

# DRESS YOUR BODY TYPE

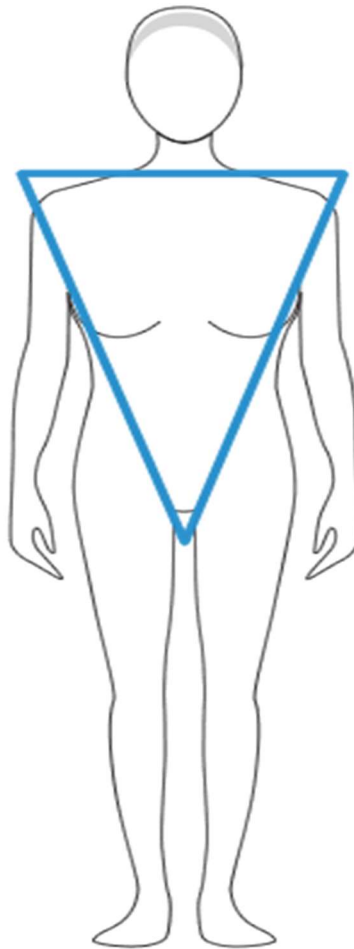
## The Inverted Triangle

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 inverted triangle 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 shoulders are the broadest part of your body.
- You may have a larger bust.
- Narrow hips and waist



## 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 helps to create a long-lengthened neckline.



## Outer Wear

Waist Length: Fill out your top half evenly by creating structure from the shoulder to your waist.



**Wrap Top:** Add space and movement around your hip by wearing loose fitting fabrics



## Dress & Skirts

**Fitted and Flared:** A fuller skirt will help fill out your hips to match your shoulders.



**Pleated Beauty:** A pleated skirt will help balance you out. You can achieve this without the pleats and still accomplish this look



**Happy Dressing MHNCB**