

Introduction

Clothing protects the human body from extreme weather and other features of the environment. The practical function of clothing is to protect the human body from environmental hazards such as weather, insects, toxic chemicals, weapons and other hazards.

Factors Affecting Clothing Selection

The clothes that you choose to buy and wear are influenced by several factors such as age, climate, occasion, income and occupation.

Fundamental Features

- **Climatic Factors** People living in cold climate need to wear woollen clothes to keep warm. People living in very hot climates as in deserts need to wear turbans of thick cloth to protect their heads and wear garments made of cotton to stay cool.
- **Occasion** Bright coloured garments are worn during marriage functions for eg., lehanga cholis, ghagras and shararas often accompanied by bright accessories. Simple clothing with minimum accessories like a formal salwar kameez will give a more professional look for an interview. Sari, formal trousers shirt, tie would be a good option for the wearer to feel active and confident.
- **Age** Clothes worn by an adult woman are definitely not the same as those worn by a college going girl. For small children dainty prints in soft colours can be chosen. When children enter late childhood stage, boys like masculine colours like blue, greyish blue and brown and girls like to wear feminine colours like pink, green, red etc. Teenagers like to have variety in their clothes. Selection of clothes for adults depends upon the type of work a person is engaged.

Season: Some fabrics and colors are suitable for winter while others are not, for example synthetics; silk and wool are suitable for winter as they are bad conductor of heat. Cotton and blends of cotton with synthetics are good for summer as they are good conductor of heat and absorptive. There are cool and warm colors. The cool colors are associated with coolness, for example, blue, green, white etc. Warm colors are bad

conductors of heat and associated with warmth for example, red, golden yellow and orange. So warm colors are suitable for winter, whereas cool colors are chosen for summer.

Fashion: Fashionable clothes look beautiful. One looks odd when one goes out of fashion. Few fabrics and colors are in fashion while others are not. Some clothes should be brought according to fashion and others should be simple. Children belonging to high-income group can wear fashionable clothes to great extent as compared to low-income group. Too much of fashion should be avoided.

Selection of clothes should be very judicious so that we can buy best clothes by spending minimum amount of money.

The clothes should be compatible to age, personality, and climate and should not be a hindrance in normal working. Some factors affect the selection of clothes, which may vary from person to person as they are influenced by the requirement of the person. These factors are as follows:

Personality

The personality, value and culture of a person can be judged easily from his dress. There are different types of personalities.

Highlighting salient features of the personality and camouflaging the figure flaws to some extent is possible through dress. Improper dressing makes person a laughing stock and causes inferiority complex.

On the other hand, proper dresses help in building self-confidence which is essential for the proper development of personality. This affects our behavior and mannerism and develops harmony and personality.

Clothes are an indication of caste, place, state, and occupation of the person. Clothes affect the personality of the wearer. People who are introverts prefer light and sober colors whereas extroverts like bright and gaudy clothes.

Occupation Clothing is associated with profession also. Working people should wear formal clothes. They should be simple, neat and clean. Vulgar and improper clothes

should be avoided. Clothes should give a feeling of being smart, active and sober. We all would like to wear such clothes that may wearer not cause any hindrance in our working.

If you are a physical instructor, your clothes should be loose and comfortable so that you may give a good demonstration. Farmers need strong and durable clothes and should also protect them from sunshine.

Businessmen should wear sober and modest clothes. Persons who are going to travelling should wear such clothes which are easy to wash and do not require frequent ironing, e.g., terry cot, decagon etc.

Industrial workers wear special type of uniform. People serving in army, police and railways have their own distinctive uniform. Simple and sober clothes are required in classrooms. Sportsmen need durable and porous clothes for sweat absorption. Doctors and nurses wear white clothes. All these variations are on account of different professions.

Figure Every person has unique figure. Some are tall or short, fat or lean and thin. Some are of normal height and width. A man should wear clothes in accordance to his figure irrespective of latest trends in fashion and design.

Whatever is the body shape, clothes can make it look different. By judicious use of colors and clothes the figure flaws can be camouflaged or salient features highlighted. For example, persons who intend to look taller and thinner should wear clothes that are plain and of single color and with vertical lines and designs. Similarly, those who wish to look shorter and fatter should wear horizontal designs and with two or more colors in their dress, e.g., if the salwar is of light color, the shirt should be of dark color with horizontal lines.

