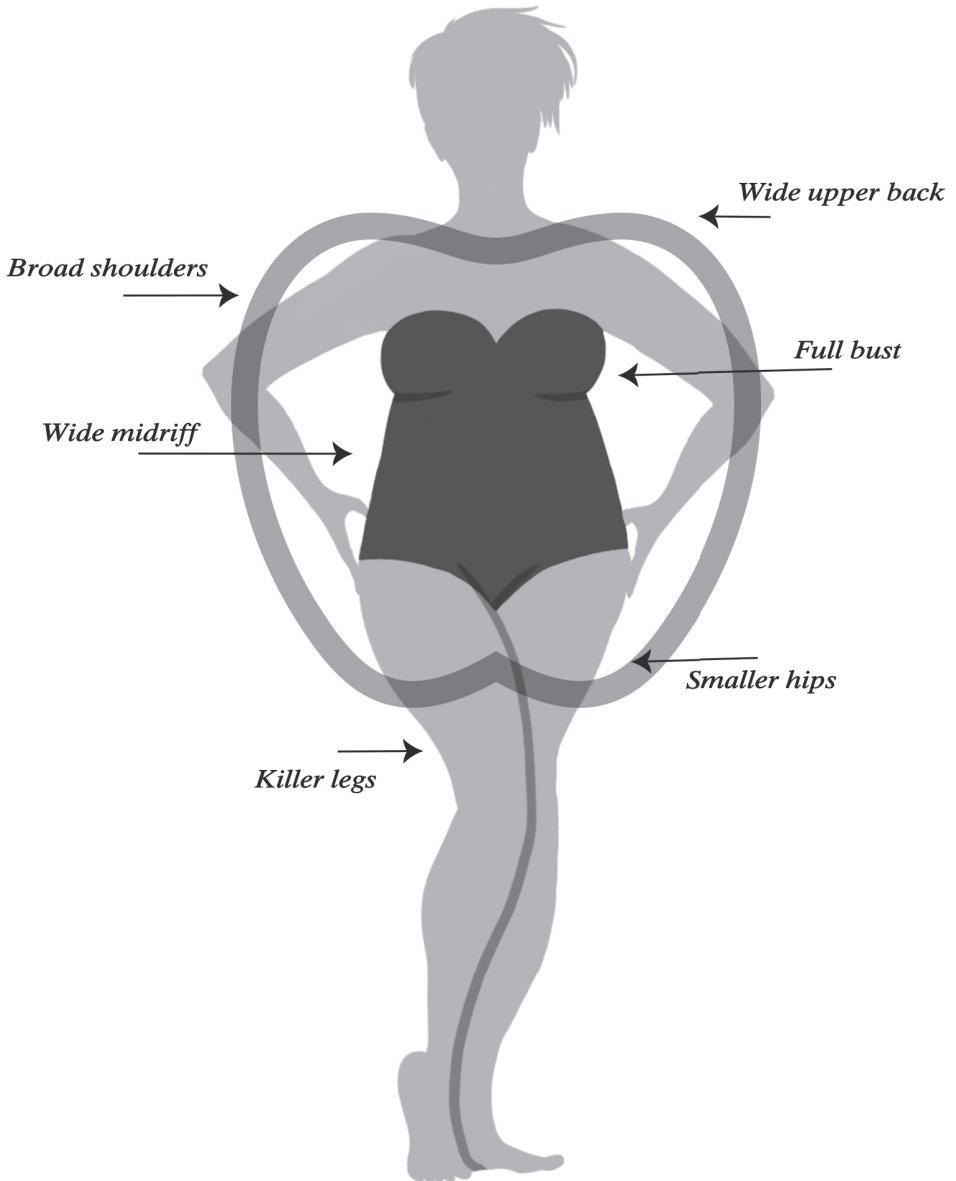


Apple



The Apple Shape

The apple shape is described as “top heavy,” meaning your weight leans more toward your upper body. Apples have a wide torso, broad shoulders, and full bust, waist, and upper back. Apple-shaped bodies tend to have thinner arms, legs, and hips and tend to gain weight in their waistlines. The key here is to balance it out, draw the attention away from your belly, and emphasize your legs. Being an apple shape does not mean that you are heavy. You can be tall and slim and still have an apple-shaped body. In the club: Jennifer Hudson and Catherine Zeta-Jones.

THE APPLE SHAPE

STYLING TIPS	
<ul style="list-style-type: none">• If you have great legs, flaunt them• For more leg coverage, try opaque tights or nylons• Don't cover up your body with loose, shapeless clothing• Define your curves• A well-fitted bra is a must	<ul style="list-style-type: none">• Avoid unnecessary bulk around your middle by choosing soft fabric• Draw attention to legs and shoulders• Look for clothing with vertical lines to create a long and lean silhouette• Emphasize your cleavage to draw attention upward• Ruche is your best friend
Tops (Friend)	Tops (Foe)
<ul style="list-style-type: none">• Wrap tops (they will create a more defined waistline and show off your bust)• Dolman sleeves• Empire-waist cuts (they draw attention to the slimmest point of your body)• Loose, V-neck blouses• Peplums (this creates the illusion of an hourglass and covers your midsection)• Asymmetrical tops (this helps create slimming lines)• Patterns can create a camouflage effect	<ul style="list-style-type: none">• Fitted tops• High necklines• Tight, clingy T-shirts• Voluminous, shapeless tops• Decorative necklines (this causes the eye to be drawn upward)
Outerwear (Friend)	Outerwear (Foe)
<ul style="list-style-type: none">• Open-front jackets without closures• Cardigans without closures• Long sweater vests• Dusters• Long lapel blazers	<ul style="list-style-type: none">• Big puffy jackets• Shapeless, boxy garments

THE APPLE SHAPE

Dresses and Skirts (Friend)	Dresses and Skirts (Foe)
<ul style="list-style-type: none"> • Empire waists • Shifts • Off-the-shoulder • Wrap dresses (ties on the side of the dress, not in the front) • Bias cuts (cut on a diagonal) with loose fabric • Dresses with ruche, draping, or layers • A-line and pencil skirts 	<ul style="list-style-type: none"> • Tiered ruffle skirts • Bodycon dresses and tops
Pants and Jumpsuits (Friend)	Pants and Jumpsuits (Foe)
<ul style="list-style-type: none"> • Leggings • Straight jeans • Skinny jeans • Trousers, flared or straight 	<ul style="list-style-type: none"> • Wide-leg trousers
Accessories (Friend)	Accessories (Foe)
<ul style="list-style-type: none"> • Statement earrings, rings, cuffs • Long necklaces • Scarves 	<ul style="list-style-type: none"> • Small petite bags, as they don't balance out the shape of your body
Shoes (Friend)	Shoes (Foe)
<ul style="list-style-type: none"> • Bold-colored shoes to show off your legs • Nude shoes to make legs look even longer • Embellished shoes • Pointy-toed shoes • Single-strap shoes • Over-the-knee boots • <i>Anything</i> that shows off those legs! 	<ul style="list-style-type: none"> • Mid-calf ankle boots, as they can shorten your legs
Proceed with Caution	
<ul style="list-style-type: none"> • Beware of clingy materials, especially around the waistline. Belts are a good way to cinch the waist! However, make sure your belt is worn at the thinnest part of your midsection and that its color is the same as the garment's. 	<ul style="list-style-type: none"> • For outerwear, buttoning or closing is optional for the ones I suggested, so make fit the priority here. Choose sizes that fit your shoulders best. Fill in any "open" space with a scarf or a long necklace.