

What Is My Body Shape?



So that you can start dressing for who you are NOW

There are 5 body shapes.



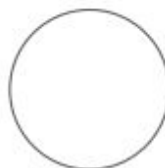
Hourglass



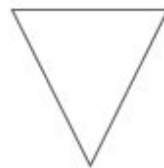
Triangle (Pear)



Rectangle



Round (Apple)



Inverted triangle



Your
Color
Style

5 Body Shapes

There are 5 general body shapes. You may feel that you have characteristics of a couple body shapes. That is perfectly normal. What you're looking for is a general sense of your shape, so that you can learn to enhance your curves in a balanced way.

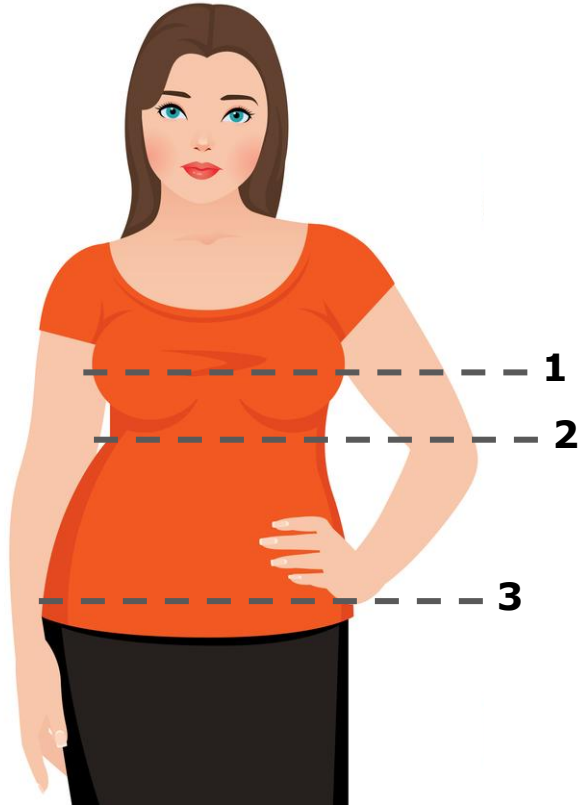
The general body shapes are:

- Hourglass
- Pear
- Rectangle
- Apple
- Inverted Triangle



Step 1. Measure Your Chest, Waist and Hips

How To Measure



1. Measure around the fullest part of your chest
2. Measure around the smallest part of your waist. This will feel high. It may be under your chest for apple shapes.
3. Measure around the fullest part of your hips

**Step 2. Find your
measurements in one of
the charts**



Hourglass

You Have An Hourglass Shape If...

- Ratio of Bust-Waist-Hips: 4:2:4
- Curvy
- Small defined waist
- Full chest and hips
- Chest and hips are equal in measurement

The most important thing to consider is that your chest and hips are almost the same measurement and your waist is at least 4" smaller than your hip measurement. You have a defined waist, even if you are plus size.



Your
Color
Style



Hourglass

Bust			Waist			Hips		
48	TO	50	36	TO	40	48	TO	50
47	TO	49	35	TO	39	47	TO	49
46	TO	48	34	TO	38	46	TO	48
45	TO	47	33	TO	37	45	TO	47
44	TO	46	32	TO	36	44	TO	46
43	TO	45	31	TO	35	43	TO	45
42	TO	44	30	TO	34	42	TO	44
41	TO	43	29	TO	33	41	TO	43
40	TO	42	28	TO	32	40	TO	42
39	TO	41	27	TO	31	39	TO	41
38	TO	40	26	TO	30	38	TO	40
37	TO	39	25	TO	29	37	TO	39
36	TO	38	24	TO	28	36	TO	38
35	TO	37	23	TO	27	35	TO	37
34	TO	36	22	TO	26	34	TO	36
33	TO	35	21	TO	25	33	TO	35
32	TO	34	20	TO	24	32	TO	34
31	TO	33	19	TO	23	31	TO	33
30	TO	32	18	TO	22	30	TO	32
29	TO	31	17	TO	21	29	TO	31
28	TO	30	16	TO	20	28	TO	30
27	TO	29	15	TO	19	27	TO	29
26	TO	28	14	TO	18	26	TO	28
25	TO	27	13	TO	17	25	TO	27
24	TO	26	12	TO	16	24	TO	26

Measurements are in inches.