They may also use frills, piping in their dress to look fat. For a tall and fat lady, clothes with diagonal lines are more suitable. They should also not wear very light or loose clothes. Short coat and jacket too, give a feeling of shortness. All types of clothes do not

suit to all body figures. For a fat person light and soft clothes, and heavy and fluffy clothes-like organdy and taffeta, should be used for a lean and thin person.

Technological Factors

It can be easily said that the latest technology captures the attention of modern day women in choosing the styles, designs and cuts that suits her personality. Women are used to search for the latest fashion from internet rather than wasting their own time in designing and choosing a new style. Moreover internet also facilitates in finding a location for the particular store or a designer's outlet. The easy provision of internet to the common man helps to be in touch with latest happenings in the fashion world. There are many more web sites that give the useful information regarding the upcoming trends.

Secondly in every big city, fashion houses are opened for public where they can find many types of designer wear under one roof. So, it helps us to select the best suited costume for ourselves in a very short period of time.

Technological advancements have also changed the mind sets of people around the world by giving them a multiplicity in clothing items. With the advent of many latest machinery, people can have the opportunity of having cost effective, quick, ready to wear, easy to care and easy to handle garments.

Technological changes bring latest developments in the field of manufacturing materials, assembling and handling them and innovating new designs, and developing automated garments which greatly affect the choices of women by giving them a range of new fabrics and garments. New combinations of fibers and the blending of natural fibers with manmade fibers provide more comfort and ease to the consumer yet maintain the natural feel of material.

Psychological Factors

Psychological factors greatly affect the clothing choices of women. When we buy any article of clothing, we consciously or unconsciously think about its relationship with our personality type. If anybody is in a happy mood, she / he can easily go with the bright

and sharp colors where as light and dull colors are usually used in the state of depression, sadness and gloominess. For example red color is always associated with the feelings of love and happiness and yellow or orange shades relate with the sun, feeling of warmth and anger.

Texture of material is also relevant to the psychology of our minds. For example some people prefer to buy a comfortable dress if no matters it is out of fashion, where as especially teenagers are more interested in wearing out something trendy no matters if it creates uneasiness for them. Moreover it is also said that when we wear harsh, rough and tough stuff, we are more apt to behave in the same manner as discourteous, ruthless and rude with others. Same is the case, when we wear light and soft materials; it helps us to behave in cool, blissful, cheerful and happy mood.

Cultural and Religious Factor-

Culture is made of factors like society, education, values, and norms and so on. Since, fashion deals with how we look and what we wear; it is largely influenced and controlled by culture. In the past, fashion was segmented and local culture influenced but with the emergence of globalization we are turning towards a more global fashion consumerism. In primitive and even in present societies, there is not even a single sphere of our lives other than in choosing our clothing that greatly depicts our societal values and ethics. Man is a social animal. Group acceptance has a crucial role in acceptance of clothing. Everyone wants to be a member of the society in which he lives. But if he deviates from the set rules and standards of his society, he will be no more a part of his society.

Busy lifestyles offers more relaxed attitude towards the selection of clothing. As now-a-days more women are working outside the home and for this they need comfortable, easy to wash, east to care yet trendy clothing styles.

There are different levels of modesty in different cultures and religions. For example any article of clothing that is acceptable in one religion may not be acceptable in another religion, so while choosing an outfit, one should know his / her limits and boundaries set their religion.

But it is also observed that now a day's mild natured norms are changed in societies like in olden days people considered black color as a symbol of mourning where as today it is worn as a formal color in functions like weddings or parties. Because in this age people used to give up the olden concepts and adapt themselves with the new ones. Moreover in previous decades women used to wear red color on their wedding day as to follow their custom but now a days they are accepting other colors like olive green, turquoise, baby pink, white, silver, gray, purple, yellow and many other combinations.

Economic Factors

Economy is always the most important factor in bringing change in one's lifestyle. Families with fewer number of members have the opportunity to spend a lot of money on their clothing where as it becomes difficult for the large families. As todays woman has stepped into the professional living, she is ready to adapt herself with the modern world. She loves to wear attractive yet comfortable clothing for herself and at the same time she wants to maintain her individuality.

Money is considered as the force to drive something a step forward. Fashion is changing very rapidly these days because low and middle income classes are adapting new cuts and colors very rapidly so the fashion innovators are ready to bring an abrupt change in fashion to maintain the difference between fashion leaders and fashion followers.

