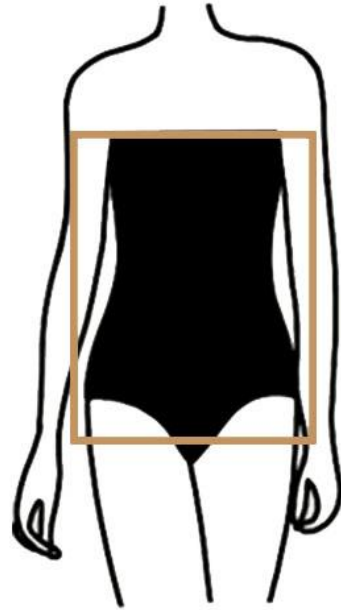


BODY SHAPES

The Rectangle Body Shape



Characteristics of the rectangle

- Straight shoulder line and ribcage
- Bust and hips are the same width
- Very little to no waist definition
- Straight hips and bottom
- Lack of curves throughout the body frame
- Weight gains typically distribute evenly throughout the body

Wider Neckline



sweetheart

Pussy bow



Define the waist

The point of dress in Rectangle shapes is waist .The focus of this body shape should be on defining the waist by breaking up the rectangle. And you can add more details in the cloths. play with different cuts and shapes to create curves Wear bright colors. on your upper and lower body - but not around the waist Keep away from shapeless, oversized, and too large items

RECTANGLE BODY SHAPE

NECKLINES

DON'T

straight, square neck



squarish

DO

round neck
embellishments



curvy
breaks up chest

the concept wardrobe

RECTANGLE BODY SHAPE

SLEEVES

DON'T

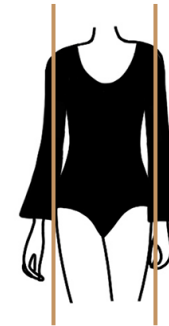
fitted sleeves



squarish

DO

loose, wide sleeves
embellishments



curvy
volouminous

the concept wardrobe

RECTANGLE BODY SHAPE

NECKLINES

Off-shoulder



Bateau



Sweetheart



Scoop



V-Neck



the concept wardrobe

RECTANGLE BODY SHAPE

SLEEVES

Rolled-up



Puffed



Flutter



Flared



Cuffed



the concept wardrobe

Bottom

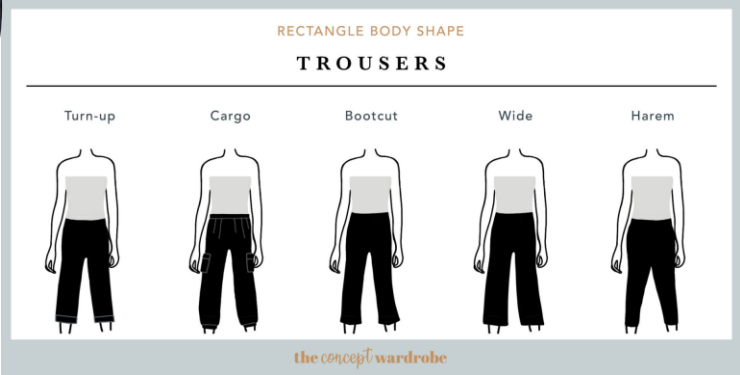
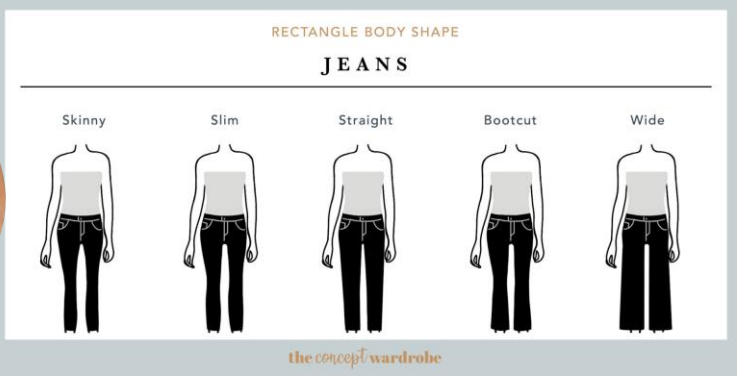
Pencil Skirt