If your bust and hips measurements are the same and your waist is 4" or more smaller than your hips and bust, you are an hourglass. Even if your waist measurement doesn't line up with the chart.



You Have A Pear Shape If...

- Ratio of Bust-Waist-Hips: 3:2:4
- Defined waist
- Narrow or sloping shoulders
- Hips are wider than shoulders and bust
- May have a small bust
- Full legs, sometimes short

Your size has nothing to do with being a pear shape. You can be a size 2 through 20 and fit into this body type. See the chart on the next page.



Triangle (Pear)





Triangle (Pear)

Bust			Waist			Hips		
48	TO	51	43	TO	46	47	TO	57
47	TO	50	42	TO	45	46	TO	56
46	TO	49	41	TO	44	45	TO	55
45	TO	48	40	TO	43	44	TO	54
44	TO	47	39	TO	42	43	TO	53
43	TO	46	38	TO	41	42	TO	52
42	TO	45	37	TO	40	41	TO	51
41	TO	44	36	TO	39	40	TO	50
40	TO	43	35	TO	38	39	TO	49
39	TO	42	34	TO	37	38	TO	48
38	TO	41	33	TO	36	37	TO	47
37	TO	40	32	TO	35	36	TO	46
36	TO	39	31	TO	34	35	TO	45
35	TO	38	30	TO	33	34	TO	44
34	TO	37	29	TO	32	33	TO	43
33	TO	36	28	TO	31	32	TO	42
32	TO	35	27	TO	30	31	TO	41
31	TO	34	26	TO	29	30	TO	40
30	TO	33	25	TO	28	29	TO	39
29	TO	32	24	TO	27	28	TO	38
28	TO	31	23	TO	26	27	TO	37
27	TO	30	22	TO	25	26	TO	36
26	TO	29	21	TO	24	25	TO	35
25	TO	28	20	TO	23	24	TO	34
24	TO	27	19	TO	22	23	TO	33

Measurements are in inches.

Your waist measurement should be smaller than your bust and hips measurement.

Your hips measurement should be larger than your bust.

Keep this in mind, even if your measurements don't fit into this chart exactly.



You Have An Apple Shape If...

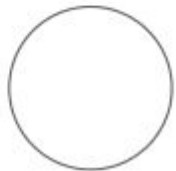
- Ratio of Bust-Waist-Hips: 3:4:3
- Fullness at midriff
- Smaller shoulders and full neck
- No waist definition
- Bust, waist and hips are close in definition
- Face shape is rounded
- Great legs



Round (Appl



Your
Color
Style



Round (Apple)

Bust			Waist			Hips		
48	TO	51	53	TO	56	48	TO	51
47	TO	50	52	TO	55	47	TO	50
46	TO	49	51	TO	54	46	TO	49
45	TO	48	50	TO	53	45	TO	48
44	TO	47	49	TO	52	44	TO	47
43	TO	46	48	TO	51	43	TO	46
42	TO	45	47	TO	50	42	TO	45
41	TO	44	46	TO	49	41	TO	44
40	TO	43	45	TO	48	40	TO	43
39	TO	42	44	TO	47	39	TO	42
38	TO	41	43	TO	46	38	TO	41
37	TO	40	42	TO	45	37	TO	40
36	TO	39	41	TO	44	36	TO	39
35	TO	38	40	TO	43	35	TO	38
34	TO	37	39	TO	42	34	TO	37
33	TO	36	38	TO	41	33	TO	36
32	TO	35	37	TO	40	32	TO	35
31	TO	34	36	TO	39	31	TO	34
30	TO	33	35	TO	38	30	TO	33
29	TO	32	34	TO	37	29	TO	32
28	TO	31	33	TO	36	28	TO	31
27	TO	30	32	TO	35	27	TO	30
26	TO	29	31	TO	34	26	TO	29
25	TO	28	30	TO	33	25	TO	28
24	TO	27	29	TO	32	24	TO	27

Measurements are in inches.

