

Vertical Body Shapes

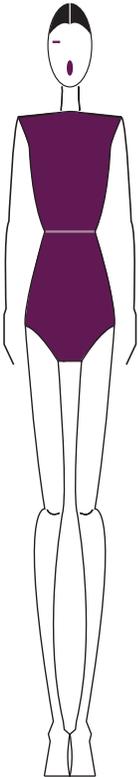
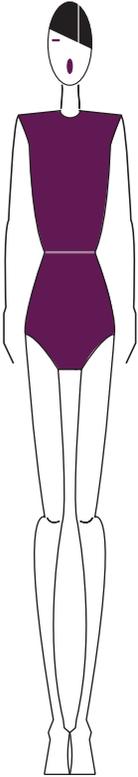
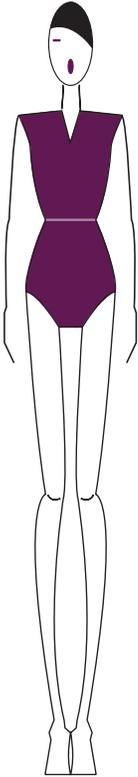
We all have a horizontal body shape, i.e., rectangular, inverted triangle, triangle, hour glass...but did you know that we all have a vertical body shape as well? This is the proportion of the bottom half of our body compared to the top half. These 3 key shapes are: "balanced", "long-waisted", and "short-waisted".

Dressing for your vertical shape:

Your vertical body shape plays a key role in determining what types of styles you should wear and how to wear them. The next few slides provide some simple tips to help you when choosing what to wear. Of course with most things there's always wiggle room, so have some fun trying these out.

Determining your vertical shape:

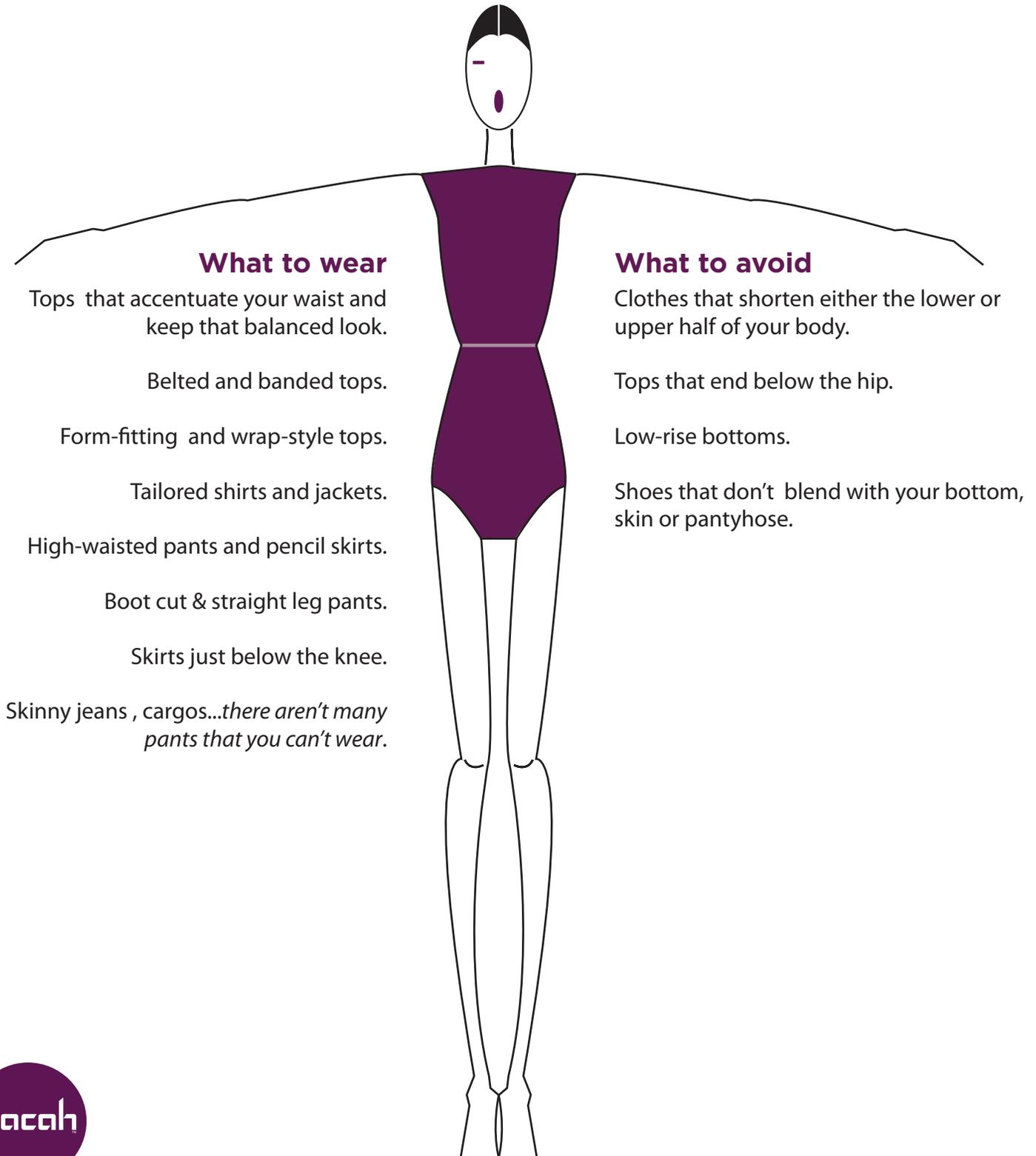
1. Locate your belly button, 2. Place one hand just below your bust, 3. Place your 2nd hand just below your 1st:
- If your belly button is a half to a full hand width below your 2nd hand, you are **long waisted**.
 - If your belly button is just under your 2nd hand you are **short waisted**.
 - If you're balanced you're normally very curvy and close to being perfectly **balanced** from top to bottom.