Aesthetic Factors

Aesthetics is the last but not the least factor in deciding what to buy and what to wear? Clothing can be considered as a complete set of expressions that reflects the whole personality. Almost every woman has an inner born desire to look beautiful, stunning and gorgeous. She is always ready to experiment with different looks, cuts, designs, colors and textures to maintain her individuality.

When anyone feels to become prominent in a gathering, he / she always look for some unique and different cuts and styles in their dressings. And those people who do not want to be a focal point in some gathering, they remain simple, cool and calm in choosing their dresses. This is why even in ancient Rome and Egypt pharaohs are depicted in purple color to show their royalty, superiority and individualistic touch.

Hygiene and Safety Feature- The clothing requirements from birth to 12 months of age are few. The infants are very delicate .so they require safety and hygiene on top priority. The major requirements of the newborn are for warmth, comfort and cleanliness. Clothes should be soft and light as babies have tender and delicate skin.

The three “musts” in clothing the newborn baby are warmth, comfort andhygienic qualities. The new born babywill react to the variable temperature ofnew environment. Babies heat up andcool off more quickly than do grown-ups.The new baby is more subject to feverproducing infections, many of which canbe transmitted by clothing if care is notexercised. During the first few months oflife, the baby will sleep 80 per cent of thetime and must have comfortable clothingfor sleeping. The most suitable fibre forinfants clothing is cotton, because it issoft and can be kept hygienically safe bywashing

Infant's clothes are to be washed quite often, hence, the clothes should be of such material which can be washed and dried easily. The clothes should be unsearched. The seams should be flat; fasteners should not be at the back.

Tight elastic should be avoided. Infant's clothes should have openings on the front, back or on upper side and it should be head long and closed neck. Instead of buttons, there should be ties and fasteners at the back of the dress as these may hurt the infant clothes because inconvenience in and may get torn by sticking someway

Growth and comfort Feature- Clothing for the pre-school age child may be a major problem for the family because it is expensive and used only for a short time due to there rapid growth. Garments should be flexible, comfortably warm, easily cleaned, soft, convenient for frequent toileting, adjustable to the rapidly growing body and attractive in

design and fabric. Growth is more rapid during the pre-school years. Buying clothes with growth features will enable a garment to be worn over a longer period of time. growth feature can be added by using adjustable straps, adding width to the folds, by leaving extra seam allowance etc. While selecting, do take care to see that there is adequate cloth inside the seams which can be opened up to fit rapidly growing children. Buying clothes with growth features will enable a garment to be worn over a longer period of time.

To provide for growth in girth or width

- Use raglan or kimono sleeves rather than set in sleeves.
- Introduce tucks, pleats or gathers at the shoulder /
- Use of large underarm or leg seams to let out as needed.

To provide for growth in height

- Skirts and dresses with deep hems or tucks at the bottom need to be provided.
- Dresses and trousers with tucks at the waistline to lengthen the upper part of dress or to lengthen the crotch.
- Overalls with adjustable long straps and deep hems are included.
- Yokes with crosswise tucks that can be released as trunk or body lengthens.
- Dresses with indefinite waistline or no waistline and deep hems to be added.
- Stretch fabrics and,
- Two-piece garments are suitable cloth for pre-school.

Comfort is defined as the absence of perceived pain and discomfort". Clothing comfort is a state of satisfaction indicating physiological, psychological, and physical balance

among the person. There are two main factors that determine comfort clothing: External factors like the environmental temperature, moisture, wind, cultural and social influences which affect the comfort in clothing; Internal factors such as an individual's metabolic rate, level of activities, economic and health position, social experiences, and psychological situations are instrumental in establishing the level of comfort in clothing. Buying clothes with growth features will enable a garment to be worn over a longer period of time. In this there is loss of flexibility in the body which causes inconvenience in movements, hence, clothes should be loose and comfortable. Person prefers to choose outfits that make them look attractive and alluring. In addition, they want to remain comfortable with what they wear. This is the criteria for working as well as non-working women. If they are comfortable, they remain confident and full of attitude, as they desire.

Economic Factors- Income affects the selection of clothing. High income group spend more percentage of money on clothing as compared to low income group. They spend more money on fashionable garments rather than on durable clothes. People belonging to low income group prefer durable clothes rather than delicate ones. So, the preferences of the clothing changes according to the income of the family. Buying clothes with growth features will enable a garment to be worn over a longer period of time.

