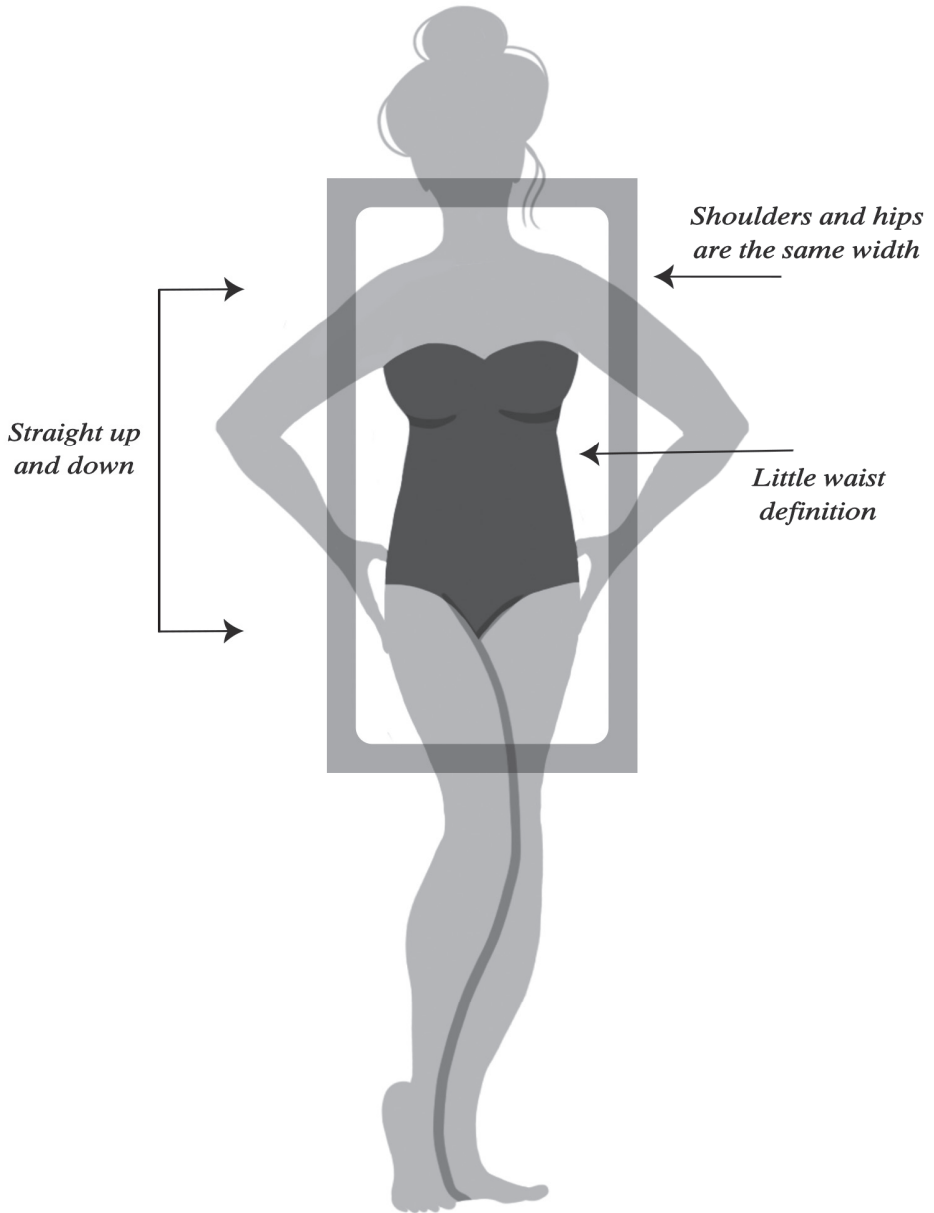


Rectangle



The Rectangle Shape (or Straight Shape)

The rectangle body type, also known as the “straight” or “athletic body type,” has proportions that are very straight up and down. Your shoulders and hips will be roughly the same width, with little waist definition, regardless of whether you’re a size four or size twenty-four. You may be described as more muscular than curvy. The goal for rectangle body types is to create curves for a more hourglass shape.

You can play up any part of your body. If you want to add some volume up top, try rocking a small shoulder pad or a flutter sleeve. Create more curves by cinching your waist with a high-waisted belt. If you are very small busted, invest in a good push-up bra. In the club: Natalie Portman, Gwyneth Paltrow, Gwen Stefani, and yours truly.

THE RECTANGLE SHAPE

STYLING TIPS	
<ul style="list-style-type: none">• Play up your shoulders with a puff sleeve• Stay away from shapeless or boxy clothing• Define your waist	<ul style="list-style-type: none">• Try a peplum to draw attention to your waist• Fill your hips with a wide-leg silhouette
Tops (Friend)	Tops (Foe)
<ul style="list-style-type: none">• Embellishment around bust and shoulders• Halter tops• Off-the-shoulder• Button-down (tucked and belted)• Scoop necks and V-necks• Puffed and flutter sleeves• Sweetheart necklines• Peplums• Wrap tops• Princess sleeves	<ul style="list-style-type: none">• Tunics• Boxy shapes• Bell sleeves
Outerwear (Friend)	Outerwear (Foe)
<ul style="list-style-type: none">• Double-breasted coats or jackets• Belts• Peplums• Structured jackets• Fitted blazers• Coats that hit below the knees (this will elongate your frame)• Straight-cut coats• Dusters• Wraps	<ul style="list-style-type: none">• Boxy jackets• Cropped jackets

THE RECTANGLE SHAPE

Dresses and Skirts (Friend)	Dresses and Skirts (Foe)
<ul style="list-style-type: none"> • Fit-and-flare • Peplum dresses • Bodycon dresses • X-line dresses • U- and V-neckline dresses • Asymmetrical cuts • Wrap dresses 	<ul style="list-style-type: none"> • Boxy shapes • Shift dresses or skirts
Pants and Jumpsuits (Friend)	Pants and Jumpsuits (Foe)
<ul style="list-style-type: none"> • Trousers • Flared trousers • Skinny jeans • High-waisted jeans or pants • Flare-cut jeans 	<ul style="list-style-type: none"> • Shapeless, baggy pants • Palazzo pants
Accessories (Friend)	Accessories (Foe)
<ul style="list-style-type: none"> • When it comes to jewelry, anything goes • Belts are your best friend, but keep them thin and neutral to create a defined waist • Round clutches and bags that tuck under the arm work best • Statement earrings 	<ul style="list-style-type: none"> • No foes here!
Shoes (Friend)	Shoes (Foe)
<ul style="list-style-type: none"> • Rectangles can rock all styles of shoes, but a good trick to feel less athletic is to try a ballerina slipper or a feminine T-strap. I personally am a rectangle and love a chunky men's-style loafer. 	<ul style="list-style-type: none"> • Be cautious of heavy, chunkier heels, as they can detract from your lean, long legs.
Proceed with Caution	
<ul style="list-style-type: none"> • Be careful with long, layering necklaces. They can elongate your body. 	<ul style="list-style-type: none"> • Choose bags that aren't too oversize and rest at your waist.