BALANCED		LONG-WAISTED		SHORT-WAISTED	
<p>Perfectly balanced top to bottom although this shape is perfectly balanced if not careful you can look shorter if you choose the wrong style</p>		<p>Long torso & short Legs you tend to appear shorter because your torso is longer than your legs</p>		<p>Short torso & long legs you tend to appear taller because of your long legs</p>	



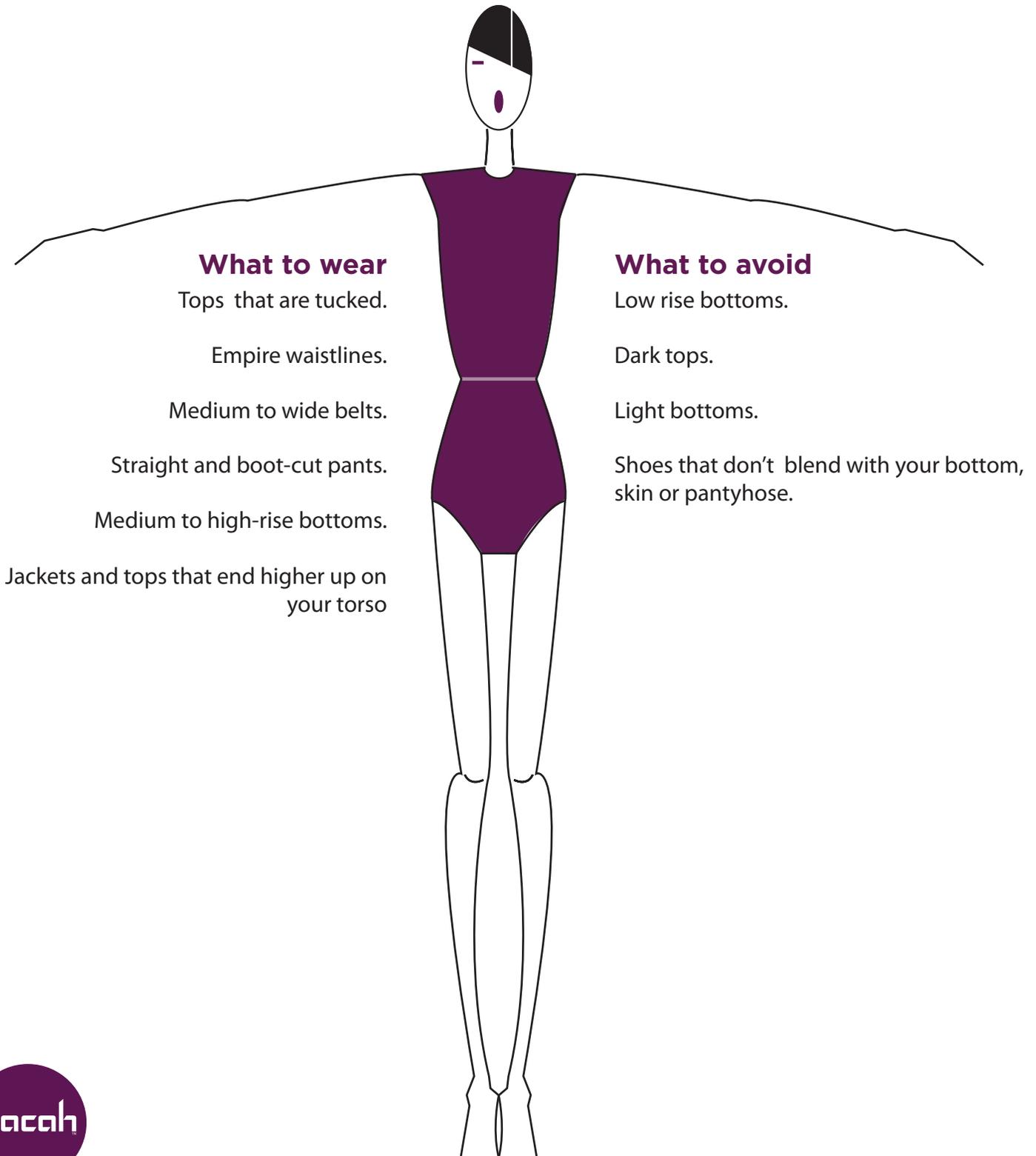
Balanced Vertical Body Shape

Perfectly balanced from top to bottom although this shape is perfectly balanced if not careful you can look shorter if you choose the wrong style.



