

## Body Profile

**Name:** Shanley\_Lisa  
**Date:** 09-14-2009

**Horizontal Body Shape:** Diamond  
**Vertical Body Shape:** Long-waisted, Short Legs  
**Body Frame:** Medium  
**Height Type:** Average  
**Height/Weight Ratio:** Average

**Bra Size:** G  
**Bust Size:** Large  
**Bust Location:** Balanced

**Upper Arms:** Average  
**Shoulder Slope:** Average  
**Abdomen:** Average  
**Buttocks:** Average

**Coloring:** Summer



## Body Measurements

**Shoulder Width:** 12  
**Waist Width:** 14  
**Hip Width:** 12

**Bicep Circumference:** 12  
**Neck Circumference:** 13

**Full Bust:** 40  
**Underbust:** 30

**Shoulder to Floor:** 54  
**Bust to Floor:** 48  
**Waist to Floor:** 42  
**Hip to Floor:** 36  
**Inseam to Floor:** 28  
**Knee to Floor:** 18

**Height:** 66  
**Weight:** 148  
**Age:** 48

## Style Analysis

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### Horizontal Body Shape: Diamond

**Overall Challenge:** The overall goal for the diamond figure is to minimize a thick waistline by emphasizing shoulders and filling out hip area.

#### Best Bets:

- smooth, loose fit over mid body
- garments that hang from the shoulders and skim the waistline
- garments that flare from the underarm point and skim the waistline
- semi-fitted jackets with shoulder pads
- triangular accents at the waistline
- princess seams with slight shaping at the waistline
- deep, wide v-necks
- contrasting vertical panels
- small scale patterns on tops
- necklaces and scarves

#### Best Avoid:

- baggy or sack dresses
- contrasting wide belts and waistbands
- box jackets, waistlength garments, and cardigans
- double breasted jackets
- clingy, thin fabrics
- tubular garments and cropped tops
- gathered or elastic waistlines
- cinched waistlines with thick belts
- wide collars and lapels
- horizontal details and contrast at the hipline

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### Vertical Body Shape: Long-waisted, Short Legs

**Overall Challenge:** The overall challenge for short legs is to visually lengthen the legs and balance the upper body with the lower body.

#### Best Bets:

- vertical lines below waist such as pleats, creases, stripes, and seams
- mid thigh length jackets with pants and heels
- low to medium height shoe heels
- hemlines to floor, at or just below knee, or mid calf with boots in similar color

#### Best Avoid:

- hip huggers and faced waistlines
- border print fabrics at skirt and pant hemlines
- skinny jeans or pants that outline the leg
- cropped pants

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### Height Type: Average

**Overall Challenge:** The overall goal is to provide a continuous vertical line to appear taller.

#### Best Bets:

- vertical lines and seams throughout the garment
- monochromatic or similar colors for tops and bottoms
- narrow necklines, collars, and lapels
- high waisted pants and skirts
- dresses, tops, and jackets without waistline seams
- hemlines at or just below the knee
- floor length garments with heels

**Best Lengths:**

- Dresses and Skirts - 23 to 25 in from natural waist to hem
- Tops and Blouses - 3 to 14 in from natural waist to hem
- Jackets - 10 to 14 in from natural waist to hem
- Formal Wear - 43 to 45 in from natural waist to hem
- Pants - 27 to 30 in inseam
- Shorts - 3 to 7 in inseam

**Best Avoid:**

- hemlines at mid calf or just above the ankle
- waist length garments
- horizontal lines at the waist
- wide belts
- garments with tiered layers
- border print fabrics
- cropped pants and pants with cuffs

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**Weight Type:** Average

**Overall Challenge:** The overall goal is to appear thinner.

**Best Bets:**

- vertical lines and princess seams throughout the garment
- accentuate and emphasize the shoulder line
- tapered skirts and slim leg pants
- garments that skim the body
- fluid wrap styles
- diagonal style lines
- monochromatic or matching colors
- medium to dark colors on larger body areas
- lighter, brighter colors in smaller body areas
- long front plackets
- looser jackets below the waist
- narrow necklines, collars, and lapels
- straight set-in sleeves without cuffs

**Best Avoid:**

- horizontal lines below the shoulder area
- clingy, drapey fabrics that emphasize curves
- baggy, sack-like garments
- garments that are too tight
- sleeves with full gathered caps and sleeve cuffs

