



Body Measurement & Shape Guide

Your Key To A Wardrobe That Works

by

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Your Body Measurements



To determine your body shape, you first need to take your body measurements. Please use a tape measure and fill out your measurements below.

Total Height

Without shoes, measure from the floor to the top of your head.

My height is _____ inches

Waist Circumference

To find your natural waistline, bend to one side and that crease is where you measure your waist. Without buckling the tape, wrap it around your torso and meet just above your belly button.

My waist is _____ inches

Shoulder Circumference

Place the measuring tape at the tip of one shoulder and wrap it all the way around you like a shawl. (Ideally, have a friend help you on this one.)

My shoulders are _____ inches

Bust Circumference

Stand straight and by pulling the tape as taut as you can without changing the shape of your breasts, wrap the tape around your back and across the fullest part of your breasts.

My bust is _____ inches

My bra size is _____ inches

Hip Circumference

Hold the measuring tape at one hip below the bone. Then, keeping the tape flat, wrap it around the largest part of your buttocks, the other hip and bring it around to meet the other end.

My hips are _____ inches

Your Body Shape

Your body shape is just that - the geometric shape that your features create in your silhouette. By connecting the “dots” between your features, you can easily visualize your shape.

You can determine your body shape with the measurements that you just took on page 2.

Which body shape are you?



Inverted
Triangle



Triangle



Diamond



Hourglass



Rectangle

Continue to the next pages to determine your shape, and find out how to dress to flatter your figure.

Inverted Triangle



You know you're an Inverted Triangle if:

- Your shoulders or bust are larger than your hips
- You have little definition between your waist and hips
- You can sometimes appear top heavy

What To Wear:

- U-necklines, V-necks, and square necks
 - Creates a flattering neckline & pulls the eye in from your shoulders
- Low-rise pants with a wide waistband and skinny jeans that taper at the ankle
 - Makes your hips look wider
- Jackets that cinch at the waist then flare out
 - Creates the illusion of curvy hips
- Full skirts (like pleated) made from sturdy fabrics
 - Helps fill out your bottom half

What To Avoid:

- Spaghetti straps that sit far apart on your shoulders,
 - Will widen the shoulder area even more
- Halter dresses that pull from the center of your chest
 - Will widen the top half of your body
- Puffed sleeves and shoulder pads
 - Widens the chest area
- Dark, straight-leg jeans
 - Makes your hips seem too small to carry your shoulders

Triangle



You know you're an Triangle if:

- Your hips are wider than your shoulders
- You're a larger size on the bottom half due to fuller hips and thighs
- You can sometimes appear bottom heavy

What To Wear:

- Empire waist dresses that gather at the bust area
 - Adds volume to your top half
- Straight-leg and boot cut pants that flare just slightly from the knee
 - Balances your hips from below
- Off-the-shoulder tops and wide scoop necks
 - Creates a wider horizontal line
- Cap-sleeved jackets and shirts
 - Brings out your shoulders

What To Avoid:

- Busy patterns or bright colors on your pants
 - Draws attention to your bottom half
- Skinny jeans or stovepipe pants that taper towards your ankles
 - Will accentuate your hips
- Knee-high boots with skirts
 - Breaks the vertical line and draws attention to your bottom half
- Sheath dresses that bring your shoulders down
 - Exaggerates your triangle even more

Diamond



You know you're a Diamond if:

- You have balanced hips and shoulders
- You have generous upper and lower waist

What To Wear:

- Boot-cut jeans that add volume to the bottom half
 - Balances off the hips and stomach area
- Gently flared "A" line skirts that skim the tummy but don't cling to the bottom
 - Helps add volume below your waist
- Wrap-over tops that tuck in the waist
 - Separates the breast area
- Tops with open scooped or V-neck lines
 - Draws the eye towards the cleavage in a flattering way

What To Avoid:

- Cropped pants
 - Makes the legs look shorter and stockier
- Any clothing with elasticized waist bands
 - Create unflattering bulges
- Side pockets in pants
 - Emphasize the hip area
- Animal prints, large prints and horizontal features
 - These widen the body and add bulk

Hourglass



You know you're an Hourglass if:

- Your shoulders, bust and hips are around the same size with a very defined waistline
- You wear the same size on top and bottom

What To Wear:

- Low V-neck, wrap tops and sweetheart necks
 - Shows off your collarbone
- Low-waisted, bootcut or flared jeans and trousers
 - Helps draw in your waistline
- Fitted jackets and belts
 - Accentuates your waistline
- A-line and softly pleated skirts
 - Complements the shape of your lower half

What To Avoid:

- Clothes that have no shape (like boxy cuts)
 - Hides your fabulous figure
- Skirts that are too full (like full-gored and pleated)
 - Brings imbalance to your shape
- Crew necks and turtle necks
 - Hides the chest area
- Drop-waist dresses
 - Disguises your waist

Rectangle



You know you're a rectangle if:

- Your shoulders, bust and hips are around the same size with no defined waist
- You have a straighter shoulder line and boyish shape

What To Wear:

- Tops that have strong and wide shoulders
 - Will shrink your waist area
- Low-rise stovepipe pants or skinny jeans
 - Shows off your slender figure while adding subtle bulk to your hips
- Belts that cinch at the waist
 - Pull the eye inward
- Same shade on the top and bottom, with a different color in the middle
 - Instantly creates a waistline

What To Avoid:

- Sleeveless tops that cut off your arms too sharply
 - Squares off your look
- Short tops and crop tanks
 - Breaks up the vertical flow of your figure
- Knee-high boots with short skirts
 - Squares off your shape
- Boxy shift dresses that fall straight from your shoulders to your knees
 - Reinforces your rectangular shape

Congratulations!

You now know your body measurements,
and have identified your body shape.

You've also learned what to wear to best flatter your shape,
and what clothes draw attention to your unflattering
areas so you can avoid them

If you have more questions or want personalized help, please get in touch!

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For more helpful tips on your image (and dating) and to schedule a session,
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Finally, I'd love if you'd join me on social media!

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Talk to you soon!

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