



Five Secrets for Every Body Type

There are several body types and each of us has one. No matter how much weight we lose or gain, we can't change our body types, but we can enhance them. This spring make your bod blossom and shop for styles that flatter.

1) Pear (Smaller Top and Bigger Bottom)

This means that you have narrow shoulders, average breast, slender waist and a full thighs, hips and bottom. On top wear brighter colors, proportional prints and sexy necklines. Wide, neck blouses and off the shoulder tops are great choices that make your shoulders wider which creates balance with your hips. Wear dark colors for your bottom. Dark colors have slimming effects, so it makes your bottom smaller. Try using low rise pants and straight leg pants. They make your hips look smaller so it creates a balance. An A line skirt will work best for your figure too.



2) Upside-Down Pear (Bigger Top and Smaller Bottom)

This means your have slender bottom half and bigger top. Use bright colors, plain or with prints for your bottom, pleated and tiered skirts and palazzo pants. They add fullness and create a balance. A short skirt is fine but careful with the length. If you wear too short then it makes your top even larger. For your top use a V neck and scoop neck and other tops with deeper necklines. They minimize the look of your bust and shoulder.



3) Apple (Very Round Figure)

If your full in the bust and midsection, have heavier arms and shapely lower legs then overall you have a round figure. One



thing to focus on is creating a line to achieve shape and curve. Consider using clothes with print and pattern. Wear single colors. Dark colors will make you look smaller. Vertical stripes work best too, they create slimming lines on your body. Stay away from horizontal patterns. For tops, use V-neck they will make your bust look slimmer. For pants and skirts, choose a straight style.

4) Hourglass (Curvy body and small waist)

Fitted clothes will look best on you. A low V neck or scoop top that reveals cleavage looks sexy on you. Don't wear full blousy style or loose fitting that will hide your figure. Cropped tops and long boxy tops don't work well for you, they will draw attention to your bust and make your waist even smaller. For skirt and pants, wear pencil skirt and low rise pants with a flare bottom. Stretchy fabrics are good because they show off your curves. Solid colors will work better than with prints.



5) Peanut (Petite)

You are small and short. One thing you have to focus on is making you look taller. Wearing heels is one thing you can consider. A long length, straight or boot leg pants will work best for you. It creates height and makes your bottom half slimmer. Wear solid colors. **HB**



Maureen Sloan manages the site, marketing and leasing for Huntington Beach's 5 Points Plaza. Maureen is also a fashion expert who loves everything from haute couture to vintage fashion and she is helping women with real bodies and budgets find their style this spring at 5 Points Plaza. For more information and shopping advice visit 5 Points Plaza or email Maureen@5PointsPlaza.com