

Your Body Shape Guide

Dress the figure you have now, with confidence and ease.

Our bodies change over time, and that is completely normal. After 50, shifts in hormones, metabolism and lifestyle often change where we carry weight, most commonly toward the middle. The good news: a few simple fit principles make clothes look and feel better at every stage. Find the shape closest to yours, then use the tips to shop with confidence. There are no good or bad shapes, only clothes that fit well and clothes that do not.

STEP 1 Measure yourself

Stand relaxed in light clothing. Keep the tape snug but not tight, and level with the floor. A friend can help.

Shoulders _____ in / cm

Around the widest point, across the tops of your arms

Bust _____ in / cm

Around the fullest part of your chest

Waist _____ in / cm

Narrowest point, usually just above the navel

Hips _____ in / cm

Around the fullest part of hips and seat

STEP 2 Compare and match

Hourglass

Bust and hips are about the same (within roughly 2 in / 5 cm), with a clearly smaller waist.

Pear

Hips are wider than your bust and shoulders. Slimmer upper body.

Apple

Waist is similar to or wider than bust and hips. Fuller middle, often with slimmer legs.

Rectangle

Shoulders, waist and hips are all close in size, with little waist definition.

Inverted triangle

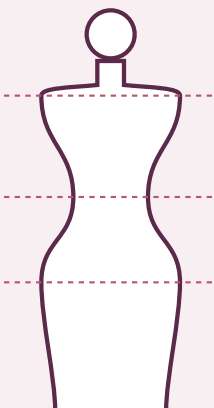
Shoulders and bust are wider than your hips.

Between two shapes? That is very common. Pick the closest and borrow tips from both.

My closest shape: _____ **Second:** _____

Five Shapes, Five Style Playbooks

Dashed lines mark shoulders, waist and hips on each figure.



Hourglass

Balanced bust and hips with a defined waist.

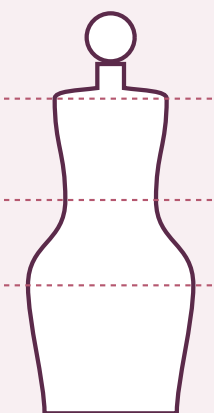
Your goal: Show off your waist and keep proportions balanced.

Tops: Wrap tops, V-necks and scoop necks. Fitted or tucked styles that follow your waistline.

Bottoms: High-waisted trousers, pencil skirts, straight or slightly flared legs.

Dresses: Wrap dresses, fit-and-flare, belted shirt dresses.

Go easy on: Boxy, shapeless cuts that hide your waist.



Pear

Hips wider than shoulders, with a slimmer upper body.

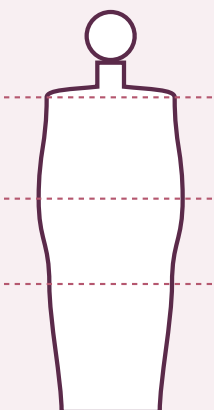
Your goal: Bring attention up and balance the hips.

Tops: Boat necks, off-the-shoulder styles, statement sleeves, brighter colors and prints.

Bottoms: A-line skirts, bootcut or wide-leg trousers in darker solid colors.

Dresses: A-line, fit-and-flare, and empire waist styles.

Extras: Structured jackets ending at the hip bone. Earrings and necklaces near the face.



Apple

Fuller middle, often with slimmer legs and arms. Very common after menopause.

Your goal: Skim the middle and draw the eye to your neckline and legs.

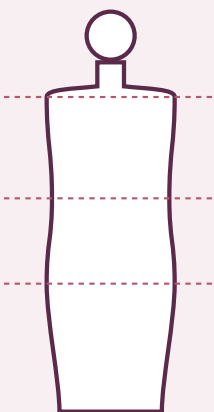
Tops: V-necks, long open cardigans, flowy tunics in fabrics that drape rather than cling.

Bottoms: Straight or bootcut legs, with a smooth, comfortable stretch waistband.

Dresses: Empire waist, A-line, and wrap styles with a V-neckline.

Extras: Knee-length hems to show your legs. Longline jackets and tonal outfits.

Style Playbooks, Continued



Rectangle

Shoulders, waist and hips are similar in size.

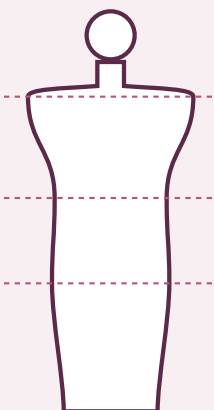
Your goal: Create curves and the look of a defined waist.

Tops: Peplum, ruffles, gathers, and layered looks that add shape.

Bottoms: Pleated or flared skirts, and wide-leg trousers with a defined waistline.

Dresses: Belted wraps, fit-and-flare, and tiered styles.

Extras: Belts, cropped jackets and color blocking to suggest a waist.



Inverted Triangle

Shoulders and bust broader than hips.

Your goal: Soften the shoulders and add balance below.

Tops: V-necks, scoop necks, soft drapey fabrics, raglan or dolman sleeves. Skip shoulder pads.

Bottoms: Wide-leg trousers, A-line and full skirts, lighter colors or prints.

Dresses: A-line and flared skirts, fit-and-flare.

Extras: Keep tops simple and let your skirts and trousers carry the color.

Fit rules that work for every shape

1. Fit beats size. Buy for your largest area and tailor the rest. A quick hem or sleeve change transforms a piece.

2. Choose fabrics with drape. A little stretch and soft movement are more flattering and more comfortable.

3. Check the shoulders. Seams should sit at the edge of your shoulder. This is the hardest fix to make later.

4. Pick one focal point. Highlight what you love, such as neckline, waist or legs, and keep the rest simple.

5. Wear color near your face. Tonal outfits elongate. Add a brighter scarf, top or earrings at the top.

6. Comfort counts. If you cannot sit, reach and breathe easily, it is not the one.

Ready to put your shape to work?

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