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Bloglines

- Home
- Biz Fashion Blog
- Body Types
- Shape Analysis
- Dressing My Body
- Quick Tips Chart
- Talking Clothes
- A Basic Wardrobe
- Wardrobe Planning
- Matching Colors
- Discount Designer
- Womens Suits
- Pant Suits
- Cheap Suits
- Torrid Plus Size
- Fitness Tracker
- Posture Help
- Dress Codes
- Wardrobe 911
- Why Shop Online
- Video Library
- About
- Privacy Policy
- Disclaimer
- Contact

## The Artistry & Strategy Dress My Body Type Fashion Tips for artistically & strategically dressing for your body shape

The Dress Body Type Fashion Tips by Artistry & Strategy hinge on proportion and balance. Dressing different women's body types is an art and science...it's about [woman body types](#) ...dressing for your body type and presenting beautifully who you are and what you're about...in other words, knowing how to apply the women's fashion tips on clothes based on your perfect and unique female body shape.



If you've ever pondered any of the following questions,

What clothes fit my body type?

What clothes look best on my body type?

How can I dress right for my body type?

What clothes are right for my body type?

What styles fit my body type?

...if you keep reading, you should find the answer to your question...

**"At any weight, you can dress well."**  
 Stacy London,  
 TLC What Not To Wear

### GENERAL "DRESSING MY BODY TYPE" GUIDELINES

#### Proportion and Balance

When it comes to professional womens clothing, there are strategies that you can leverage to balance your woman body type. Whether you want to maximize your hips and minimize your height or to minimize your hips and maximize your height...the strategy you use for dressing for your body type depends upon your perfect body, the one you're living in right at this moment, and which parts of it you want to emphasize or de-emphasize.

#### Emphasis & De-emphasis

Women do the same thing with makeup. Want to feature your eyes? Smokey eye makeup will do the trick, if your lip color is closer to neutral. Or, if you want to feature your mouth, a bold lip color will draw voyeurs' eyes right to them, if your eye makeup is subtle.

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It's pretty straight-forward. Let's talk about some techniques and strategies that can be used to visually enhance body proportion and balance to look your best in women's professional apparel.

**The Artistry & Strategy Body Shape Fashion Tips follow:**

**[Dress Body Type Fashion Tip #1:](#)**

**Create illusions with lines while dressing for your body type**

Learn how to dress and create illusions by using the lines of women's clothing with Tip #1...want to appear taller? slimmer? curvier? more narrow? wider? bigger? or smaller? here's how...

**[Dressing Different Body Types Fashion Tip #2](#)**

**Create illusions with color and patterns**

From color coordinating clothes to color placement, learn how strategically dressing for your body type can enhance your professional image.

**[My Body Type Fashion Tip #3](#)**

**Learn to create illusions with texture and details to showcase the areas of your body that you want to or not...**

After you've learned to dress body types, you'll know what happens when one woman wears a shiny fabric in contrast to fabric with a matte finish or if she wears slacks with pockets on the hips versus the back of her pants?

**[Dressing for Body Type Fashion Advice Matrix](#)**

Dressing for your body type can be simplified after you've reviewed the tips on the women's business clothes for your body shape and this matrix/chart is a quick reference tool.

**[What to Wear for Your Body Shape...Spelled Out Body Part by Body Part](#)**

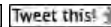
Knowing what to wear for every part and segment of your body shape can be the difference between presenting the image that you purposely choose to or not. These detailed female career wear body type fashion tips help your body look its best...body part by beautiful body part.

**[Wardrobe 911: Your Artistry & Strategy Complimentary Women's Clothes Consultation](#)**

Custom-tailored body shape fashion advice just for you. Receive a complimentary My Body Shape Clothes Consultation (a \$99 value) in exchange for sharing your photos and experiences on our website.

[Return from The Artistry & Strategy Dress Body Type Fashion Tips for Dressing for Your Body Type to Women's Business Clothes Homepage](#)

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Home

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Body Types

Shape Analysis

Dressing My Body

Quick Tips Chart

Talking Clothes

A Basic Wardrobe

Wardrobe Planning

Matching Colors

Discount Designer

Womens Suits

Pant Suits

Cheap Suits

Torrid Plus Size

Fitness Tracker

Posture Help

Dress Codes

Wardrobe 911

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Privacy Policy

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Contact

## Body Shape Fashion Tips on Clothes, Tip # 1: Create illusions with lines while dressing for your body type

Let's learn to use body shape fashion tips on clothes to create illusions with lines. If dressing for your body type inspires a desire to visually lengthen and slenderize an area or to visually widen and shorten an area or to emphasize or de-emphasize an area we can learn something from the positioning and intensity of lines.

