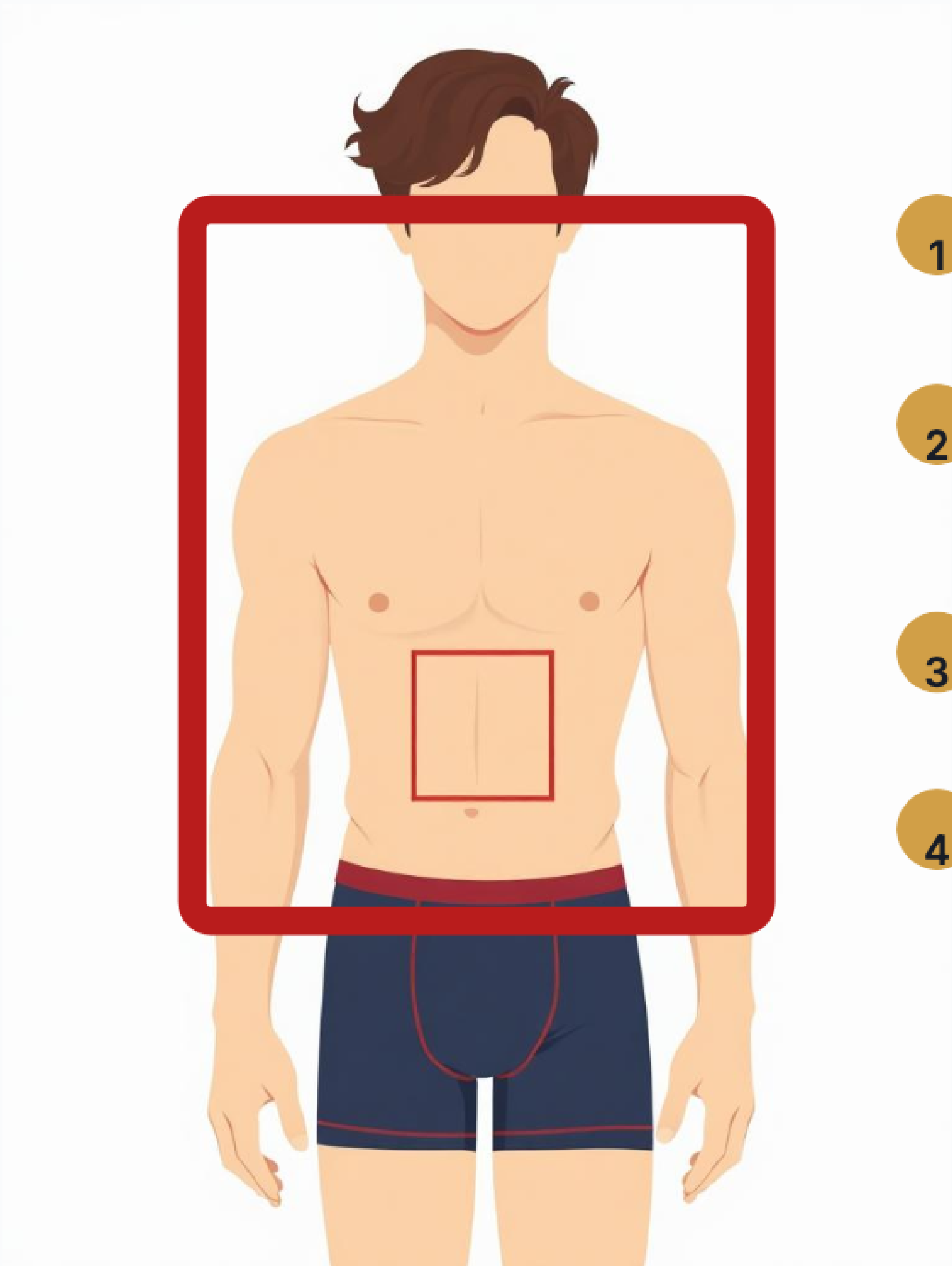


Rectangle



How Do You Know If You Are a Rectangle?

Your frame is defined by uniformity. Shoulders, chest, waist, and hips all sit at similar widths, creating a straight, streamlined silhouette.

1

Shoulders

Measure across the back from shoulder bone to shoulder bone. Are they the same width as your hips?

2

Chest

Wrap the tape around the fullest part of your chest. Does it match your waist measurement within 2 inches?

3

Waist

Measure at the narrowest point above your navel. Does it flow straight down with minimal curve inward?

4

Hips

Measure at the widest point of your hips. Are they in direct alignment with your shoulders?

How To Dress Your Rectangle Shape



Style

Layering is your greatest asset. Add dimension with open shirts over tees, structured blazers, and textured fabrics.



Shape

Create visual interest with horizontal patterns on top. Slim fit trousers balance your proportions.



Colours

Use contrast strategically. Darker shades on your core, lighter on shoulders to create definition.