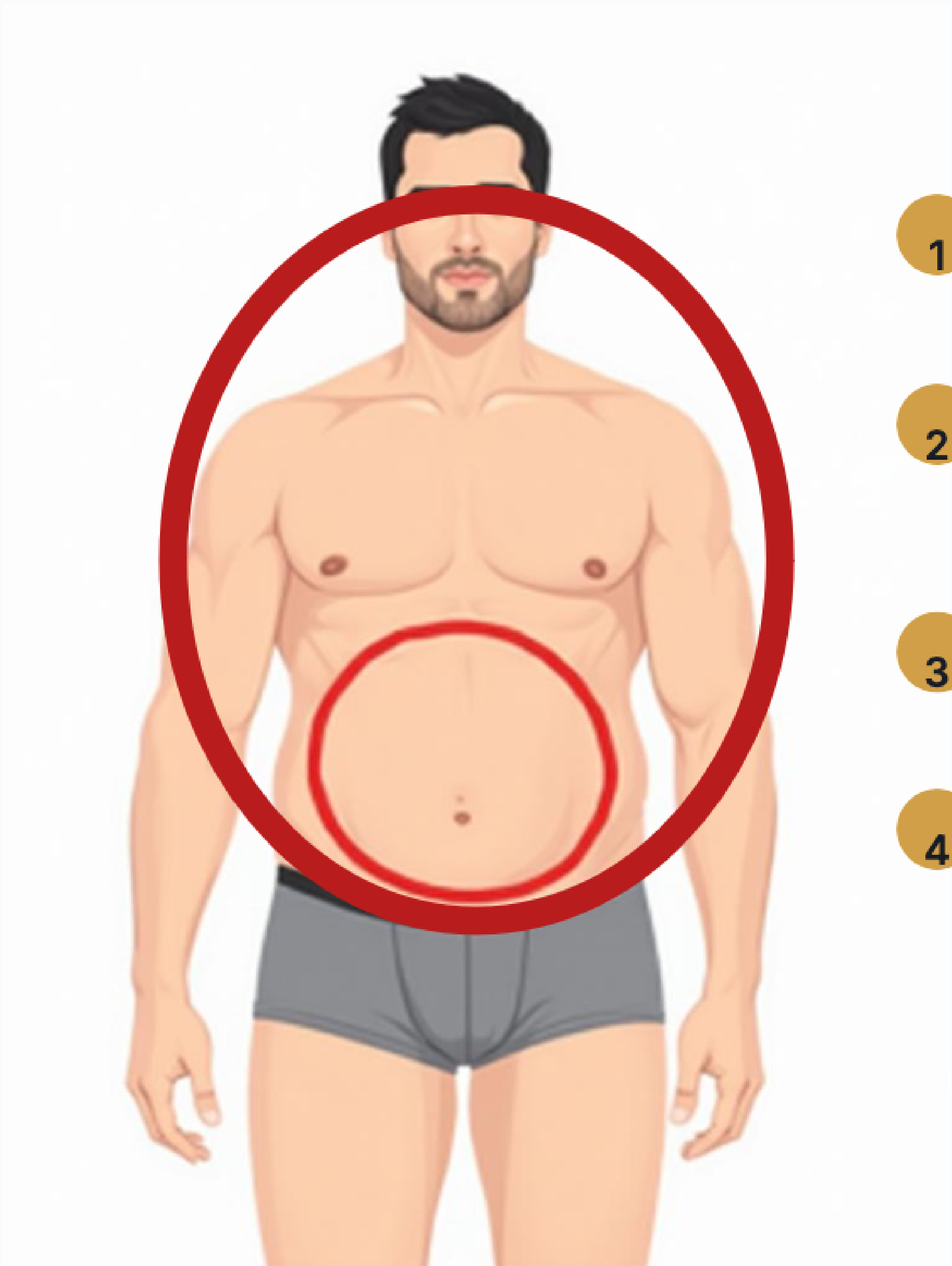


Oval



How Do You Know If You Are an Oval?

Your weight centres at the core. The stomach is the most prominent feature, with shoulders and hips narrower by comparison.

1

Shoulders

Are your shoulders narrower than your midsection? Do they slope downward?

2

Chest

Does your chest blend into your stomach without clear definition between them?

3

Stomach

Is your stomach the fullest, most prominent part of your body? Does it extend beyond chest and hips?

4

Hips

Are your hips narrower than your belly? Do they feel less substantial than your core?

How To Dress Your Oval Shape



Style

Single breasted jackets with a clean line create a streamlined look. Vertical stripes draw the eye up and down.



Shape

Well fitted clothes that skim the body work better than baggy or tight. Avoid clingy fabrics at the core.



Colours

Dark, solid colours on your core minimise visual attention. Keep contrast colours between top and boot to a minimum.