Care and maintenance Feature- In the old age Clothes should be stain resistant, easily washable and wrinkle resistance as the elders may not have enough energy to launder their clothes frequently. Thus, we find that clothing should be easy to care and maintain. Children of school going age group are in the growing stage. They like to run about and play and are very active. Hence, their clothes must be made of strong and durable fabrics which can take a lot of wear and tear. While selecting, clothes must also be easy to launder as they get dirty frequently.

Self help features- A self-help garment is one, which the child can put on and take off with little or no help from an adult. This feature is as important to child as to his mother. The experience of learning to dress himself makes the child more independent and self-

confident. Here are some points to remember in selecting garments that will encourage independence in dressing.

- Simple styles are easier to manipulate than complicated ones.
- Long openings are located for easy reach. Front openings are easier to handle than back or side openings.
- Large buttons or fasteners are easier to manage than small ones.
- Ample armholes, sleeves and necks make garments easier to get into.
- The back of a garment should be easily distinguishable from the front. In pants, it is wise to sew a colored thread either at the front or back of the waist to help the child distinguish one from the other.
- The side of the shoes that goes to the outside should be marked, to help the small child to identify the right from left.
- Collarless dresses, blouses, and shirts are easier to handle than those with collars.
- Avoid separate belts, as these get twisted and caught in the dressing.

Functional Features-Functional garments are those garments that can perform multiple functions apart from just their aesthetics and basic protection of the wearer. The most obvious function of clothing is to protect the wearer from the elements. In hot weather, clothing provides protection from sunburn or wind damage. In the cold, it offers thermal insulation. Shelter can reduce the functional need for clothing. Functional clothing by definition is user-requirement specific and designed or engineered to meet the performance requirements of the user under extreme conditions. A variety of functional clothing products are available in the market as protective clothing, medical clothing or sports clothing etc.

The functionality of these garments might vary from design to design, ranging from medicine, nanotechnology, biotechnology, computing, physics, etc. This category of **clothing for special needs** is concerned with improving the quality of life for people with special needs or disabilities. These functional apparels are used to improve the quality or ease of life for people with disabilities or special needs, like wheelchair users,

paraplegics, arthritis sufferers, people with restricted movement, or stroke victims. These apparels are mostly made to measure to ensure individuals need fulfillment and comfort for the wearer. It is going to be feature asked by everybody on their fashion products. Functional apparel is a critical industrial trend which affects the fashion and textiles industry.

expression. Example Dress codes for Muslims have great impact on daily life, which involves frequent religious expressions and rituals. Among Muslims, codes of modesty go beyond the covering of women's bodies to include restriction of women's behavior.

Among all of the major religions, modesty in women's dress is associated with gender norms; this is a major issue to religious groups. Gender issues are paramount in the dress codes of conservative religious groups since the control of female sexuality is often of great importance in patriarchal religious groups. The dress codes generally relate to modesty and require clothing to cover the contours of the female body.

Constructional Features-

UNIT 2-SHORT AND STOUT FIGURE

Monochromatic colours



Single colours or wearing similar shades on the top and bottom half will give the illusion of height. Please note that the objective is not to look taller and be what you're not, but to avoid looking shorter than you already are. So the longer the blocks of colour, the taller you will appear. For instance wear the same coloured blouse/shirt with same/similar coloured pants, so the eyes follow a long monochromatic line from top to bottom that has no obvious horizontal break between them. That will only slice your body into two making you look shorter. Don't think you have to wear the same colour

from head to toe always, but contrasting colours with a stark difference will make you look shorter as it will cut the visual flow from head to toe. Try to choose similar hues.

Try monochrome pant suits/jumpsuits, or a dark trouser with a dark coloured shirt that won't be visibly cutting your body in half. You can also wear a blouse and skirt of similar shades and to add a pop of another colour, maybe wear something contrasting on the slimmest part of your body like a bright scarf around your neck, or a different coloured jacket if your torso is slimmer than the lower body etc.... Opt for single coloured maxi dresses too that will not add inches to your width and will not take away height either.