Wider legs



A-line Skirt





RECTANGLE BODY SHAPE

DRESSES

DON'T

boxy
straight style



squarish

DO

fitted, flare
defined waist

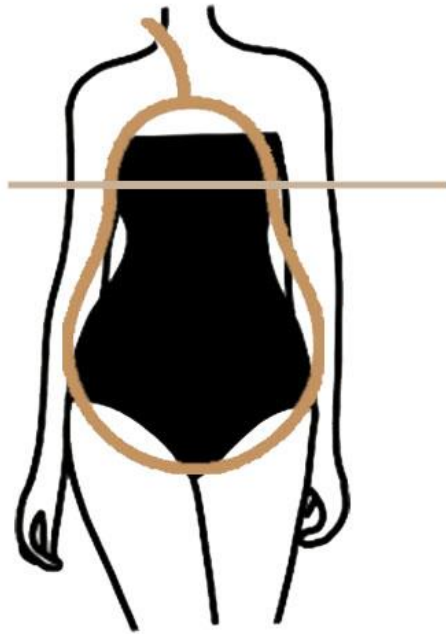


curvy

the concept wardrobe



The Pear Body Shape



*focus on the
upper body*



Characteristics of the pear

- Shoulders are narrower than hips and may be sloped
- Small top half as well as small bust
- A defined waist thanks to larger hips
- Full hips and / or thighs
- Legs are likely full or muscular
- Weight gains tend to first be visible around the hips, thighs and lower tummy area

Big collar

croptop

TOP

Wider collar

. 'Highlight
The Upper
Body'

The pear body shape is characterized by large hips which are wider than the bust and shoulders. The key to dressing this body shape is to take attention away from the wider hips and to draw it towards the upper body and defined waist instead. 'Highlight the upper body' Focus on structured shoulders to visually widen the shoulder line. Keep away from boxy tops that hide the waist. Play down the lower body. Wear darker colors on your lower body. Avoid skinny and tight bottoms that emphasize the wide hips



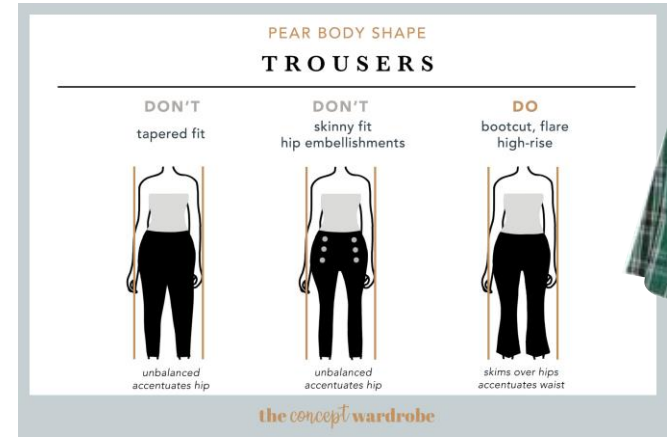
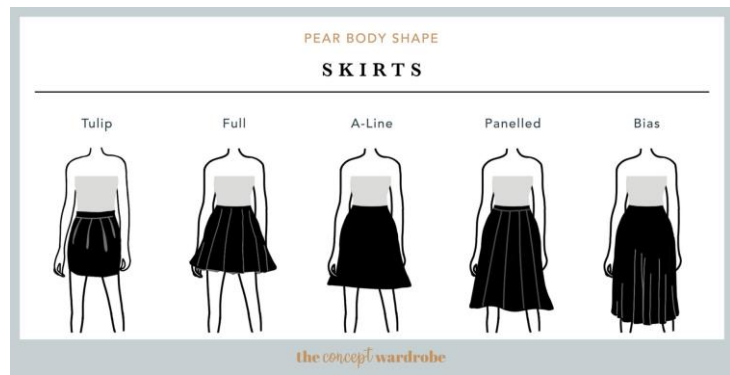
Bottom