No matter which woman body types we're considering, each one can be artistically and strategically presented by the owner of the body, you.

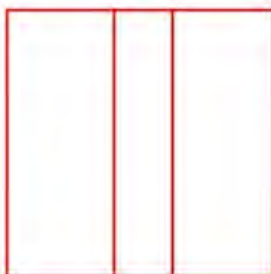
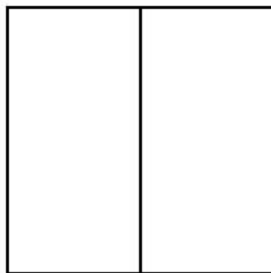
The way lines are positioned impacts how the eye responds to them, even when it comes to womens professional clothing, regardless of woman body types.

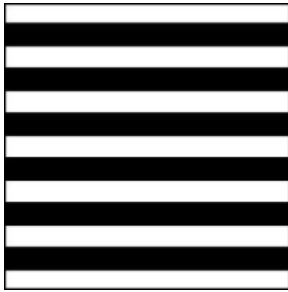
### Body Shape Fashion Tips on Clothes # 1, Part A Using Lines: Taller & Slimmer

Causing the eye to move up a woman's body, without interruption, accomplishes the task of making her look taller and slimmer. When lines are positioned in a manner similar to the diagrams below, whether they are part of the fabric's pattern or part of the garment's construction details (e.g., seams, darts, pleats), a longer and slimmer looking silhouette is achieved.

Single vertical lines or vertical lines placed relatively close together carry the eye up a woman's body, elongating and slenderizing the figure.

Although, it may come as a surprise, if dressing for your body type consists of wanting a longer, slimmer appearance, even horizontal lines spaced close together will help you achieve that end.

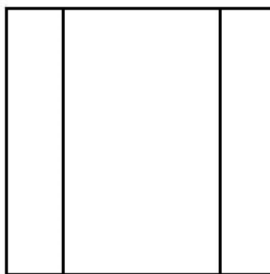




**Body Shape Fashion Tips on Clothes # 1, Part B**  
**Using Lines: Shorter & More Voluminous**

When the upward movement of the eye is interrupted or directed around an object, the area or body appears to be shorter and more voluminous...think horizontal lines or vertical lines that aren't spaced close together...or diagonal lines that point toward the center of the body rather than toward the head or feet if dressing for your body type includes wanting to minimize height and maximize width.

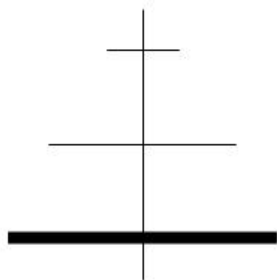
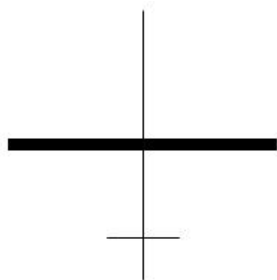
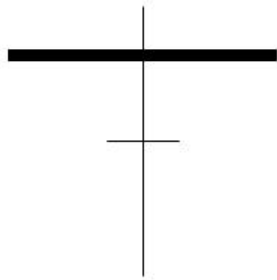
Check out the images below, how are your eyes directed?



Again, whether the lines are part of the women's professional clothing's fabric pattern or garment seams, a shorter and more voluminous silhouette may be achieved with a single horizontal line, horizontal lines spaced further apart or spaced out vertical lines are elements of an outfit.

**Body Shape Fashion Tips on Clothes # 1, Part C**  
**Using Lines: Emphasis & De-emphasis**

We've discussed it, eyes follow lines...womens business clothes usually include several different kinds and types of lines. Which ones do you think get the most attention (look below and take a guess)?



Correct, the more dominant line(s).

So, if you want to emphasize your face have a bolder line at your neckline...want to highlight your waist, put the bold line at your waist...if you want to showcase your great legs, you guessed it, put the strongest line at your legs.

