



# DRESS YOUR BODY TYPE

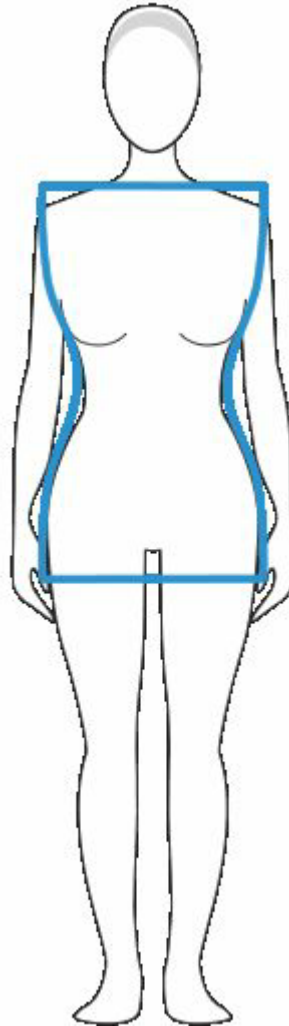
## The Hourglass

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 hourglass 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:

- Your hips and thighs are wider than your shoulders and bust.
- A defined waist that is narrow compared to the hips.



### 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

Keyhole: A lot of detail helps to accentuate your shape.



**Wrap:** The perfect top to show off the good stuff, your waist that is!



## Outer Wear

**Belted**: Draw even more attention to your waist with a belted detail.



**Longlines Belt:** Longer coats work especially well when belted. It creates the illusion of longer legs.



## Dresses

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



**Fit And Flare:** This dress is constructed to highlight the waist and flow effortlessly from your hips.



**Happy Dressing MHNCB**