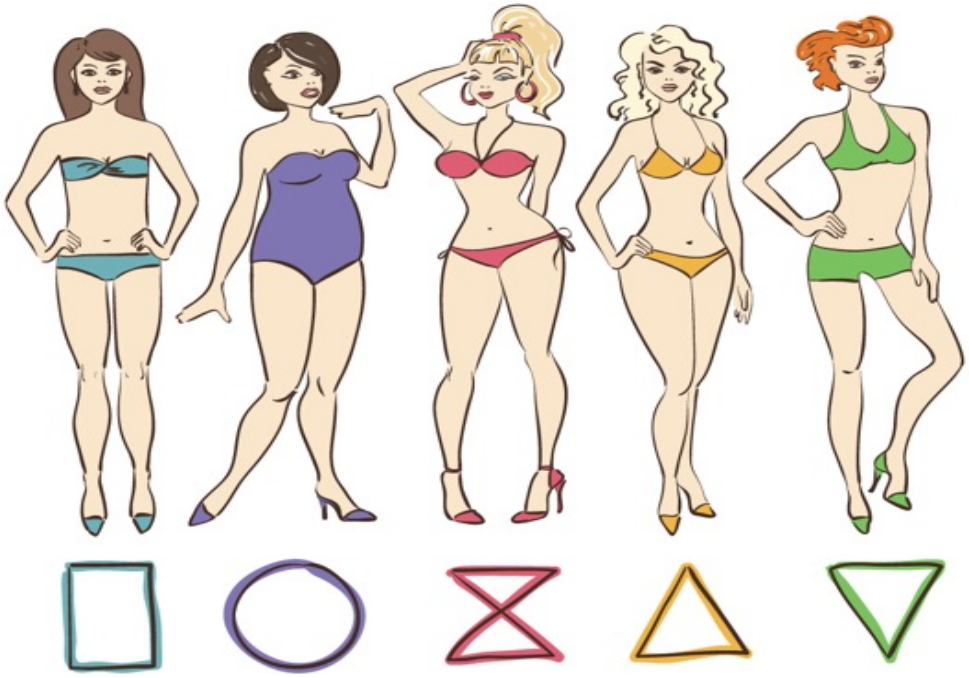

Shape	Rectangle	Round	Hourglass	Triangle	Inverted Triangle
Detail	Hips and bust are the same size, waist is undefined and bottom is somewhat flat. Most designers design for this body type!	Full bust and tummy, narrow hips, a somewhat flat rear, with slender legs.	Well proportioned above the waist and below, with a clearly defined waist and a round bottom. This is the balanced look everyone strives for!	Lower body is larger than the upper body, with a narrow waist and usually a slender neck, arms and shoulders.	Hips are quite a bit narrower than shoulders, with a straight waist and often a flattish bottom. Great legs!
Goal	Soften your angular frame and create curves where there may not be much.	Create a well-defined waist, elongate your torso, de-emphasize your midsection, while creating curves in your lower half.	Keep your shape looking balanced by wearing an equal amount of fullness on your upper and lower body while cinching with a belt to emphasize your waist.	Dress to emphasize your narrow waist, adding volume to your top half, while camouflaging your bottom half.	Draw attention to your lower body and soften your broad shoulders.
Wear This	*Soft fabrics, flowing tops and dresses *Layered clothing to create curves *Pants and skirts with flap pockets or embellishments	*Wrap dresses and tops *V-Necks *A good bra that gives more lift *Long necklaces	*Cropped jackets fitted at the waist *Tailored clothing *Belts over tops or sweaters	* Ruffles, bright colors and patterns on top *Boot-cut or flared pants *A-Line skirts and dresses	*V-Neck tops *Fuller skirts *Wide belts to create the illusion of a waist
Not That	*Pencil skirts *Straight lines from top to bottom *Pinstripes	*Baggy tops *Skinny Jeans *Very short skirts	*Loose Clothing *Boxy Jackets	*Skinny Jeans *Embellishments, patterns or pockets on pants *Cropped or Cargo pants	*Halter tops or wide necklines, like boat necks *Tops with ruffles, patterns, or puffy sleeves

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