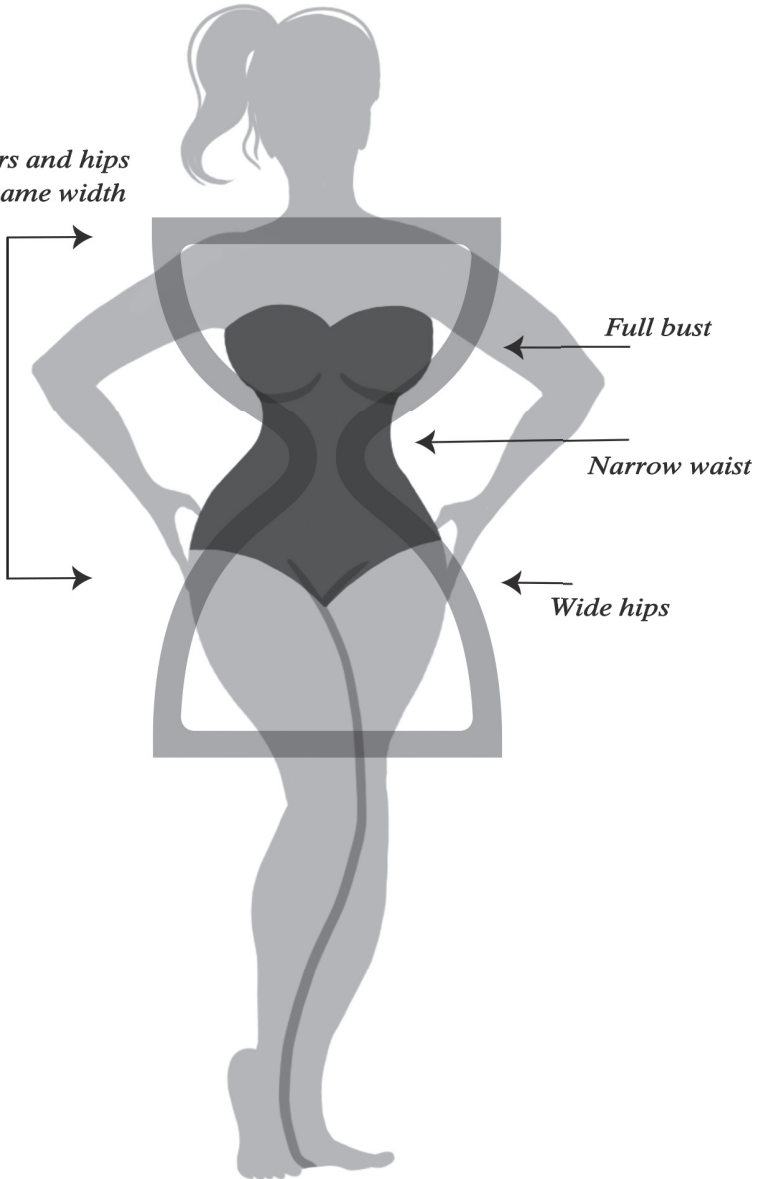


Hourglass

*Shoulders and hips
are the same width*



The Hourglass Shape

The hourglass shape is defined by a woman's body measurements—the circumference of the bust, waist, and hips. Hourglass body shapes have a wide bust, a narrow waist, and wide hips with shoulders and hips being roughly the same width. You tend to have a short waist and round bottom. Think of the iconic Marilyn Monroe, who was known to be a size fourteen (which would be a size eight to ten today) with measurements of 35"-22"-35". Some people describe the hourglass shape as “curvy with a well-defined waist.” It's all about celebrating your waist and showing off your neckline. Focus on silhouettes that draw the eye to the slenderest part of your body. Famous hourglass shapes include Marilyn Monroe, Beyoncé, and Jennifer Lopez.

THE HOURGLASS SHAPE

STYLING TIPS	
<ul style="list-style-type: none"> • Embrace the bum • Define your waist • Show off your curves 	<ul style="list-style-type: none"> • Pick stretchy fabrics • Avoid anything shapeless and boxy
Tops (Friend)	Tops (Foe)
<ul style="list-style-type: none"> • Fitted wrap tops • Fitted V-neck or boat neck • Form-fitting jersey knits • Peplums, as these tops mirror your shape • Button-down with sleeves rolled up to where the waist hits 	<ul style="list-style-type: none"> • Tunic tops (they typically stop right at the waistline) • Empire tops • Turtlenecks (they create an area around the bustline so that it appears larger) • High-neck tops (high necklines can make the chest look even fuller) • Kimono tops • Tube tops
Outerwear (Friend)	Outerwear (Foe)
<ul style="list-style-type: none"> • Trench coats, belts • Fitted blazers that cinch at the waist and flare at the hip 	<ul style="list-style-type: none"> • Boxy jackets
Dresses and Skirts (Friend)	Dresses and Skirts (Foe)
<ul style="list-style-type: none"> • Wrap dresses are your best friends • Fit-and-flare dresses • Bodycon dresses with stretchy fabrics • High-waisted and pencil skirts (they elongate the legs; add a flounce around the bottom to balance fuller tops and jackets) 	<ul style="list-style-type: none"> • Loose, free-flowing fabrics • A-line dresses • Empire waist dresses • Baby doll dresses

THE HOURGLASS SHAPE

Pants and Jumpsuits (Friend)	Pants and Jumpsuits (Foe)
<ul style="list-style-type: none"> • High-waisted and narrow-waist flared jeans or trousers (they balance out the hips and create the illusion of longer legs; flaring should start from top and not from the knee) • Boot-cut jeans • Fitted jumpsuits • Full-length, fitted skinny jeans and leggings • Pro tip: See a tailor to pinch in the waist of your pants 	<ul style="list-style-type: none"> • Low-waisted pants (unless your stomach is very flat) • Cropped pants • Cargo pants with large pockets • Pockets that add weight to your hips
Accessories (Friend)	Accessories (Foe)
<ul style="list-style-type: none"> • Belts are your best friend! 	<ul style="list-style-type: none"> • Lucky you, accessorize all you like. But keep it in proportion
Shoes (Friend)	Shoes (Foe)
<ul style="list-style-type: none"> • Closed-toe pumps • Nude pumps • Pointy-toed shoes 	<ul style="list-style-type: none"> • Shoes with ankle straps
Proceed with Caution	
<ul style="list-style-type: none"> • Baggy clothes • Vertical stripes • Bold patterns 	<ul style="list-style-type: none"> • Pants with large pockets on front or back • Heavy, thick fabric like corduroy, tweed, and wools • Skinny jeans (layer to camouflage with a duster or cardigan)