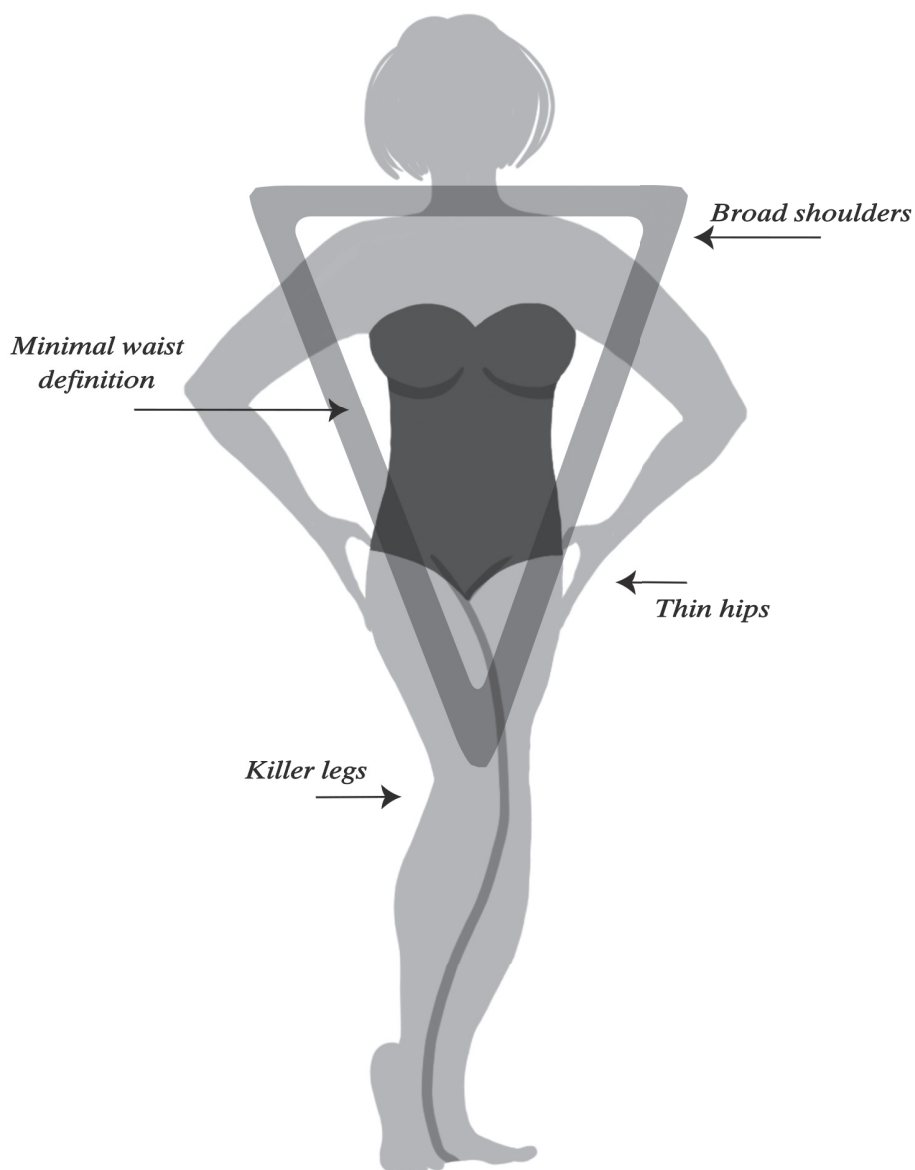


Inverted Triangle



The Inverted Triangle Shape

The inverted triangle can sometimes be confused with the apple shape. The distinguishing characteristics are broad shoulders and thin hips with no waist definition. Both body shapes may have a larger bust with killer legs. A well-toned inverted triangle is one of the most coveted body types. But it's all about balancing the upper and lower body so that "triangles" don't look top heavy or too broad. The trick is to minimize the attention to your chest and shoulders and add volume to your lower half to harmonize your silhouette. In the inverted triangle club: Cindy Crawford, Renée Zellweger, and Demi Moore.

THE INVERTED TRIANGLE SHAPE

STYLING TIPS	
<ul style="list-style-type: none"> • Embrace your strong shoulders (they help to create the illusion of a very small waistline) • Show off those legs! • Wear darker colors on top and lighter colors on bottom 	<ul style="list-style-type: none"> • Keep jewelry small on the upper half of your body to avoid drawing attention to your shoulders • Avoid shoulder pads and puffed sleeves at all costs • Keep it simple and steer clear of tops with embellishments
Tops (Friend)	Tops (Foe)
<ul style="list-style-type: none"> • Wrap tops • Halter tops • Crew and scoop necks • Tailored tops that tie or nip at the waist • Peplums • Asymmetrical cuts • Kimono and dolman-sleeve tops 	<ul style="list-style-type: none"> • Tops with shoulder pads or flutter sleeves • Wide or plunging necklines • Spaghetti strap tops (look for ones with slightly thicker straps) • Wide, off-shoulder tops • Loud patterns • Billowing, shapeless blouses • Fitted long sleeves
Outerwear (Friend)	Outerwear (Foe)
<ul style="list-style-type: none"> • Nipped or belted at the waist • Straight and deconstructed cuts • Peplums • Jackets that extend beyond the hips • Sweaters or jackets with hip details • Wrap cardigans 	<ul style="list-style-type: none"> • Double-breasted • Big collared jackets or coats with shoulder details • Jackets with shoulder pads
Dresses and Skirts (Friend)	Dresses and Skirts (Foe)
<ul style="list-style-type: none"> • Maxi and midi skirts that create volume • Tulip, box pleat, and A-line skirts • Dresses with paneled or nipped waists • Tiered, full, and pleated skirts • Shift, A-line, and pleated dresses 	<ul style="list-style-type: none"> • Tight, fitted dresses that don't add volume to the hips • Watch necklines and avoid embellishments that emphasize the upper body

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Pants and Jumpsuits (Friend)	Pants and Jumpsuits (Foe)
<ul style="list-style-type: none"> • Palazzo pants • Baggy, boyfriend, and boot-cut jeans • Boot-cut flare jeans or trousers • Flare and wide trousers 	<ul style="list-style-type: none"> • Skinny-fit jeans
Accessories (Friend)	Accessories (Foe)
<ul style="list-style-type: none"> • Large bangles and cocktail rings • Long pendant necklaces 	<ul style="list-style-type: none"> • Large earrings and statement necklaces
Shoes (Friend)	Shoes (Foe)
<ul style="list-style-type: none"> • Go for bold, bright, and eye-catching shoes • Wedges and block heels 	<ul style="list-style-type: none"> • If you are petite, avoid shoes that cut off your legs
Proceed with Caution	
<ul style="list-style-type: none"> • Wide necklines • Clothing that is too fitted may create a muscular build 	