[Return to Dress Body Types page...](#)

### [Dressing Different Body Types Fashion Tip #2](#)

#### **Create illusions with color and patterns**

From color coordinating clothes to color placement, learn how strategically dressing for your body type can enhance your professional image.

### [My Body Type Fashion Tip #3](#)

#### **Learn to create illusions with texture and details to showcase the areas of your body that you want to or not...**

After you've learned to dress body types, you'll know what happens when one woman wears a shiny fabric in contrast to fabric with a matte finish or if she wears slacks with pockets on the hips versus the back of her pants?

### [Dressing for Body Type Fashion Advice Matrix](#)

Dressing for your body type can be simplified after you've reviewed the tips on the women's business clothes for your body shape and this matrix/chart is a quick reference tool.



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- Home
- Biz Fashion Blog
- Body Types
- Shape Analysis
- Dressing My Body
- Quick Tips Chart
- Talking Clothes
- A Basic Wardrobe
- Wardrobe Planning
- Matching Colors
- Discount Designer
- Womens Suits
- Pant Suits
- Cheap Suits
- Torrid Plus Size
- Fitness Tracker
- Posture Help
- Dress Codes
- Wardrobe 911
- Why Shop Online
- Video Library
- About
- Privacy Policy
- Disclaimer
- Contact

## Body Shape Fashion Tips on Clothes, Tip #2: *Creating illusions with color & patterns while dressing for your body type*

The eyes have it. So let's learn to use body shape fashion tips on clothes to create illusions with color and patterns. If dressing for your body type inspires a desire to visually widen and shorten an area, to visually lengthen and slenderize an area, or to emphasize or de-emphasize an area, we can learn something from the positioning and intensity of color and patterns.

No matter which woman body types we're considering, each one can be artistically and strategically presented by the owner of the body, you.

The manner in which color and patterns are used impacts how the eye reacts to them, in graphic and interior design and even when it comes to womens professional clothing, regardless of woman body types.

The savvy use of color, patterns and wearing color coordinating clothes is doable.

### What Colors Should I Wear?

If you're asking yourself, "What colors should I wear?" the answer may seem trite, but it's true. Choose the right color clothes by wearing the ones that look best on you, that you feel good in and that help you reach your objectives.

You don't necessarily need to conduct a color analysis to find out what colors look good on you...

Do you ever wear some specific colors that usually evoke compliments from people at work, meetings, etc.? If so, that's probably a good color for you.

Are there colors that you wear and when you look in the mirror, your eyes appear brighter, your complexion radiates, or your spirit is lifted...probably a good color for you.

Body shape fashion tips on clothes impress the importance of wearing the right colors, even for the occasion. For example, if you want to avoid being seen as a self-centered smarty-pants :), wearing white to a co-worker or anyone else's wedding, unless the bride makes that request, will help you accomplish the task. Wearing pretty much any other color, besides black (unless it's requested by the bride) would be a better choice.

### The Message Behind the Color

Not wearing white to a wedding helps to cut down on the confusion about who the bride is. Not wearing black is a clear sign that you're probably attending the wedding to celebrate a new union vs. celebrating the death of someone's freedom, etc.

Color strategy is important.

Whether a color looks good on you or not can be irrelevant if the color communicates the wrong message. Did you know that based upon John T. Malloy's research results:

. people are more trusting of individuals wearing navy blue or black than they are of people of people dressed in black

. people dressed in brown aren't taken as seriously as people wearing navy or black

. women who wear pastels in the workplace are considered weaker than their counterparts who dress in more traditional professional colors worn by men(yep, navy blue, black, charcoal gray, etc.), but who don't look overly masculine (e.g., black suit, in "reasonable" shoes, wearing shirt buttoned all the way up, with a stark pulled back hairdo without a hint of make-up)

. orange connotes silliness to many people

These are all things to keep in mind when deciding, "what colors should I wear" and leveraging body shape fashion tips on clothes.

Here are a few more things to consider...

### **Strategically Leveraging Color & Patterns**

Dressing for your body type includes knowing which colors to wear and where to wear them.

Darker colors recede unlike lighter colors. Patterns on fabric, depending upon the size of the pattern, tend to draw the eye toward it, in contrast to solid colors. The larger the pattern, the greater it's ability to draw attention to itself, whereas, smaller, tighter patterns can nearly go unnoticed from even a short distance.