Full Skirt



A-line



PEAR BODY SHAPE
DRESSES

| DON'T | DON'T | DO |
|--|---|---|
| straight cut | dropped waist skirt embellishments | hip flare waist embellishments |
|  |  |  |
| squarish heavy-looking | unbalanced bottom-heavy | balanced defined waist |

the concept wardrobe

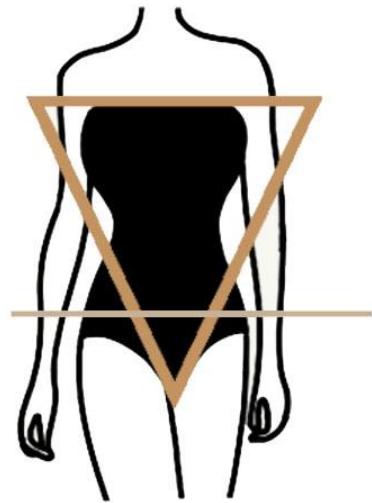
PEAR BODY SHAPE
DRESSES

| A-Line | Wrap | Tulip | Empire | X-Line |
|--|---|--|--|--|
|  |  |  |  |  |

the concept wardrobe



The Inverted Triangle Body Shape



*focus on the
lower body*



Characteristics of the inverted triangle

- Shoulders are noticeably wider than the hip-line
- Shoulders may be straight, squared, and strong-looking
- Bust can range from small to big
- Little to no waist definition
- Hips look straight and flat compared to broad shoulders
- Bottom is rather flat
- Great legs often come with this body shape
- Body shape projects a sporty and athletic physique

TOP

Soften the shoulder line

Create curves around your hips

The inverted triangle body shape is characterized by **broad shoulders and / or bust that narrow down to the hips**. Shoulders are noticeably wider than the hip-line. Body shape projects a sporty and athletic physique. The goal for dressing this shape is to balance the broader shoulders, chest and back with the narrower lower body to create a balanced silhouette

Asymmetric styles

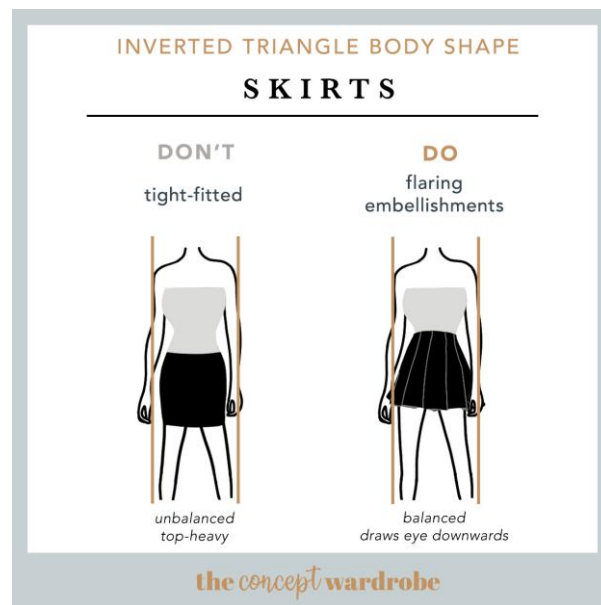
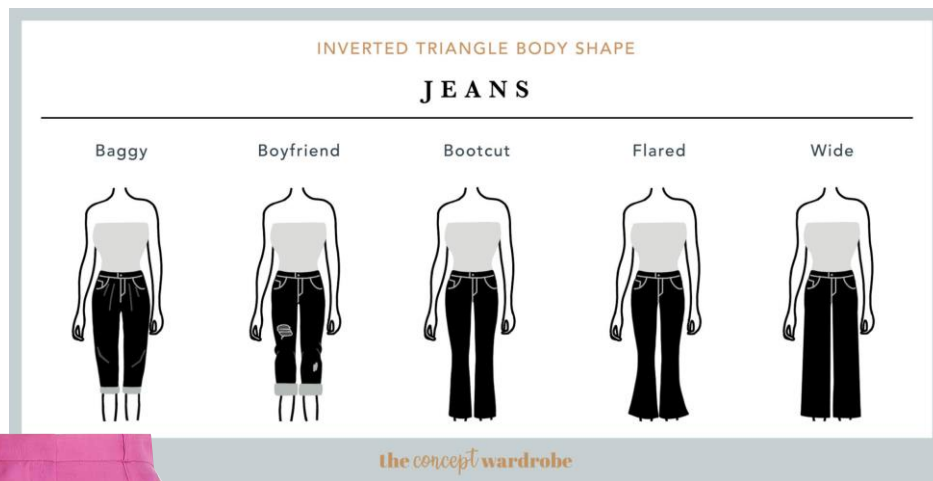
Dropped shoulders



