

BODY TYPE, LINE AND DESIGN

FACIAL SHAPE - If your face looks extreme in any way, don't repeat the look in your clothing. For instance, if you have a square face, do not wear a square neckline; if it is round do not wear a round neckline, etc.

NECK - If you have a long neck, short hair is not flattering. The hair should fall at least slightly below your neckline. Avoid V-shaped necklines; scarfs and high collars are flattering. If you have a wide neck, wear necklines that fit the neck well--nothing loose or wide fitting.

SHOULDERS - If your shoulders are narrow, especially if they make your hips look wide, wear shoulder seams that help to square your shoulders. Avoid sleeves that round off your shoulders, especially if they tend to slope. Wear a set-in rather than a raglan sleeve. If your shoulders are wide or too square, do not wear necklines that draw your eyes out. A V--shaped or deep rounded is flattering.

ARMS - A wide cuff will shorten the look of your arm. A three-quarter sleeve looks best on a woman with a short arm, but a long sleeve looks flattering on everyone. However, if you are heavy, avoid tight or clingy sleeves. Tightness accentuates fat.

BUST - A small busted woman can wear loose or tight clothing as long as it is comfortable; however, a very large busted woman must select clothing that will not draw attention to the bust. Too much fullness adds bulk, and too tight clothing is disproportionate. Tailored clothing and slimming lines are flattering to the large busted woman. Choose bras appropriately.

WAIST - If you have a small waist belts look very nice. If your waist is wide do not call attention to it with belts unless they are very thin and blend inconspicuously with your outfit. Short waisted women should avoid belts because they decrease the space between bust and waistline. Long waisted women correct their problem by wearing belts.

HIPS - Narrow hipped women can wear a variety of fashions: pockets and fullness are flattering to these women (necessary to balance wide shoulders). Fuller hips require careful fit--no bulkiness at the hip line. A vest or jacket will help camouflage wide hips. If you have a large fanny, choose skirts with some fullness or an A-line rather than a straight skirt. Be sure your pants have a smooth fit and do not dip under the buttocks. A jacket that tapers comfortable at the hips is flattering.

THIGHS - Skirts and dresses with an A-line or slight fullness provide easy camouflage, as do pants that fit with ease over your thighs. Pants that are too tight call attention to your thighs, as do pants that taper at the ankle--avoid both types.

LEGS - If your legs are short, avoid cuffs on your pants; wear high heels to give the illusion of length. Keep your jackets quite short; they should not be lower than your crotch. Keep your blouses shorter than the jacket for overall proportion. High waisted pants add length to the legs and give the illusion of greater height. Slightly long legs are an asset, but if they are too long you will look out of proportion. Wear pants with cuffs and jackets that fall slightly below the crotch. Avoid high waisted pants and skirts.

HEIGHT - The taller and slimmer you are, the more styles you can wear. The tall woman can wear heavier fabric, more fullness, and low waisted styles if she is slim. The short woman looks good in high waisted clothes and shorter length jackets and vests. A three-quarter sleeve, accessories or trim near the face looks especially good. Attractive hem lengths are determined by your height as well as the shape of your leg.

WEIGHT - The woman with normal weight can wear a variety of flattering clothes, but the woman who is either too heavy or too thin should avoid too light or revealing clothes. If you are extremely thin, wear clothes that add fullness. Also wear printed fabrics (especially the larger print size). Avoid plain tailored clothes: wear clothes with interesting detail.

If you are overweight, the most slimming trick is to wear your appropriate colors. A color that flatters draws the eye upward to the face and away from the body.

Always remember that any fashion is only fashionable if it looks good on you. Do not feel forced to wear the current fashion trends unless they flatter you.