So what? Well, if there are areas of your body that you want to give emphasis to or "add" volume to...use a pattern or lighter color in that area. Want less emphasis on an area? Then wear a garment made in a darker color fabric, solid print or a print with a small pattern.

For example, if you want to add volume to narrower hips, consider wearing a skirt made out of a fabric with a bold pattern on it or a lighter color than your blouse or jacket...put the pattern or lighter color on top and the darker color on bottom if you want to minimize your hips.

Wearing a classic, black tailored pantsuit and want to draw emphasis to your face? Try wearing a beautifully tailored and pressed, white collared shirt under your jacket.

### **Monochromatic Doesn't Mean Same-Same**

When it comes to color coordinating clothes, monochromatic dressing makes it simple. It's also a great way to slenderize and lengthen your frame, if that's an objective. David Bromstad, the original HGTV Design Star, now the host of Color splash and HGTV Divine Design's, Candice Olson, often remind their viewers that monochromatic doesn't mean using the same exact color (shade, intensity, etc.).

A monochromatic interior design, as well as a monochromatic womens business clothes combination, can include various shades or intensities of a color. Think lighter to darker paint sample color swatches.

Visual interest may also be added by including various textures in the same color family. Let's read [Tips on Clothes #3](#) for additional details.

[Return to Dress Body Type page...](#)

### **[Dress Body Type Fashion Tip #1:](#)**

Create illusions with lines while dressing for your body type

### **[My Body Type Fashion Tip #3](#)**

Learn to create illusions with texture and details to showcase the areas of your body that you want to or not...

### **[Dressing for Body Type Fashion Advice Matrix](#)**

Dressing for your body type can be simplified after you've reviewed the tips on the women's business clothes for your body shape and this matrix/chart is a quick reference tool.

### **[Wardrobe 911: Your Artistry & Strategy Complimentary Women's Clothes Consultation](#)**

[Return from Body Shape Fashion Tips on Clothes: Tip #2 to Women's Business Clothes Homepage](#)

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Home

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Body Types

Shape Analysis

Dressing My Body

Quick Tips Chart

Talking Clothes

A Basic Wardrobe

Wardrobe Planning

Matching Colors

Discount Designer

Womens Suits

Pant Suits

Cheap Suits

Torrid Plus Size

Fitness Tracker

Posture Help

Dress Codes

Wardrobe 911

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Video Library

About

Privacy Policy

Disclaimer

Contact

## Body Shape Fashion Tips on Clothes, Tip #3: *Creating illusions with texture & details while dressing for your body type*

The eyes have it. So let's learn to use body shape fashion tips on clothes to create illusions with texture and details. If dressing for your body type inspires you to tastefully draw attention to your one of you favorite features while communicating your professional goals...

we can learn something from using texture and detail strategically when it comes to women's business clothes.

No matter which woman body types we're considering, each one can be artistically and strategically presented by the owner of the body, you.

The selection of texture and placement of detail impact how the eye reacts to your professional attire, this applies to all woman body types.

The smart use of texture and detail isn't rocket-science, but it can help launch your career to higher heights.

### Shiny, Highly Texturized, Matte or Smooth?

Quick notes on dressing for your body type regarding shininess and texture: sheen adds volume, so do highly texturized fabrics (e.g., bulky sweater); in general, matte and smooth finishes do not...however, you also have to balance these tips with what we've learned about lines, color, and patterns.

### The Double Whammy

Let's say that one of your favorite blouses was a metallic, pearly white cashmere sweater with a squared-off v-neckline that had horizontal gatherings at the center of the bustline.

Can you guess what your objective might be for wearing this top?

### De-Emphasize a Small Bust

Exactly, adding volume in the bust area...the sheen and texture of the cashmere add a double volumizing whammy...if you're wearing a darker color on the bottom, the light color on the top, along with the gathering type of detail, add even more volume.

What if your favorite a-line skirt was a made from a smooth light-weight charcoal gray wool?

### De-Emphasize Voluptuous Hips...

Maybe when wearing it, you'd be trying to de-emphasize your hips...the dark color recedes, the smooth texture of the fabric and minimal detailing on the skirt adds no volume in the hip area.

