

Determine Your Body Type and Size

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Proportion - Torso to Legs

Are you longer in the torso or legs?

Height in inches	
Torso vs. Legs	
Top half in inches	
Bottom half in inches	

Waist Length and Rise

Are you long-waisted, short-waisted or evenly proportioned? Underarm to hipbone/leg break. Underarm to waist I am: _____ short-waisted _____ long-waisted _____ evenly proportioned

Waist to hipbone/leg break My rise is ____ Short ___ Long ____ evenly proportioned

Shoulder Width

Are your shoulders and hips equally wide?

Stand facing a mirror with you arms clasped behind you. Visually draw a straight line from the outer should corner to the edge of your hip. Is the line straight up and down indicated your shoulders and hips are equally wide or does the line angle out toward your hips (narrow shoulders) or in toward your hips (broad shoulders)?

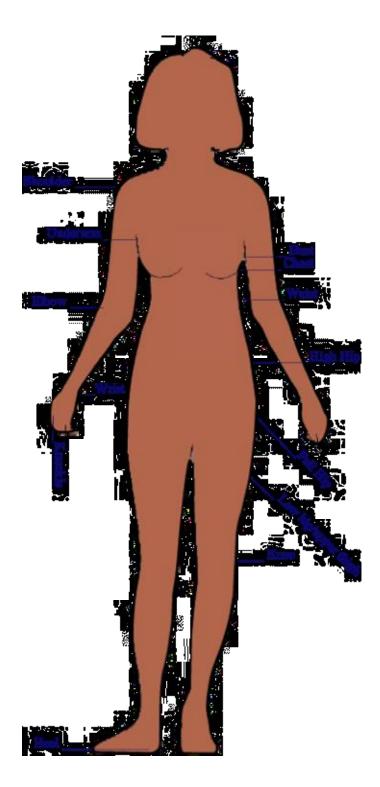
Shoulder Angle

Have a helper hold a yardstick across your shoulders. Do you have square shoulders – more of a straight line, average shoulders – a slight slope, or sloping shoulders – a more pronounced slope? Look at your back where the shoulder and neck join. Does your shoulder line smooth and flat, or is it rounded indicating a dowager's hump?

Are my shoulders: Narrow?

Do I have:	
Square?	
Sloping?	
Average?	
Broad?	
Narrow?	

"Dowanger's hump"?



Upper/Lower Leg Dimensions

Is your knee halfway between the leg break/hip joint and feet? Are you legs shorter in the thigh or shorter in the leg?

Are you longer in the thigh or leg?

Uppers leg:	
Hip/leg break to knee in inches	
Lower leg:	
Knee to the floor in inches	

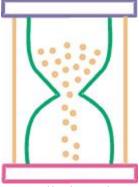
Body Dimension

Bust line in inches	
Waist	
High Hip (3 inches down from waist)	
Full Hip (measure the fullest part	
usually 8 inches from waist)	
How far below your waist is your	
fullest part?	
Are you high hipped or low hipped?	
Is the largest measurement the high	
hip or the full hip?	
Inseam – Leg Break/crotch to ankle	
bone in inches	
Hand – measure around the widest	
part of the hand at the base of the	
fingers.	
Arm length – shoulder to edge of	
wrist	
Are your arms short, long, or evenly	
proportioned to your torso?	
On an evenly proportioned woman	
the thumb usually hits at crotch level	
and the elbow usually hits about waist	
level.	

Body Types (Shape or Silhouette)

Now that you have done the measuring to determine your boy proportions and size you have the tools to identify your body type. Most women's bodies fit into one of four body types, the hourglass, the rectangle, the apple, and the pear. Your body may not be a perfect example of one of these body types but look for similarities between your body dimensions and each of the body types.

Hourglass



Full-Figured Hourglass



Thinner, Elongated Hourglass

The hourglass figure is curvy with the hips and shoulders about the same width. The waist is well defined, about 9 inches smaller than you bust or hips. The lower hips are usually wider than the high hips. Your rear is fairly round and full. The thighs are full but narrower than the lower hips. The lower legs are relatively thin and shapely.

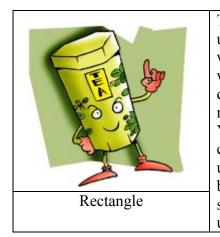
Do:

- Call attention to your well-defined waist.
- Deemphasize your ample bust line so as to not appear top-heavy.
- Wear soft, flowing, or "drape-able" fabrics and lines that acknowledge your shape without adding bulk.
- Wear a slightly narrower skirt to balance your upper and lower torso.
- If you are very curvy, soften the line with long open over blouses, cardigans, and soft jackets that flow in a line from shoulder to thigh.

Don't:

- Wear overtly sexy outfits with clingy, body-hugging shapes.
- Confine your curves into tailored, boxy clothes that broaden you.
- Wear very full skirts

Rectangular



The rectangular body type has an undefined waist, with similar bust, waist, and hip measurements. The waist is usually no more than 8 inches different from your hips or bust measurement, which ever is smaller. You may not be large busted but may carry some weight through your upper back or neck. Typically this body type has arms and legs that are slimmer than their body type. They usually don't have thigh bulges.