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**Bust Type:** Large

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**Abdomen Type:** Average

**Overall Challenge:** The overall goal is to diminish the prominence of the tummy.

**Best Bets:**

- empire waisted dresses
- flat front pants and skirts

**Best Avoid:**

- garments that are too tight
- cropped tops and jackets
- double breasted garments
- belted waistbands

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**Buttocks Type:** Average

**Overall Challenge:** The overall goal is to diminish the prominence of the buttocks.

**Best Bets:**

- dark colors for bottoms
- flat front skirts
- straight leg flat front pants
- garment lengths that fall below the widest part of the hip

**Best Avoid:**

- garments that are too tight
- pleats, ruffles, gathers, on bottoms
- pockets on back of pants and skirts

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**Coloring Type:** Summer

Summers have skin tones with cool, blue or pink undertones. Skin color is typically pale pink. Hair color is most often natural blonde. Summers have very low contrast between hair, eyes, and skin.

**Best Bets:**

- soft pastels and neutral colors
- muted colors with cool, blue undertones
- powder blue, dusty pink, mauve, lavender, and pale yellow are good choices
- medium to light gray
- navy and true red
- silver jewelry

**Best Avoid:**

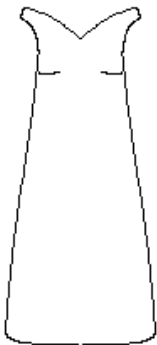
- intense, vivid, dramatic colors
- earth tones
- black and pure white
- orange-based colors
- gold jewelry

## Suggested Styles

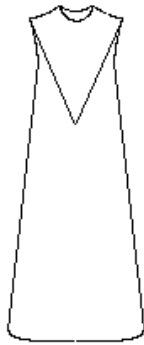


## Dresses and Tops

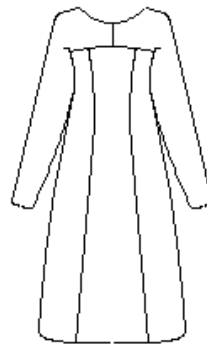
- dresses that hang from the shoulders and skim the waist
- dresses that flare from the underarm and skim the waist
- diagonal lines and triangular accents
- a-line princess seams with slight waistline shaping
- single breasted tailored shirts with rounded hemlines
- garments with uneven hemlines
- neckline pleats or gathers



Off Shoulder A-line



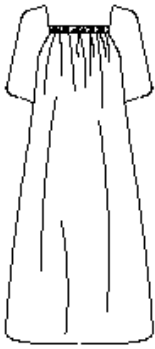
V-Yoked Shift



Yoked Princess Kimono Sleeve



Pleated Center Front



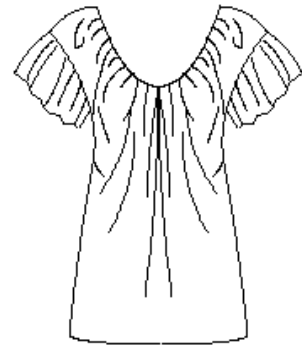
**Gathered Square Neck**



**Tailored Shirt**



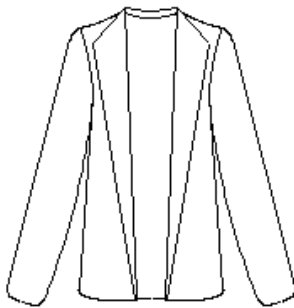
**Uneven Hemline**



**Pleated Neckline**

### Jackets and Coats

- semi-fitted with shoulder pads
- princess seams with waistline shaping
- asymmetrical, vertical, and diagonal lines
- contrasting vertical or diagonal panels
- single breasted styles with narrow and long lapels
- avoid double breasted styles
- avoid cropped or waist length styles
- avoid box styles with straight side seams