2. Vertical lines



Vertical lines fool the eye by making one look slimmer and taller, as again the aim is to lengthen your body visually. Try and avoid horizontal lines as they will only slice the body and enlarge your width. However, if say, you have a small framed torso, then you could get away with wearing horizontals as they would definitely give you a larger bust if you like, but I'd say best to avoid as they will widen your frame no matter what, as they make the eyes scan from left to right. Hence, giving the illusion of more width and you do not want that. Maybe try a horizontal top (if your bust is small) with vertical stripes below if you may.

4. Skirts



Who doesn't love to wear skirts especially now that the weather is getting warmer? Well try to avoid skirts that are too short as they will only accentuate your lack of height by bisecting your leg where it's the largest. Ideally one can wear skirts that are not too bulky and puffy, as they are bound to make your hips look big. So, unless you want to look voluptuous, avoid them. Instead opt for skirts in flowy fabrics that drape well or ones that flare out in an A line silhouette and should be just above or below the knee. Avoid skirts that end at mid-calf length. If you can, then do wear fitted skirts, but with the right length.

5. Tops



Unless you have a slim waistline, do avoid peplum tops and baby doll tops as they will make you look frumpy at the waist. Many people think peplum tops hide a big belly, but they don't. Your belly (if you have one) will only puff up the top more and draw attention there. So, opt for tops that are fitted at the bust area and fall straight. Also, stay away from tunic tops and boxy tops because you don't need extra inches around you. Having said that stay away from baggy tops too, as they will add inches rather than hide. If your top is not tucked in at the waist, then ensure they end either at the waist or midway down your bum. Covering your bum completely will draw attention to the larger area of the body. V-necks helps elongate your neckline so by all means do wear them. If you are large busted, avoid high necks/polo necks/turtle necks as again covering the large parts of your body will draw attention there. Also, avoid big square necklines as they will give you width, which you do not want.

6. Dresses



As mentioned above you may wear maxi dresses, but make sure they touch the ground or half an inch off the ground, but I would say stick to darker shades as they will flatter your body type. For shorter dresses, do go for knee length ones, but not ones that end at your calves or above the ankles. You should ensure the dress is fitted and accentuates the slimmest part, which in most cases, is under the bust. Try dresses that are fitted, but have layering around the stomach area, which is a clever way to camouflage extra bulk by not being baggy. Go for A-line dresses, if you are not comfortable with fitted ones or wrap around dresses. If you have good legs, then you

can even try dresses with a side slit, which gives a vertical line of skin... again works towards lengthening your height. Also, try colour blocking on your dress by having darker coloured blocks on the side panels to give a slimmer effect.

7. Shoes



Try to avoid wearing shoes that are too chunky or have ankle straps as they will make you look shorter by cutting away inches, thus making your legs shorter and thicker. Showing off the ankle gives you a longer dimension. Same goes for boots, try and avoid ankle boots as they will decrease your height, so best to opt for knee length ones. If you have to wear ankle booties, then you can try neutral colours more close to your skin tone, as opposed to darker shades that will stunt your height. Go for thinner heels that will give you a streamlined look rather than flats or chunky heels. If you're wearing a maxi dress and don't want to wear heels then try platform shoes or wedges that are comfortable and add height.

8. Belts



If you like to wear belts, do wear them, but do so according to the outfit. Avoid belts in darker shades unless it's over a dark coloured outfit. Avoid thick belts or ones that have too sparkly or bright buckles, as they will draw attention to your midriff. Opt for ones that fit snugly, not too tight and do not contrast sharply with your outfit, as that will cut your height. Colours of the belt should be similar if not the same to your outfit. Wearing a thin belt over a dress elongates your legs and accentuates your thinner waist.

9. Prints



Bolder larger patterns/prints will emphasize your short height and healthy build, so choose smaller subtle prints that will complement you. Larger prints can be carried off by taller people unless you effectively use larger prints that are vertically placed on your outfit instead of all over. Also, if you're dying to don larger prints, ensure they are in subtle shades and not too bright and OTT.

10. Sleeves



If you are healthy, then I wouldn't say avoid sleeveless completely as you can't help it if you have wider arms, but do avoid sleeves that end in the thickest area of your arm like

the bicep area. Opt for sleeves that are either sleeveless and show off your entire arm or ones that end at the wrist, $\frac{3}{4}$ in length or at the elbow, which is the slimmest part. Wrist long sleeves should not be baggy, but fitted, so if you're wearing a long sleeved shirt which isn't all that fitted, roll up your sleeves to break up the design.

