

Making the Most of Your Body

Clothing serves as packaging or window-dressing for your body. It can be an excellent tool to help attain an overall effect you wish to accomplish. Just remember that clothing can work for you only if you know how to use it.

The charts below provide some information on the lines, designs, and textures most flattering to various body types. With the knowledge you have gained so far, do you fit in any of these categories?

Guys: Find Your Physique!

Short Full	Short Slim	Tall Full	Tall Slim
Solid-color suits Single-button suits Shaped jackets, not fitted Subdued stripes Pleated trousers Tie scaled to body	Well-fitting styles Shaped jackets Belted jackets Stripes and plaids in scale Vested suits Plain-top trousers V-neck sweaters	Shaped, two-button jacket Straight jacket Medium-scale designs Pleated trousers Cardigan sweaters	Shaped and fitted jackets Plain or pleated trousers Solid and patterned textures Turtleneck, cardigan V-neck sweaters Vested suites Can wear most items well!

Gals: Find Your Figure!

Short Full	Petite	Tall Full	Tall Slim
Vertical lines Open or collarless Necklines Narrow belts or solid-color belts Medium-to-small prints Smooth, straight or slightly gathered sleeves One-color tone-on-tone outfits	Empire, high-waisted lines Small-scale patterns, prints, and designs Small items, in scale to figure Solid-color belts	Easy-fitting styles Simple, understated designs Coat and jacket dresses Bold necklines scarves to direct attention to the face Medium-scale designs	Soft silhouettes Bold prints Skirts with gathers Outfits of two (or more) colors Full sleeves Wide-leg pants Can wear most items!

Parts of the Whole ---Figuratively Speaking!

Face/Complexion Shape:	Texture:
<p>Oval Ideal: can wear all necklines and collar shapes</p> <p>Round V-shaped necklines make the face look longer. Open-collar shirts, jackets. Square necklines. Avoid round collars</p> <p>Square V-shaped, round scoop necklines. Round collars. Avoid square cut collars and necklines</p> <p>Pear V-shaped, round, and square necklines. Avoid bows, horizontal necklines, and collar designs.</p>	<p>Smooth Ideal: can wear smooth shiny, flat, pebbly, coarse, and rough-textured fabrics</p> <p>Uneven Select fabrics with some surface texture such as denim, small tweed design, taffeta, suiting. Avoid fabrics with very smooth, shiny textures (satin, polished cotton, chintz) or very rough and coarse textures.</p> <p>Clear Ideal: can wear all fabric textures. See list under smooth.</p> <p>Pimpled Select fabrics with some surface textures. Avoid fabrics with raised dots or designs with very rough or very shiny surface textures.</p>

Neck Length:	Width: (more critical for men than women)
<p>Long Keyhole and high-rounded puritan, funnel high-bias roll, and mandarin collars. Tie or bow necklines. Blazers and tailored jackets. Bow ties</p> <p>Average Ideal: wear all collar shapes that are suited to your face shape and texture. Bow tie, long tie</p> <p>Short Scoop, V-shape, square and cardigan necklines. Convertible collar is best. Cardigan jacket Long tie Avoid V-shape of short</p>	<p>Narrow Bow ties, long tie, Windsor knot. Contrasting collar color. Collar pins. Average-to-narrow jacket lapels. Contrasting collar scarf at neck.</p> <p>Average Ideal: can wear all the styles, long tie knots, collar shapes, and colors. Any width jacket lapels</p> <p>Wide Same color collar as shirt. Four-in-hand or half-Windsor tie knot. Sweaters without collars Pointed shirt collars Medium width jacket lapels. Avoid collar pins.</p>

Shoulders	
Width:	Pitch:
<p>Broad Ideal for men. Women: Kimono sleeves are good; avoid puff sieges, square necklines, empire silhouettes, and bolero jackets. Vertical lines in bodice</p> <p>Average Ideal for women. Men: Jackets with shoulder padding. Plaid sports jackets or shirt with solid color trousers</p> <p>Narrow Women: Square and yoke necklines. Garments with cap, puffed, and raglan sleeves. Avoid puritan and shawl necklines. Avoid vests, asymmetrical closings, and chemise designs. Men: See Average Category</p>	<p>Sloping Jacket with shoulder pads Avoid diagonal lines in bodice, raglan and kimono sleeves</p> <p>Average Ideal: no limitations on styles</p> <p>Square Raglan and kimono sleeves. Asymmetrical closings and diagonal lines in bodice.</p>

Arms	
Length:	Size:
<p>Long Sleeves with some fullness Avoid close-fitting sleeves</p> <p>Medium Ideal: no limitations on styles</p> <p>Short Straight-line or fitted sleeves. Avoid contrasting cuffs.</p>	<p>Heavy Kimono sleeves or sleeves with cuffs. Avoid cap, short, and sleeveless garments</p> <p>Average Ideal: no limitations on styles</p> <p>Thin Kimono sleeves or sleeves with cuffs. Avoid sleeveless and cap sleeves.</p>

Chest
<p>Muscular Full-cut shirts. American cut suits and jackets Avoid tailored-cut and European-cut jackets and suits</p> <p>Normal Ideal; no limitations on styles</p> <p>Slim Tailored-cut shirts European-cut jackets and suits</p>

Bust	
Placement:	Bra Cup Size:
<p>High Exercise caution when selecting items with low-cut necklines, cardigan styles, bodice yokes, garments with bust darts.</p> <p>Average Ideal: no limitations on styles</p> <p>Low Exercise caution when selecting items with empire styles and garments with bust darts. Chemise style</p>	<p>Small (A) Raised waist, empire, and shirtwaist. Bolero and short fitted jackets. Vests and capes. Avoid blouson style. Round and scoop necklines.</p> <p>Average (B) Ideal: no limitations on styles</p> <p>Large (C and larger) A-line, shift, sheath, asymmetrical closing, and shirtwaist. Shawl and convertible collars. Avoid yokes, neckline bows, and middy collars.</p>

Waist Placement:	Waist Width:
<p>High A-line, chemise, empire, princess, and low-waisted styles Avoid gathered skirts</p> <p>Average Ideal: no limitations</p> <p>Low (Long) A-line, chemise, raised-waistline style. Gathered skirts</p>	<p>Large Women: Chemise, empire, princess, and low-waisted styles. Average-width belts same color as garment. Avoid contrasting shirt/blouse and skirt/pants which meet at waist</p> <p>Average: Ideal: no limitations on styles</p> <p>Small Women: Accenting a small waist will make bust and hips appear larger. Loose jackets. Narrow to average width belts. Sleeve lengths that end at waist</p>

Hips Size:	Back Contour:	Abdomen Shape:
<p>Wide Women: Culottes, panel, gored, flared, and wrap skirts. Wear darker colors on bottom. Avoid sheath style and gathered skirts/silhouettes. Men: Dark trousers and lighter colored jacket</p> <p>Average Ideal: no limitations on style</p> <p>Narrow Women: All styles of pants and shorts. Panel, gored, pleated, and hip-stitched pleated skirts. Men: Ideal; no limitations on styles</p>	<p>Overly Erect Garments with gathered back yoke. Avoid soft, clingy fabrics.</p> <p>Normal Curve Ideal: no limitations on style</p> <p>Excessively Curved Avoid diagonal lines in bodice: kimono and raglan sleeves.</p>	<p>Flat Ideal: no limitations on style</p> <p>Protruding Loose jackets which come below abdomen. Skirts, pants/trousers, and shorts with pleats or small gathers.</p>