Wider legs



Layers Skirt



Add the details around the lower body
the upper body should be the dark color
to hide large shoulder



INVERTED TRIANGLE BODY SHAPE DRESSES

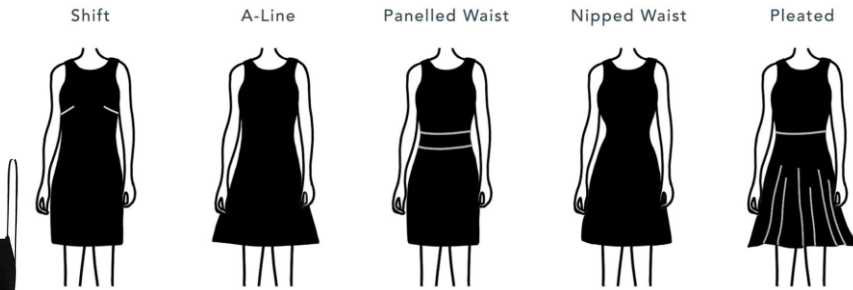


the concept wardrobe



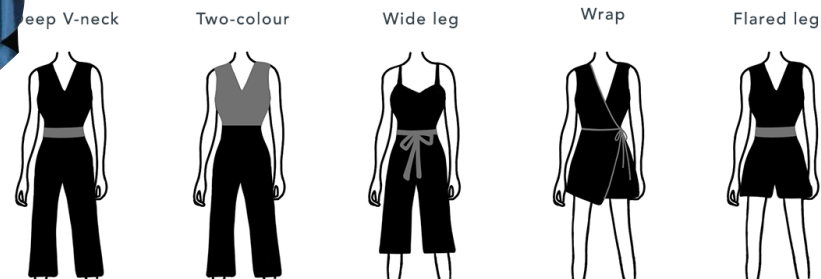
INVERTED TRIANGLE BODY SHAPE

DRESSES



the concept wardrobe

INVERTED TRIANGLE BODY SHAPE JUMPSUITS & PLAYSUITS



the concept wardrobe



The Hourglass Body Shape



focus on the waist



Characteristics of the hourglass

- Slightly round shoulders
- Bust and hips are of the same width
- Small and defined waist
- Bottom and hips are rounded
- Bigger thighs
- Weight gains typically distribute evenly throughout the body

Follow the natural silhouette

TOP

The hourglass body shape characterized by **hip and bust** measurements nearly equal in size, with a narrower waist measurement Bust and hips are of the same width

V-Neck



HOURGLASS BODY SHAPE

SHORTS

Loose



Flared



Tapered



Structured



Waistband



the concept wardrobe

HOURGLASS BODY SHAPE

JEANS

Slim



Straight



Bootcut



Flared



Wide



the concept wardrobe

HOURGLASS BODY SHAPE

TROUSERS

DON'T

low-rise



unbalanced
top-heavy

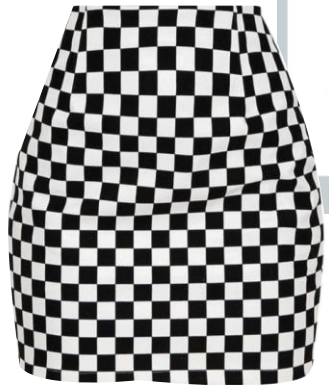
DO

high-rise



balanced
accentuates waist

the concept wardrobe



HOURLASS BODY SHAPE

DRESSES

Wrap



Shift



Panelled Waist



Bias



Peplum



the concept wardrobe



HOURLASS BODY SHAPE

JUMPSUITS & PLAYSUITS

Strapless



Wide leg & top



Belted & straight



Waist details



Flaring



the concept wardrobe

The Apple Body Shape



Characteristics of the apple

- Rounder, wider shoulder line and flattish bottom
- Average to big bust
- Ribcage and back appear somewhat wide
- Fullness around the mid-section
- Little to undefined waistline
- Narrow hips
- Slim limbs and nice legs

TOP

Define the waist

Typical characteristics of the apple body shape are a large bust, narrow hips and a full midsection. Rounder, wider shoulder line and flattis bottom top heavy due to a full chest and upper body with little to no waist definition