UNIT 3-SHORT AND THIN FIGURE

Colours- Light and airy pastel colors with shine will make a nice choice . Use monochromatic colour schemes. Avoid using contrast coloursas they divide the height and look you smaller.Bright and shiny colours best complimrnt your figureas they reflect light give the illusion of fater look.

Fabric and Print - Fun cotton patterns like gingham, stripes, small flowers, and dots will add to your youthfulness. Small prints with small borders best go with this figure type .Crepes, soft wools and smooth broadcloths will be your best fabric choices.

Keep your waistband at hip level.

Consider shortening your skirt to just below the knee.

Keep your wrist cuffs higher on the arm and more fullness in the upper sleeve to add top weight.

Dresses with vertical lines and skirts with long pleats will be very becoming.
Eveningwear- For the evening, be bold. jewel tone colors, flashy beads, and dramatic rich feathers will

Compliment your figure type.. Wear dramatic accessories such as a snake arm bracelet, beaded skull cap, and layers of long beaded necklaces

. The Empire waist chiffon or organza dress is an excellent style for you.

The high waist elongates the torso and legs.

Accessories - Pay attention to your shoes. They should be in the same color as your stockings. Contrasting shoe and stocking colors can divide and shorten you.

Hats- Hats with some height are good for you. Look for decorative trim that stick up beyond the crown- like soft feather plumes and draping bows. Avoid anything angular like straight feathers or tall jewels.

Use small and trendy bags

Wear hand accessories

Keep the overall shape light and round with decorations that are small and tasteful

UNIT 4 – TALL AND STOUT FIGURE

Colour-Be aware that dressing all in one color (monochromatic) can make you look longer.so play with colours

Use contrast colours or plenty of colours with dull shades.

Shiny colours reflect light gives the illusion of fatter look so avoid shiny fabric and colour

Fabric and Prints- Heavier fabrics in solid colors such as wools and broadcloth will look better than light bouncy fabrics like voile and chiffons. Full-figured women should choose plus-size A-line dresses made of sturdier fabrics such as cotton, rayon, denim and polyester rather than flowy, clingy options like silk and satin. Stiffer materials retain the shape of the dress, making its flattering features suitable for every body type.

Bold prints and big overall designs goes very well on this figure type.Cheques and horizontal lines suits this personality.Trims are best placed on both vertical and horizontal lines. - You will be most elegant in rich fabrics like pure silks, brocade and velvet that are cut and trimmed with simple, geometric designs. Decoration should not be flashy or too plentiful Contrasting collar, sleeve, and skirt trims will add the necessary effects of all over decoration without being too ornate.

- Avoid ruffles, frills, patterns, or other details that may make your dress look too busy. Belts are decorative only, do not tighten to create a waist.
- All dresses should hang down to a reasonable length.
- Avoid shorter dresses which will expose too much leg and over accentuate your height as well as very long dresses which can have the same effect. A mid calf length is a good length for you.
- Angled lines near the neck or across the chest are also flattering
- Create an hourglass figure and break up your length. This will help your body look proportional and shapely.
- Tucking in your shirt can also give the same effect.
- . Avoid fabrics with too much shine to them. Clean and classy is best
-

Accessories

- **Hats**- Use similar heavy materials as your dress such as velvets, felt, and thick straws. Accent heavily with feathers, flowers, large ribbon and bows or keep it simple and plain. Wide hats are better than small hats.
- Belts can be used with contrast colours it divides the length
- Large bags look good on you as well.
- Don't emphasizing the waist with **waistbands or belts** works very well.
- A tall woman in heels appears confident, proud, and sexy.

UNIT 5-TALL AND THIN FIGURE

This is a figure which is coveted by most girls. The kind of figure that make high fashion models.

Emphasize a Small Waist

Tall thin women should invest in a pair of high-waisted wide-leg trousers and have them properly tailored. The high-waisted style highlights a small waist when cinched with a belt, while making a long torso look proportionate by creating an hourglass shape. Layer a matching camisole under a sheer V-neck blouse and tuck it into the waistband of trousers. The V-neck draws eyes downward, creating the illusion of a fuller bust.

Continue the fluidity and flaunt your height with a pair of stilettos.

Print and fabric

Dresses in different silhouettes and prints can balance proportions and flatter your tall thin shape. An A-line dress adds width to a thin frame without overwhelming it. Sheaths with feminine details like ruffles, peplums and pleats also create the illusion of curves. Tall thin women can carry a large all-over print without being overwhelmed -- just keep the colors classic to avoid looking childish.

