

BODY TYPE GUIDE



RECTANGLE

Shoulders and hips that are equally wide.
When styling: accentuate arms and legs; draw attention to bust and waist to keep the silhouette balanced.



PEAR

Shoulders that are more narrow than hips.
When styling: accentuate waist and arms; adding to upper body may keep balance with lower body.



APPLE

Bust and hips that are similar in width, with a fuller mid-section.
When styling: accentuate the bust and shoulders to keep the upper and lower body balanced.



HOURGLASS

Shoulders and hips are similar widths, with well-defined waist.
When styling: accentuate the waist to keep upper and lower body proportions balanced.



INVERTED TRIANGLE

Hips that are more narrow than shoulders.
When styling: accentuate the legs; adding volume to lower body may keep balance with upper body.