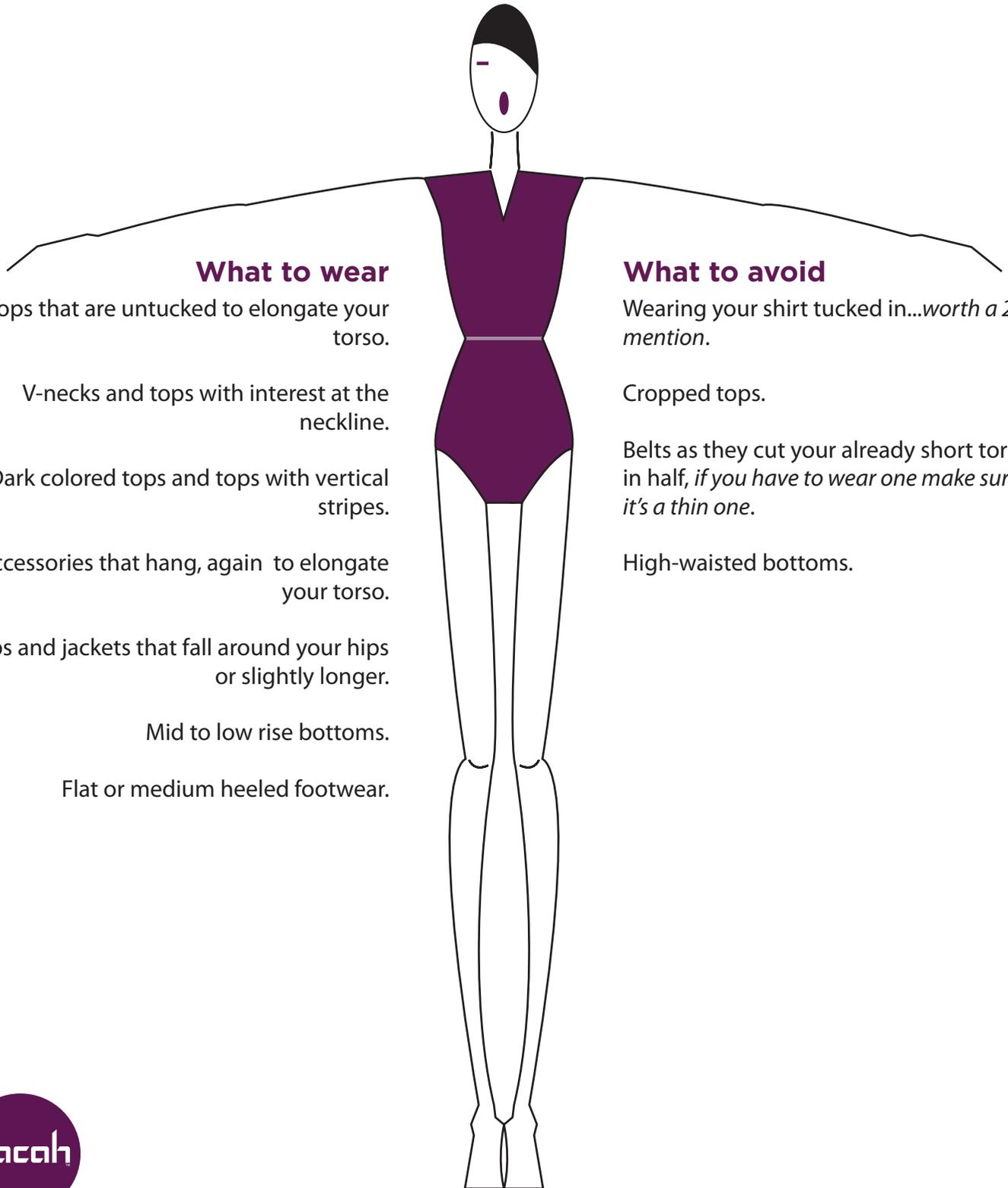
Long-waisted Vertical Body Shape

Long torso & short legs you tend to appear shorter because your torso is longer than your legs. Always avoid styles that elongate your torso.



Short-waisted Vertical Body Shape

Short torso & long legs you tend to appear taller because of your long legs. Always choose styles that elongate your torso.



What to wear

Tops that are untucked to elongate your torso.

V-necks and tops with interest at the neckline.

Dark colored tops and tops with vertical stripes.

Accessories that hang, again to elongate your torso.

Tops and jackets that fall around your hips or slightly longer.

Mid to low rise bottoms.

Flat or medium heeled footwear.

What to avoid

Wearing your shirt tucked in...worth a 2nd mention.

Cropped tops.

Belts as they cut your already short torso in half, if you have to wear one make sure it's a thin one.

High-waisted bottoms.

