

## MAKING THE MOST OF YOUR BODY PROPORTIONS

**LEGS** - If your legs are long, you have more options in wearing different skirt lengths, pleated skirts, border prints, flat shoes, or shoes that are bright and draw attention to the feet.

If your legs are short, it will be best to coordinate the color of skirt, hose and shoes for a long unbroken line. The same with color of pants, socks and shoes in casual clothes. Boots add length to legs as long as they are covered with a skirt hem or pant hem. Short boots will seem to cut the length of your legs at the top of the boot. Avoid full wide pants and ankle strap shoes.

**SHOULDERS** - Shoulders can be widened by wearing bulky fabrics and layers. Horizontal stripes along with dropped shoulder lines give additional width to the shoulder area. If a man's shoulders are narrow, a wide horizontal striped rugby shirt with dropped shoulders is a great look.

**BUSTLINE** - If you have a small bust you can wear fuzzy, bulky fabrics on top, horizontal lines, bright colors, bloused styles add fullness as do pleats and gathers. Large bust is most flattered with thin layers and lightweight fabrics. Shoulder pads help to balance a large bust. Avoid necklaces that end right at the bustline, or light horizontal stripes that fall on the point of the bust.

**HIPS** - Darker colors give a slimming effect to large hips. A jacket provides good balance for wide hips; choose one that ends above or below the hipline. For slim hips, you can make your figure appear more substantial with thick textures, plaids, pleated skirts and pant styles.

Men who are very slight of build will appear bulkier wearing thick textures, double breasted jackets, pleated pants and shorts.

**OVERSIZED FASHIONS** are fine in small doses. Balance fullness of a blousey top, shirt or roomy jacket with a narrow skirt of pants; elongate your lower body by wearing hose and shoes that match them. Wearing an oversized sweatshirt or sweater with pleated baggy oversized pants will increase your over all size, possibly adding unwanted inches.

**STRIPES**, even horizontal ones can be worn by larger sizes if you stick to narrow or medium ones in low contrast colors. Light blue and white, or gray and any grayed tone rather than black and white. A bolder stripe will be a real help when you want to create an illusion of size, at the bust or shoulder line.

**BIG PRINTS** are great if you know how to wear them. A good rule of thumb is to keep the print about the size of your hand, and the colors would be soft without a lot of sharp contrast.

**BIG PATTERNS** work better on a dress or two piece outfit than on small items like a shirt or scarf. Keep all patterns and stripes in proportion to your body size.

**LINES** - Diagonal lines go across your body at an angle. The more vertical a diagonal line is, the taller and slimmer you will look. The more horizontal the angle is, the wider you will look.

**CURVED LINES** are very feminine and may enhance many figures and faces. If you feel too curvaceous, be aware of this concept. Repeating a shape will emphasize it. For example; a square neck will emphasize a square face.

Lines formed by a hem or waistline are **HORIZONTAL LINES**. Their position can change the visual proportions of your body. You can create illusions of height or cut height with the placement of these lines, watch them closely.