Look for fabrics with slight stiffness to sew clothes for you if you have a tall and very thin body. Fabrics like organdie, Taffetta ,velvet, Denim etc that are thick and have weight best suits this body shape.Clinging fabrics that hug the figure, also will work .

Colours

Separates are versatile wardrobe items that can be used to emphasize assets or distract from problem areas. Play with color to break up height and to draw attention to the areas you want the focus on. To show off a slim upper body, layer a bright structured blazer over a thin blouse or camisole. The bright color will draw eyes upward so stick with a solid pencil skirt on bottom. A fit-and-flare skirt in a bright color or print creates the illusion of fuller hips and shows off long legs. Further elongate legs with

heels in a color similar to your skin tone. **Work With Strong Blocks Of Colors To Help Define Your Body And Break The Strong Vertical Line.**



Strong, sharp and using of contrast colours break the height and give the illusion of looking smaller. The on-trend ruffle across her shoulders creates width rather than length. But we can see that wearing boots in the same color as her trousers makes her legs look longer.

Choosing Tops And Jackets For Tall Women



- Wear tops with round necks. V-necks will simply draw the eye downwards and elongate your figure further.
- Choose blazers with waist definition.
- Bell sleeves will give extra shape to your arms.
- The current peplum style works very well for tall women and gives you more shape.
- If you like to tuck in your tops, combine with a longer tailored jacket or blazer.

- Wear tops over your bottoms rather than tucked in.

A woman above wears a top and blazer that add width because of the strips and double-breasted style rather than additional height.

Choosing Bottoms When You Are Tall



- Opt for A-line skirts.
- Although tall and slim can wear many kinds of trousers but they will look particularly good with trousers with a slight flare. They can wear capris without any problems and [maxi dresses](#), but make sure they have the correct length. [Dahlia](#) (above) opts for straight leg black pants which have a very slight flare.

Accessories And Shoes



- Wear long chunky necklaces, which bring attention to your center.
- If your arms are long too, you can go wild with lots of big bracelets.
- You can wear heels or flats. Most tall women will look best in shoes with shaped heels, like kitten heels.
- Large bags look good on you as well.
- emphasizing the waist with **waistbands or belts** works very well.
-
-

What To Avoid Wearing When You Are Tall

Avoid:

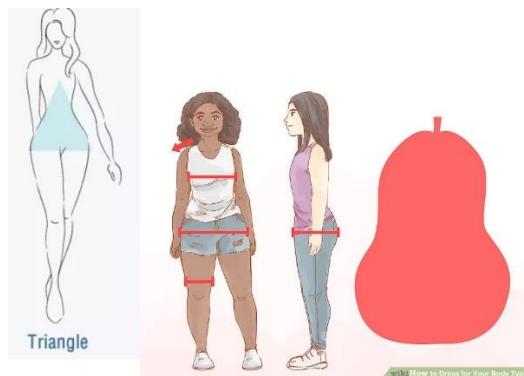
- formless three-quarter length jackets,
- straight dresses,
- dropped waists, cropped tops,
- turtle necks,
- tiny bags.
- Straight dresses like the sheath dresses should be avoided. Choose skirts which is **gathered pleated or tapered**.

UNIT 6-BODY TYPES

Triangular Body Shape **Pear Body shape** -Women who have a well-defined mid-sections with leaner shoulders and necks have pear-shaped bodies. The hips are wider than the shoulders here, with a prominent neckline and a lean neck. The trick to dressing this body type is to wear anything that adds to your shoulder and bust area. Keep attention to your upper body, by minimizing the lower half.

How to dress for your body type:

- Make the best use of embellished tops and blouses to balance out the wider hips. Go for tops with collars, prominent sleeves, trumpet sleeves and shoulder pads.
- Loose tops with fitted jeans suit you well.
- If you're a pear body type, there are things you can do to make your hips and butt look slimmer,
- Balance your top with your bottom. Try to wear tops that accentuate your shoulders a bit more.
- Avoid pants or tights that narrow your legs.
- Wearing a bra that adds to or enhances your bust should be considered.
- Wear straight-leg or slightly flared pants with heels. Skinny pants that hug your ankles can make your lower body take on the appearance of an upside-down triangle. Flared pants can make your legs look very thick, perhaps bowl-legged, in comparison to your upper body.