### Or Emphasize Classic Style

On the other hand, you might simply be leveraging the tip on clothes about how people tend to hold more respect for business people who wear "traditional business" colors like navy blue, black and dark gray.

Women body types of all sorts and sizes can look their best simply by utilizing these body shape fashion tips on clothes. For a quick reference regarding body shape fashion tips on clothes, check out our Artistry & Strategy: [Woman Body Type Fashion Advice Women's Business Clothes Matrix](#)

### Basic Wardrobe Planning



Ready to learn how to put these tips to use when it comes to learning how to build a wardrobe? [Let's do it!](#) [Go back to Dress Body Type page...](#)

[Return from Body Shape Fashion Tips on Clothes: Tip #3 to Women's Business Clothes Homepage](#)

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Home

Biz Fashion Blog

Body Types

Shape Analysis

Dressing My Body

Quick Tips Chart

Talking Clothes

A Basic Wardrobe

Wardrobe Planning

Matching Colors

Discount Designer

Womens Suits

Pant Suits

Cheap Suits

Torrid Plus Size

Fitness Tracker

Posture Help

Dress Codes

Wardrobe 911

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Video Library

About

Privacy Policy

Disclaimer

Contact

## Dressing for Your Body Type Here's a Quick Reference Tool

Dressing for your body type might become easier when you review the body shape fashion advice tips and strategies on the following chart...it's a quick reference tool [\(if you'd prefer to read the details for yourself, click here\)](#). Since some folks like things to be more detailed than other people do and some people are more visual than other people, rather than using lengthy text, following is a chart that highlights which silhouettes and styles emphasize or de-emphasize specific areas of various women's body types...it makes dressing for different body types actionable.

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### The Artistry & Strategy Body Shape Fashion Advice Matrix

The following Artistry & Strategy woman's body type fashion advice matrix is divided into columns and rows. The columns indicate the silhouette or style being considered and the rows outline the various elements of a woman's body being considered.

### What It Means

**D's** indicate that a specific style will de-emphasize the specific elements of female body shapes for that specific row.

An **E** indicates that the style will emphasize the specific aspect of a woman's body type being considered.

**Empty boxes?** If there isn't a "D" or an "E" in a cell, in general, the style may have a neutral impact on the presentation of that specific area of the body.

### The Matrix Is Growing

We'll continue adding to the woman body shapes fashion advice matrix until we've included jackets, pants, sleeves, collars, necklines, and skirts.

Ready to get a quick overview for dressing for your body type?

Let's start with dress silhouettes...

### Dress Silhouettes

#### Dressing for Different Body Types

Style	A-Line	Blouson	Empire	Low-Waist	Princess	Shift	Wrap
Narrow Shoulders							E
Broad Shoulders			E				
Small Bust		E	D				
Large Bust	D	D	E			D	D
Short Torso	D	E	D	D	D	D	
Long Torso	D		D			D	
Narrower Waist							
Wider Waist		D	D	E			E
Small Hips							

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Large Hips		D				
Slender Frame		D				
Voluptuous Frame	D			E	D	D

D = De-emphasis; E = Emphasis...for example, a wrap dress silhouette may emphasize narrow shoulders, potentially making them appear more narrow; yet an A-line dress silhouette can place less emphasis/focus on a large bust area, which is usually a savvy objective in the workplace.

### Pants Silhouettes

#### *Dressing for Your Body Type*

Style	Bermuda Shorts	Capris	Culottes	Jumpsuit	Pants	Shorts
Short Torso		D		D		
Long Torso		E		D		
Small Hips	D		D	D	D	D
Large Hips			D			E
Shorter Legs					D	
Longer Legs		D	D		E	
Slender Frame	D		D	D	D	D
Voluptuous Frame				E		E

D = De-emphasis; E = Emphasis...for example, capris can de-emphasize the length of longer legs, potentially making them look a bit less leggy; yet they may emphasize the length of a longer torso and may make it appear even longer.