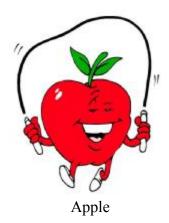
Do:

- Wear clothing that falls smoothly and gently over the midriff
- Look for styles that lend an illusion of an indented waist or flow past it altogether.
- Wear adjustable or hip-slung belts.
- Wear dropped waist styles give a long line without losing definition.
- Keep your necklines and should area interesting
- Reinforce the vertical line in soft fabrics and flowing lines
- Wear knits.

Don't:

• Wear boxy, stiff shapes that reinforce your straight lines.

Apple



The apple shaped body is rounded in shape. It has a full bust, waist, and upper back and sometimes a prominent tummy. This body type appears top heavy, usually with a pronounced midriff and flat rear. The high hip is wider than the lower hip. The bust and/or midriff is larger than the hips producing a natural wedge shape. People with this body type tend to be short waisted and may have a rounded back (dowager's hump). They may have a face that is large in relation to their bodies and have comparatively slim arms and legs. The thighs being the narrowest part of their bodies. This body type has the most limited range of dressing options. Do:

- Dress your body in shapes that work with, not against, your own natural wedge shape. Focus attention either at the should/neck/face area, or at your hip and thigh/leg area. Emphasize what works and ignore what doesn't.
- Wear wedge-shaped dresses with shoulder attention and a narrow hem.
- Wear long over lean outfits. (long blouson tops and leggings or a narrow skirt)
- Wear monochromatic outfits.
- If you wear prints, wear them all over or on the bottom half with a long jacket to cover.
- Use necklines or scarves to create long, vertical lines, but be sure that they hang against the body and don't cascade over the bosom into empty space.

Don't:

- Wear set-in waists and belts
- Wear fitted jackets and tops.

Pear



The pear-shaped body type has wider hips and thighs than shoulders and bust. The curvy lower hips and rear are the biggest part of the body. The waist is at least 8 inches smaller than the hips and the bust and shoulders may be on the smaller side. The legs are average to large in size, and the face and neck are slender in relation to the overall body size.



Do:

- Emphasize your midriff •
- Focus the attention above the waist with color, line, and detail (shoulder pads should be used).
- Wear darker colored, softly pleated skirts to deemphasize your hips, thighs, and rear.
- Use belts to help define your waist.
- If you wear prints wear them above the waist.
- Wear light, bright colors that attract the eye above the waist.
- Wear softly pleated or flat-front pants.
- Wear long, softer over blouses, sweaters, and shirts. They will work best worn open over a belted or tucked-in top.
- Wear separates

Don't:

- Wear light, bright colored or print skirts or slacks and dark tops.
- Wear skimpy tops.
- Wear stiff, thick fabric skirts or pants.
- Wear short skirts
- Raglan or dolman sleeves
- Flat shoes (unless having comfortable feet wins out over dressing for your body type).

Size Charts

Missy Sizes Women 5'4" or taller									
Size	Size 4 6 8 10 12 14 16 18 20								
Bust	33	34	35	36	38	39	40	42	44
Waist	25	26	27	28	29	30	32	33	35
Hips	33	34	35	36	38	40	42	43	45

Women's Sizes										
Women 5'4" or taller										
Size	14W	16W	18W	20W	22W	24W	26W	28W	30W	
	L – 1X	1X	2X	2X	3X	3X	4X	4 – 5X	5 - 6X	
Bust	40	42	44	46	48	50	52	54	56	
Waist	31	33	35	37	39	41	43	45	47	
Hips	42	44	46	48	50	52	54	56	58	
Nape to	17 ³ ⁄4	18	18 ¼	18 ½	18 ½	19	19 ¼	19 ½	20	
Waist*										
Sleeve	23 5/8	23 ³ / ₄	23 7/8	24	24 1/8	24 ¼	24 3/8	24 1/2	24 5/8	
length**										
Inseam***	29 ½	29 ½	29 ½	29 ½	29 ½	29 ½	29 1/2	29 1/2	29 ½	
* Nape, or the back of the neck to the waist, along the center back										
** Sleeve is	s measured	from the	should sear	n to wrist	break					
*** Inseam is measure from the leg break/hip bon/inner crotch area to the anklebone, or just above the										

*** Inseam is measure from the leg break/hip bon/inner crotch area to the anklebone, or just above the top of the foot

Woman Petite Sizes

Women's Petite Sizes											
Women under 5'4"											
Size	14WP 16WP 18WP 20WP 22WP 24WP 26WP										
Half Size	14 ½	16 ½	18 ½	20 1/2	22 ½	24 ½	26 ½				
Bust	40	42	44	46	48	50	52				
Waist	31	33	35	37	39	41	43				
Hips	42	44	46	48	50	52	54				

Junior Sizes

	Junior Sizes									
Young women under 5'7" tall										
Size	5 7 9 11 13 15 17 19									
Bust	33	34	35	37	38	40	42	44		
Waist	24	26	27	29	30	31	32	33		
Hips	34	35	37	39	40	41	42	43		