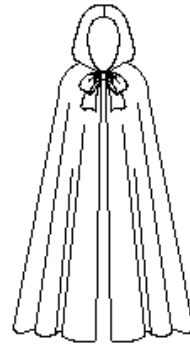
**Triangular Reverse**



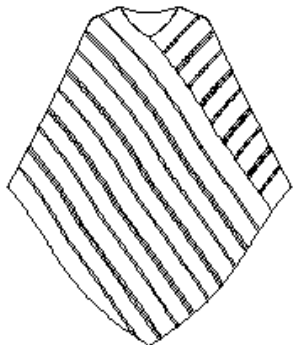
**Asymmetrical Jacket**



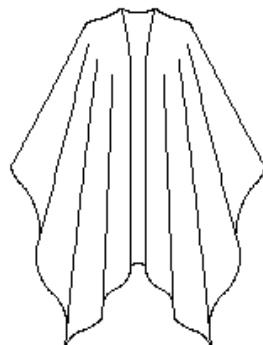
**Frock Coat**



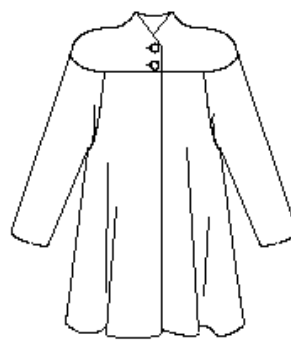
**Cape**



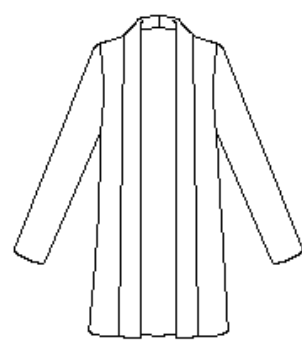
**Poncho**



**Ruana**



**Shoulder Yoke Swing Coat**



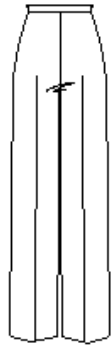
**Tuxedo Jacket**

### Pants

- trouser cut and relaxed fit through hips, thighs, and knees
- straight or boot leg style with flat front at high hip or natural waistline
- narrow waistbands and smooth waistlines
- diagonal front pockets
- elastic sides or back for shaping and comfort
- fabrics with slight stretch in darker colors
- avoid heavy topstitching
- avoid cuffs and other horizontal details
- avoid pleats, patch and scoop pockets
- avoid low cut waistlines, tapered legs, and capris



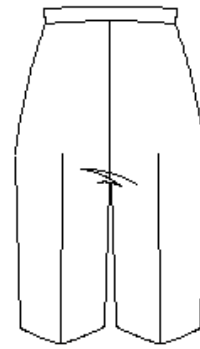
**Trouser Cut**



**Straight Leg**



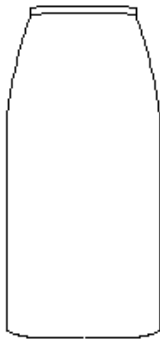
**Boot Leg**



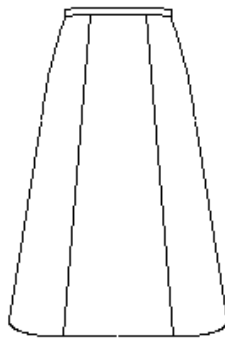
**Bermuda Shorts**

### Skirts

- straight and slightly flared skirts
- smooth waistlines at high or natural waistline
- narrow waistbands with side or back zipper
- side or back elastic for shaping and comfort
- vertical details at hemline
- avoid horizontal details at the hemline
- avoid patch and trouser pockets
- avoid low waist styles



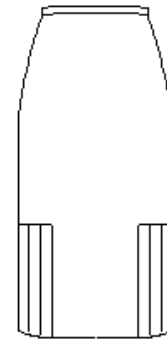
**Straight**



**A-line**



**Modified Dirndl**



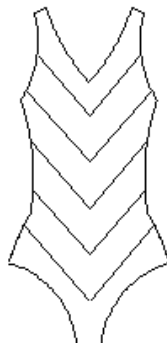
**Inset Pleats**

### Swimwear

- diagonal lines or chevrons
- solid, dark colors or small, all over prints
- princess seam with color blocking
- small, all over prints
- avoid white and neon colors



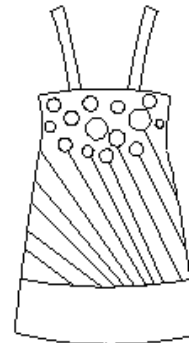
**Skirted Empire**



**Chevron**



**Princess Seams**



**Diagonal Pattern**

### Necklines and Collars

- deep wide v-neck
- cowl necklines

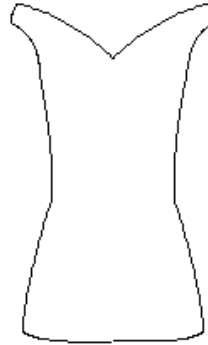
- decollette or off shoulder
- ruffled collars
- single breasted with narrow, long lapels
- notched, revere, and shawl collars
- long, narrow v-neck collars