[Leave Dressing for Your Body Type Fashion Advice Matrix and return to Women's Business Clothes.](#)

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Home

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Body Types

Shape Analysis

Dressing My Body

Quick Tips Chart

Talking Clothes

A Basic Wardrobe

Wardrobe Planning

Matching Colors

Discount Designer

Womens Suits

Pant Suits

Cheap Suits

Torrid Plus Size

Fitness Tracker

Posture Help

Dress Codes

Wardrobe 911

Why Shop Online

Video Library

About

Privacy Policy

Disclaimer

Contact

## What to Wear: Seven keys for choosing clothes that make your body look its best

If you've ever wondered what to wear for your body shape, we have some solutions (also known as body shape fashion tips) that may lead you to be amazed by how fantastic you look in clothing that flatters vs. sabotages the appearance of your figure. Instead of relying on [traditional body types and shapes](#), let's look at the various elements of your body since it isn't often that females fit neatly into one of these body types because there are several things to consider beyond height and weight.

From your neck to your ankles, there are fashion tips that you can use to emphasize or de-emphasize the length or circumference of different parts of your body, regardless of body type.

### Applied Body Shape Fashion Tips

If you've visited [the Artistry & Strategy Body Shape Fashion tips page](#), you're already familiar with the idea of using lines, color & patterns, and texture & details to create illusions that draw attention to various parts of your body or not.

Now, we're going to apply these general tips specifically to learning what to wear for your body shape, body part and segment by body part and segment...

or for a quick reference, visit the [Artistry & Strategy Body Shape Fashion Tips Matrix...](#) it's a reference chart that outlines how various garment cuts emphasize or de-emphasize various parts and segments of women's bodies.

### The Neck

Let's start with your neck, whether your neck is short or long, thin or full...here are some tips for what to wear to play up or down its appearance.

#### *How to Make a Neck Appear Longer*

- . wear garments with necklines that lengthen the line of the neck, for example V-necklines as opposed to round necklines (e.g., like on a buttoned cardigan sweater)
- . wear garments with collars that lengthen the line of the neck, for example shawl or wing collars instead of turtlenecks or mandarin collars
- . wear necklaces (or scarves) that cascade well below that neckline (e.g., a 24 inch or better strand of pearls) instead of a choker necklace
- . wear earrings that dangle below the earlobe, however, be aware of what may or may not be appropriate for your work environment

#### *How to Make a Neck Appear Shorter*

- . wear garments with necklines that shorten the line of the neck, for example round necklines (e.g., like on a buttoned cardigan sweater) as opposed to V-necklines
- . wear garments with collars that shorten the line of the neck, for example turtlenecks or mandarin collars instead of shawl or wing collars
- . wear necklaces or scarves that hit your neck at or near the neckline (e.g., chokers or scarves tied like ascots)
- . wear stud earrings or earrings that don't dangle far below the earlobe

#### *How to Make a Neck Look Thinner*

- . wear garments with necklines that lengthen the line of the neck, for example V-necklines as opposed to round necklines (e.g., like on a buttoned cardigan sweater)
- . wear garments with collars that lengthen the line of the neck, for example shawl or wing collars instead of turtlenecks or mandarin collars.
- . wear necklaces that cascade well below that neckline (e.g., a 24 inch or better strand of pearls) instead of a choker
- . wear earrings that dangle below the earlobe, however, be aware of what may or may not be appropriate for your work environment

#### ***How to Make a Neck Look More Voluminous***

- . wear garments with necklines that shorten the line of the neck, for example round necklines (e.g., like on a buttoned cardigan sweater) as opposed to V-necklines
- . wear garments with collars that shorten the line of the neck, for example turtlenecks or mandarin collars instead of shawl or wing collars
- . wear necklaces that hit your neck at or near the neckline (e.g., choker necklaces)
- . wear stud earrings or earrings that don't dangle far below the earlobe

#### **The Shoulders**

The following tips can prevent a woman with strong shoulders from looking like a line-backer and a woman with narrow or sloping shoulders from looking frail and weak.

#### ***How to Make Narrower Shoulders Appear Broader***

- . wear shoulder pads under jackets and/or blouses
- . avoid wearing halters
- . wear garments with horizontal yokes or lines (via seaming or fabric pattern) near the neck and/or shoulder
- \* strengthening shoulder muscles [open new window - link to online strength-training site] can also help add volume to the shoulder area, naturally...so can improving ones posture [link to posture support page]

#### ***How to De-emphasize Broader Shoulders***

- . avoid wearing shoulder pads under jackets and/or blouses, unless they're simply serving to help maintain the shape of the garment
- . wear garments that cut in or has seaming that angles in toward the neck (e.g., halters...if you're wearing it to work, it might be a good idea to keep your suit jacket on in the office)

#### **The Breasts**

When you have breasts that are of a similar size to Raven Simone's, Penelope Cruz's or anywhere in between, knowing what to wear can lead to some fashion do's or definite dont's...

