

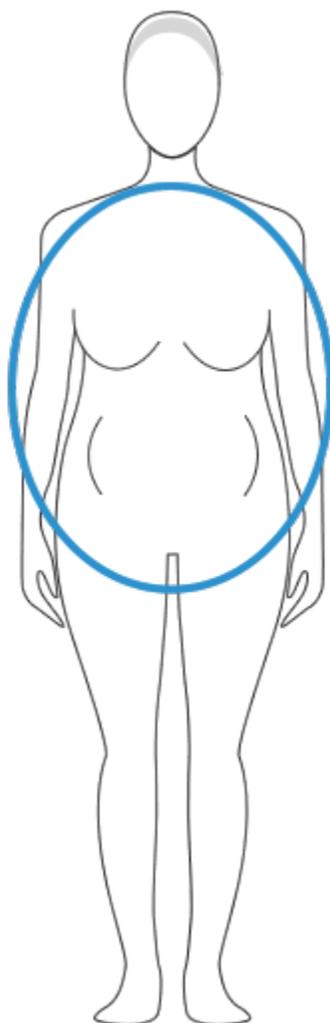
# DRESS YOUR BODY TYPE

## THE APPLE

The key to dressing your righteous body frame is all here in one spot. This guide will show you the best ways to highlight an apple body simply by choosing the right clothing. Once you have all the information, dressing your shape becomes a breeze.

### Do you have an inverted triangle body shape? Here are some characteristics that may apply:

- Shoulders are normally rounded
- Fullness in the tummy area
- Uncomfortable when tops are tucked in



## Tips we all should apply when dressing our body type:

- Body shapes are mostly based on your bone structure and not your weight. Your outfit should balance your shoulders, bust, waist, and hips.
- Using lines will help focus the eyes to where you want it to go. They can help you create your personal style and emphasize your individual modesty
- Patterns and light draw the eyes, bright colors more so than solid black or navy. Think of this when choosing separates.

## Let's get dressed:

\*\*\*\*\*

### TOPS

**Peplum**: Create the illusion of an hourglass shape with this top that has a built-in waist.



**V Neck:** This neckline reveals your collarbone which helps break up a uniformly shaped top half.



## OUTER WEAR

**Long Vest:** An excellent way to lengthen your midsection is by layering pieces.



**Long Lapel:** Single-breasted styles elongate your chest and neckline even while buttoned.



## DRESSES

**Off The Shoulder:** Draw the eyes to the shoulders when you have a chance.



Wrap: Try a long-fitted cover-up that creates a waistline.



**HAPPY DRESSING MHNCB**