

THE STYLE COACH

Confidence In Style

12 June 2023

Dressing For Your Body Shape

Week 3

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