



The Petite Styling Guide

HOW TO DRESS FOR YOUR
PETITE FRAME



Lacuna

Contents

1. Patterns & Designs
2. Ratios & Lines
3. Tops & Coats
4. Trousers & Leggings
5. Skirts & Dresses
6. Shoes
7. Accessories

WHAT DOES BEING PETITE MEAN?

Being 'petite' typically refers to women who are under 5'4" (163cm), and refers more to proportions than to traditional dress size.

However, every body is different! You may find that you have a long legs or a long torso, that certain 'regular sized clothing fits you better. Conversely, women who are taller than 5'4" but have short legs or short torso may find that petite ranges fit them better too!

At the end of the day, the key is to know your own body and go from there!

PATTERNS AND DESIGNS

- **Use shades of a single colour** in your outfit to create a vertical line, which elongates your body
- **Go for smaller prints** so that you don't overwhelm your petite frame, vertical stripes are better than horizontal



RATIOS AND LINES

- **Divide your look into thirds** rather than in two. For example, your top covers 1/3 of your frame and your trousers cover 2/3
- **Pair oversized with fitted** if you wear an oversized top, ensure you balance it with a fitted lower half (or vice versa!)
- **Create vertical lines** when wearing a dress, use cardigans or straight jackets (jacket should be the same length as the dress). Jumpsuits are also a good way to create vertical lines.



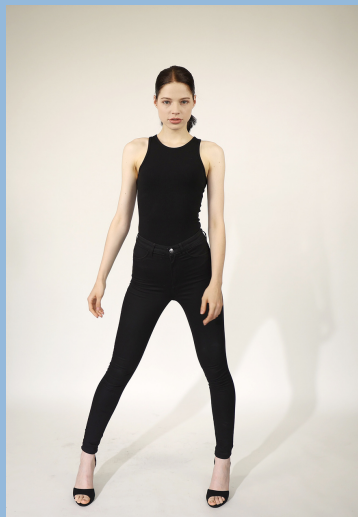
TOPS AND COATS

- **V neck and off the shoulder tops** elongate your neck and can help give an illusion of height
- **Trench coats** and other coats that wrap around with a belt accentuate the waist for an effortless stylish look
- **Shoulder fit is key** - if it is too bulky and falling off the shoulders it will overwhelm your petite frame



TROUSERS AND LEGGINGS

- **High waisted bottom halves** will help to give you that 2/3rds split and elongate your legs
- **Black jeans** are the ultimate go to for any outfit - every girl should have a staple pair!
- **Bootlegs and flairs** that go out from the knee can also be very flattering, especially when paired with heels
- **Full length** is always more flattering than cropped (especially for leggings!)



SKIRTS AND DRESSES

- **Pencil and mini skirts** that sit above the knee will help to lengthen your legs
- **Dresses with slits**, especially for maxi dresses, help your legs appear longer when you walk
- **Belted or A-line dresses** highlight your waist to give a feminine, flattering look



SHOES

- **Heels are your best friend!** They give extra inches to your height and elongate your legs
- **Avoid ankle straps** that cut off your legs
- **Match your shoes** to your outfit to extend the vertical line - if you have bare legs then choose nude shoes
- **Pointed toes**, on heels or flats, extend the leg line





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TO BE PERFECTLY
PROPORTIONED FOR PETITE
WOMEN LIKE YOU

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