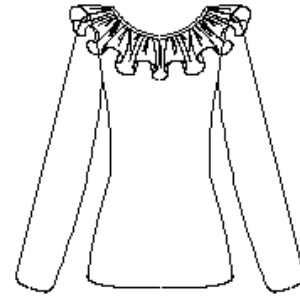
**V-Neck**



**Cowl Neck**



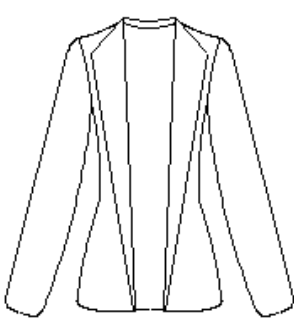
**Decollette**



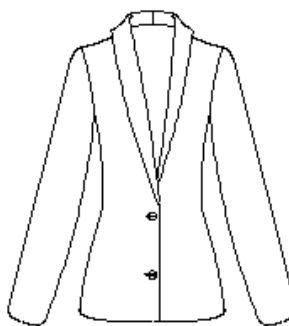
**Ruffled Collar**



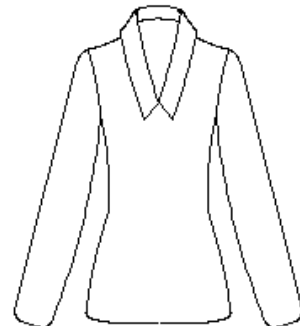
**Notched Collar**



**Triangular Revere**



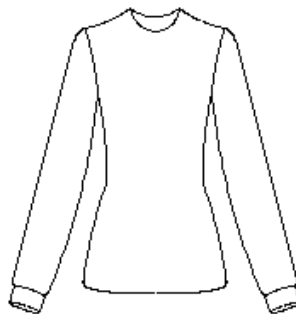
**Shawl Collar**



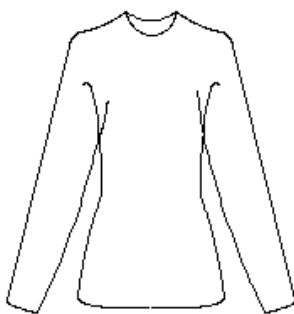
**V-Neck Collar**

### Sleeves and Cuffs

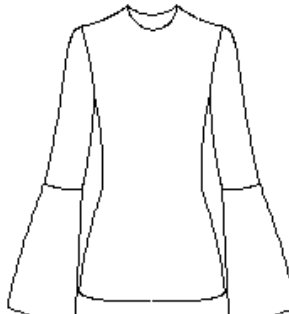
- long smooth cap, straight, set in styles
- kimono and dolman styles
- pleated, simple cuffs
- leg-o-mutton and juliet styles
- fit-n-flare styles
- short puff, petal, cap styles
- avoid full gathered sleeves at the wrist
- avoid bishop, bell, and three-quarter lengths



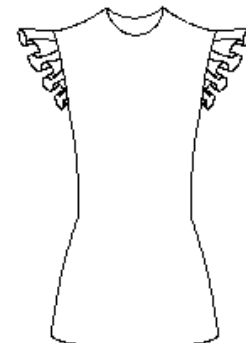
**Set-In**



**Kimono**

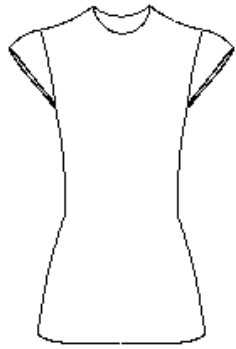


**Fit-n-Flare**

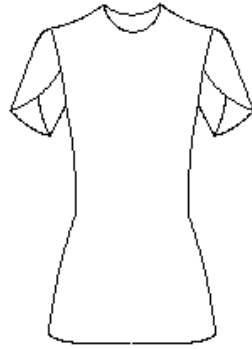


**Ruffled**





**Cap**



**Petal**



**Puff**



**Leg-o-mutton**

**Summer Color Palette**



Medium Gray



Light Gray



Blue Gray



Chocolate



Light Brown



Taupe



Burgundy



Deep Rose



Rose



Rose Pink



Raspberry



Salmon



Buff



Ice Pink



True Red



Lemon Yellow



Medium Green



Jade Green



Aqua



Cyan



Mint



Ice Green



Turquoise



Purple



Periwinkle



Peacock Blue



Medium Blue



Navy



Silver



Ice Gray