#### ***How to Emphasize Average Size or Large Breasts***

- . wear a bra that does not fit properly (may not be a constructive type of emphasis)
- . wear a peek-a-boo or plunging neckline (probably not a great idea, at least not in most office settings)
- . wearing garments that are high-necked, especially with a bra that doesn't fit well...can give the appearance of one large or very large breast versus two separate and distinct ones (probably not the look you're going for)

#### ***How to De-Emphasize Large Breasts***

- . wear an accurately sized bra
- . wear scooped vs. plunging or high necklines
- . wear blouses and jackets that fit-well, test to see if one, two or three-

button blazers and jackets work better for your body shape

#### ***How to Make Small Breasts Appear Larger***

- . wear a bra that fits properly
- . wear garments with ruching, gathers or pleats near the breasts
- . wear garments with ruffles or some other detail near the breasts
- . wear blouses or dresses with halter-like necklines in the front
- . wear push-up, padded, silicone or water bras
- . wear push-up pads/cutlets in any bra
- . use make-up to create the illusion of enhanced cleavage (probably best to save this approach appropriately for evening affairs vs. day-time at the office)

#### ***How to Make Small Breasts Appear Smaller***

- . wear blouses, tops, dresses, jackets, etc. that are too big\*
- . wear scooped or princess necklines
- . wear a bra that does not fit properly\*

\* although this is a way to de-emphasize the appearance of small breasts by not attempting to draw attention to them...realize that this approach minimizes the breasts because it does not attempt to draw attention to them, however, minimizing their smallness may amaze other people and draw attention regardless, simply due to their emphasized smallness.

### **The Waist & Tummy**

#### ***How to Highlight a Small or Thin Waistline***

- . wear a wide belt in a lighter contrasting color to dresses, blouses and slacks or jackets

#### ***How to Slenderize a Thicker Waistline***

- . wear body shapers or kind corset-like undergarments
- . wear fitted jackets with structured waistlines sewn into the garment
- . wear blouses tucked into pants, but bloused gently over the waistband of the skirt or slacks
- . wear blouses or jackets that float slightly away from the waist (e.g., swing coats)
- . wear blouses and jackets that emphasize the narrowest part of the waistline (e.g., right below the bustline for some of us...think empire waistlines)
- . wear slacks or pants without a waistband or without a substantial waistbands
- . wear slacks or pants with waistbands that sit below the natural waistline

#### ***How to Emphasize a Thicker Waistline***

- . wear clothes that are too tight
- . wear clothes that do not compliment your body type...females who wear knit unstructured dresses without slenderizing undergarments, probably won't be pleased with the appearance of their waistlines...whereas, putting on a jacket with a structured waistline that fits well, will probably put a smile on her face

### **The Torso**

#### ***How to Make Your Torso Appear Longer***

- . wear dropped waist or low rise pants/slacks
- . wear pants/slacks/jeans without a structured waistband
- . wear longer tops, blouses, jackets or blazers that extend well past your natural waistline

***How to Make Your Trunk Appear Shorter***

- . wear pants/slacks/jeans with a high waist
- . wear pants/slacks/jeans with a structured waistband
- . wear shorter tops, blouses, jackets or blazers that stop near your natural waistline

**The Hips*****How to Make Hips Appear Bigger/Wider/Larger***

- . wear a garment with horizontal seaming, lines or stripes around the hip area
- . wear a lighter or brighter colored garment on the lower half of your body and darker colored garment on the top
- . wear a patterned garment (the bigger the pattern the bigger the impact) on the lower half of your body and a solid colored garment on the top

***How to Make Hips Appear Narrower/Smaller***

- . wear a garment with vertical seaming, lines or stripes at/near the hip area
- . wear a lighter or brighter colored garment on the upper half of your body and darker colored garment on the bottom
- . wear a patterned garment (the bigger the pattern the bigger the impact) on the upper half of your body and a solid colored (or one with a really small, tightly packed print) garment on the bottom

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