

# THE STYLE COACH

## Confidence In Style

15 Dec 2021

### Week 5: Part: 2

#### Vertical Proportions

If you have a longer torso and shorter legs ensure that you:

- lengthen the legs through high waisted trousers/skirts
- use thicker belts in the same colour as your trousers/skirt
- tuck long tops in
- create length in the legs where possible

If you have a shorter torso and longer legs ensure that you:

- use slimmer belts on the waist
- choose tops from the petite section (if necessary)
- choose trousers from the 'tall' section (if necessary)

If you have balanced proportions it is best to follow the guidelines for the 'longer torso/shorter legs' body shape.

## **To create pleasing proportions:**

- Avoid cutting yourself in half with equal proportions on the top and bottom
- instead use the rule of thirds

## **For each Body shape, follow these guidelines:**

- Triangle/Pear -  $\frac{1}{3}$  on top,  $\frac{2}{3}$  on bottom
- Inverted triangle -  $\frac{2}{3}$  on top,  $\frac{1}{3}$  on bottom
- Round - either  $\frac{1}{3}$  on top,  $\frac{2}{3}$  on bottom or vice versa
- Hourglass - either  $\frac{1}{3}$  on top,  $\frac{2}{3}$  on bottom or vice versa
- Rectangle - either  $\frac{1}{3}$  on top,  $\frac{2}{3}$  on bottom or vice versa
- Tall people -  $\frac{2}{3}$  on top,  $\frac{1}{3}$  on bottom
- Petite people -  $\frac{1}{3}$  on top,  $\frac{2}{3}$  on bottom