Wedge body shape- Also known as the inverted triangle, this body shape features a broad upper body. The waist and hips are smaller in proportion, giving the body an inverted triangle or wedge body shape.

- Draw the eye down. Since a wedge body shape means your shoulders are the broadest part of your body, your style goal is to draw the eye downwards toward the narrower parts of your body, such as your waistline.
- Steer clear of strappy styles. Spaghetti strap styles draw attention to your shoulders — a major no-no for wedge body shapes.
- Brighten up your bottom. Don't be afraid of wearing bright colors on your bottom half. Again, this draws the eye down to the narrowest part of your wedge body shape.
- Be 'waistful.' Create the illusion of a waist with a wide belt or high-waisted styles.
- best pants for wedge shaped bodies



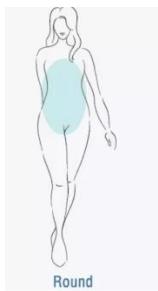
Oval Body Shape - If you have a body that is oval-shaped, your bust will be larger than the rest of your body. The hips will be narrow, and the midsection will look full. Women with these body shapes tend to gain weight in their stomach before anywhere else. The waist is not very well-defined and ends up being the widest section of the body. The buttocks are flat, and the legs are slender.

What To Wear

Wear square neck, V-neck, and U-neck tops or shirts. You can also wear wrap-around tops, skirts, and jackets to slim down your mid-body area, vertical stripes, peplum tops, [tunic tops](#), belted dresses and tops, wide-collared jackets, fish-cut or flared skirts, cargo pants with pockets near your hip, empire-waisted dresses or tops, dresses or skirts just above your knee to show off your legs and make you look well proportioned, high heels, long and slender earrings, and necklaces that fall until your cleavage.

What Not to Wear

Avoid wearing tapered jeans or trousers, loose-fitting tops, wide stripes, ruffles, pleated skirts, baggy jackets, tight t-shirts, high necks, turtle necks, cardigans, chunky earrings and necklaces, round-toed shoes, heavy boots, and flats.



Rectangle Body Shape - If your four measurements are fairly uniform and you have a straighter build, you're likely a rectangle.

With this body type, you may have a long, thin body that tends to lack curves. It is sometimes referred to as a "boyish" profile. Your aim is to wear clothes that flatter your thin profile, break up, your silhouette, and create curves that move up and down from the waist area.

- If you have this body type, you can "pinch" in your waist to exaggerate curves. For example, add a belt to your dress.
- Go for ruffles and frills to add texture, volume, and femininity to your figure. For instance, a dress with a lot of embellishment at the bust will often give some "weight" there that makes that area look a bit bigger.

- Steer clear of menswear clothing. For example, dressing in baggy jeans and track clothes will make you look like "one of the boys", but not a potential girlfriend. Instead, opt for the skinny jeans that are made for your body type, and wear track clothing made for women at your workout session.
- Stock up on miniskirts and bright tights to make the most of your great legs. They will also add more shape to a straight body.
- Use shapewear. A rectangular body type benefits from shaping undergarments. For example, a bra that adds a cup size will balance out your angular features without much effort at all.



Hourglass Body Shape - If your shoulders and hips are fairly balanced and you have a defined waist, you're likely an hourglass shape. Avoid anything that makes you look "boxy"! You have admirable curves, so embrace them.

- Use your waist as the focal point when dressing. This means to wear snug clothes and accessories around the thinnest part of your waist. Directing attention here will make your curves stand out even more.
- Dress to flatter your beautiful curves by following your body's outline. Tailored clothing is usually more flattering. Shapeless or drape-y clothing tends to over-focus on the bust and make hourglass shapes look heavy or pregnant.
- Balance your top and bottom while accentuating your waist. Draw attention to your waist with belts and dresses that pinch at the midsection.
- Women with curves can end up revealing too much bust. If a neckline is too deep, or is inappropriate leave those clothes on the rack.

- Shape your bust. If you have an hourglass shape, you probably have plenty of bust; your main concern should be to wear a supportive bra so that your chest looks perky, not droopy and saggy.
- Embrace V-neck dresses and tops. While many necklines work well for well-endowed women, V-necks are typically quite flattering. Just be sure you do not show more cleavage than appropriate to the situation.