If your bust and hips measurements are the same and your waist is at least 2" larger than your hips and bust, you are an apple. Even if your measurements don't line up with the chart.

You Have A Rectangle Shape If...



- Ratio of Bust-Waist-Hips: 3:3:3
- Very little or no waist definition
- Hips and shoulders look balanced
- Small hips
- Legs are usually long
- Common figure as women age



Rectangle



Rectangle

Bust			Waist			Hips		
48	TO	51	45	TO	48	47	TO	50
47	TO	50	44	TO	47	46	TO	49
46	TO	49	43	TO	46	45	TO	48
45	TO	48	42	TO	45	44	TO	47
44	TO	47	41	TO	44	43	TO	46
43	TO	46	40	TO	43	42	TO	45
42	TO	45	39	TO	42	41	TO	44
41	TO	44	38	TO	41	40	TO	43
40	TO	43	37	TO	40	39	TO	42
39	TO	42	36	TO	39	38	TO	41
38	TO	41	35	TO	38	37	TO	40
37	TO	40	34	TO	37	36	TO	39
36	TO	39	33	TO	36	35	TO	38
35	TO	38	32	TO	35	34	TO	37
34	TO	37	31	TO	34	33	TO	36
33	TO	36	30	TO	33	32	TO	35
32	TO	35	29	TO	32	31	TO	34
31	TO	34	28	TO	31	30	TO	33
30	TO	33	27	TO	30	29	TO	32
29	TO	32	26	TO	29	28	TO	31
28	TO	31	25	TO	28	27	TO	30
27	TO	30	24	TO	27	26	TO	29
26	TO	29	23	TO	26	25	TO	28
25	TO	28	22	TO	25	24	TO	27
24	TO	27	21	TO	24	23	TO	26

Measurements are in inches.

All 3 measurements should be about the same within an inch or two.

You Have An Inverted Triangle Shape If...



- Ratio of Bust-Waist-Hips: 4:3:2
- Shoulders are wider than the hips
- Body is larger above the waist
- Small hips and flat bottom
- Great legs
- May have a full bust
- Athletic physique



Inverted triangle



Inverted triangle

Bust			Waist			Hips		
48	TO	51	43	TO	46	43	TO	46
47	TO	50	42	TO	45	42	TO	45
46	TO	49	41	TO	44	41	TO	44
45	TO	48	40	TO	43	40	TO	43
44	TO	47	39	TO	42	39	TO	42
43	TO	46	38	TO	41	38	TO	41
42	TO	45	37	TO	40	37	TO	40
41	TO	44	36	TO	39	36	TO	39
40	TO	43	35	TO	38	35	TO	38
39	TO	42	34	TO	37	34	TO	37
38	TO	41	33	TO	36	33	TO	36
37	TO	40	32	TO	35	32	TO	35
36	TO	39	31	TO	34	31	TO	34
35	TO	38	30	TO	33	30	TO	33
34	TO	37	29	TO	32	29	TO	32
33	TO	36	28	TO	31	28	TO	31
32	TO	35	27	TO	30	27	TO	30
31	TO	34	26	TO	29	26	TO	29
30	TO	33	25	TO	28	25	TO	28
29	TO	32	24	TO	27	24	TO	27
28	TO	31	23	TO	26	23	TO	26
27	TO	30	22	TO	25	22	TO	25
26	TO	29	21	TO	24	21	TO	24
25	TO	28	20	TO	23	20	TO	23
24	TO	27	19	TO	22	19	TO	22

Measurements are in inches.

Your bust measurement and the width of your shoulders should be wider than your hips and waist.

Your waist and hips may be about the same size, but your hips will likely be slightly narrower.

Your measurements should go large to small from top to bottom.

What if I feel in between body shapes?

- Take note of the body shapes you feel you are a combination of
- Watch the lessons for each body shape to understand how to enhance or minimize your features for balance. You'll be able to combine this knowledge to your personal body shape.



