

How to dress for your Body Shape

Every single one of us has a different body shape, but **we all look fantastic!**

Whether you're a juicy pear or a curvaceous hourglass, **every woman deserves to feel her best, all of the time.**

This is why we've put together this handy infographic packed with helpful hints and tips for dressing to show off your fabulous figure. With a little help from Patra, you'll never be stood in front of your wardrobe wondering what to wear as you'll know exactly what works for you.

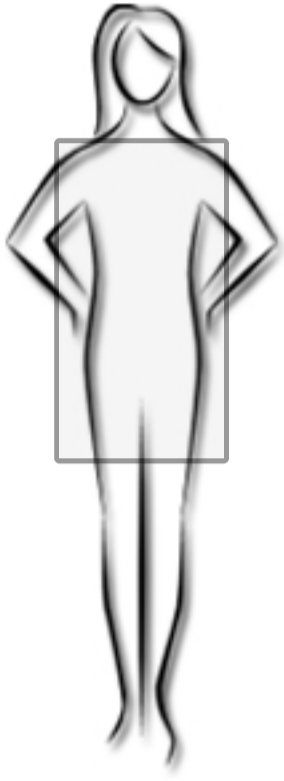
All you need to do is take a look in the mirror and identify yourself as one of the four most common body shapes.

Find your shape in the graphic and then read our advice. Remember though, every body is different, so some looks may work for you whilst others may not. At the end of the day, you need to feel comfortable to really look your best!

If your body type is Rectangle

You have a straight, or column, body shape if you have narrow shoulders, a small bust, a non-defined waist, narrow hips and a flat bottom.

Create visual balance:



Empire lines and wrap tops will create the impression of a waist. Pick one with a bold pattern – your frame can handle it!

A princess dress sounds dreamy and its subtle fit and flare cut will help show off lithe limbs.



It's all about adding volume. Capris, culottes and cigarette trousers with embellishments or side pockets will add curves to your lower half.

Take your pick! A gentle A-line will add movement whilst a pencil or wrap skirt will enhance your feminine silhouette.



If your body type is Apple

You have an apple body shape if you have rounded shoulders, an ample bust, fullness around the middle of the body and shapely legs.

Create visual balance:



Empire line tops which nip in under the bust and drape over the body will cover your tummy. A wider neckline will draw attention to your bust and shoulders.

The A-line is your best friend! Make sure that the design pulls attention away from your tummy with shoulder or hem details.



Opt for wide-legged trousers with flat fronts and side-fastening zips, if possible. Avoid anything too clingy as this will throw you out of proportion.

Draw attention to your fantastic legs with a flippy A-line skirt with large pleats. The movement will look fantastic on you.



If your body type is Pear

You have a pear body shape if you have full hips or thighs, a defined waist, shoulders that are narrower than your hips, a small top half and neat bust.

Create visual balance:



Make the most of your shoulders with wider necklines such as boat or scoop. Stripes and patterns, big collars, and fitted shapes should be your go-to.

Hip-skimming empire line or wrap dress will show off your waist and help to balance your lower half.



Plain trousers with a bootleg cut will help to balance your bottom half. Avoid any details such as pleats, pockets or turn-ups.

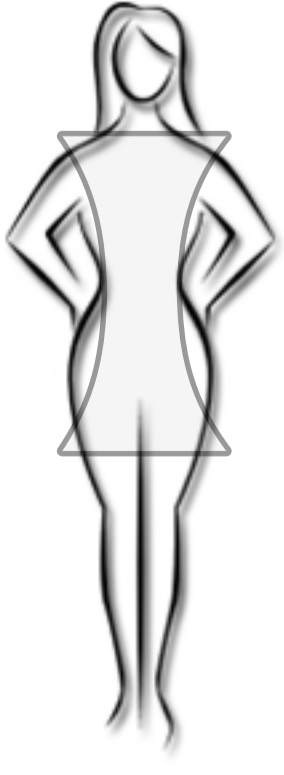
Knee to calf-length bias cut skirts flatter you the most. Try to find one with a bit of a flip for a flirty and feminine feel.



If your body type is Hourglass

You have an hourglass body shape if you have bigger thighs, a rounded bottom and hips, a small waist and a full bust.

Create visual balance:



Fitted tops with scooped or deep V-necks will help to accentuate your curvy, feminine figure.

Go for broke! A knee-length wrap dress will show off your waist and enhance your womanly curves.



Any bottoms will look good on you but keep them fitted! A straight leg works for all occasions but avoid side pockets as these might unbalance your hips.

A knee-length pencil or full skirt will complement your silhouette.



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