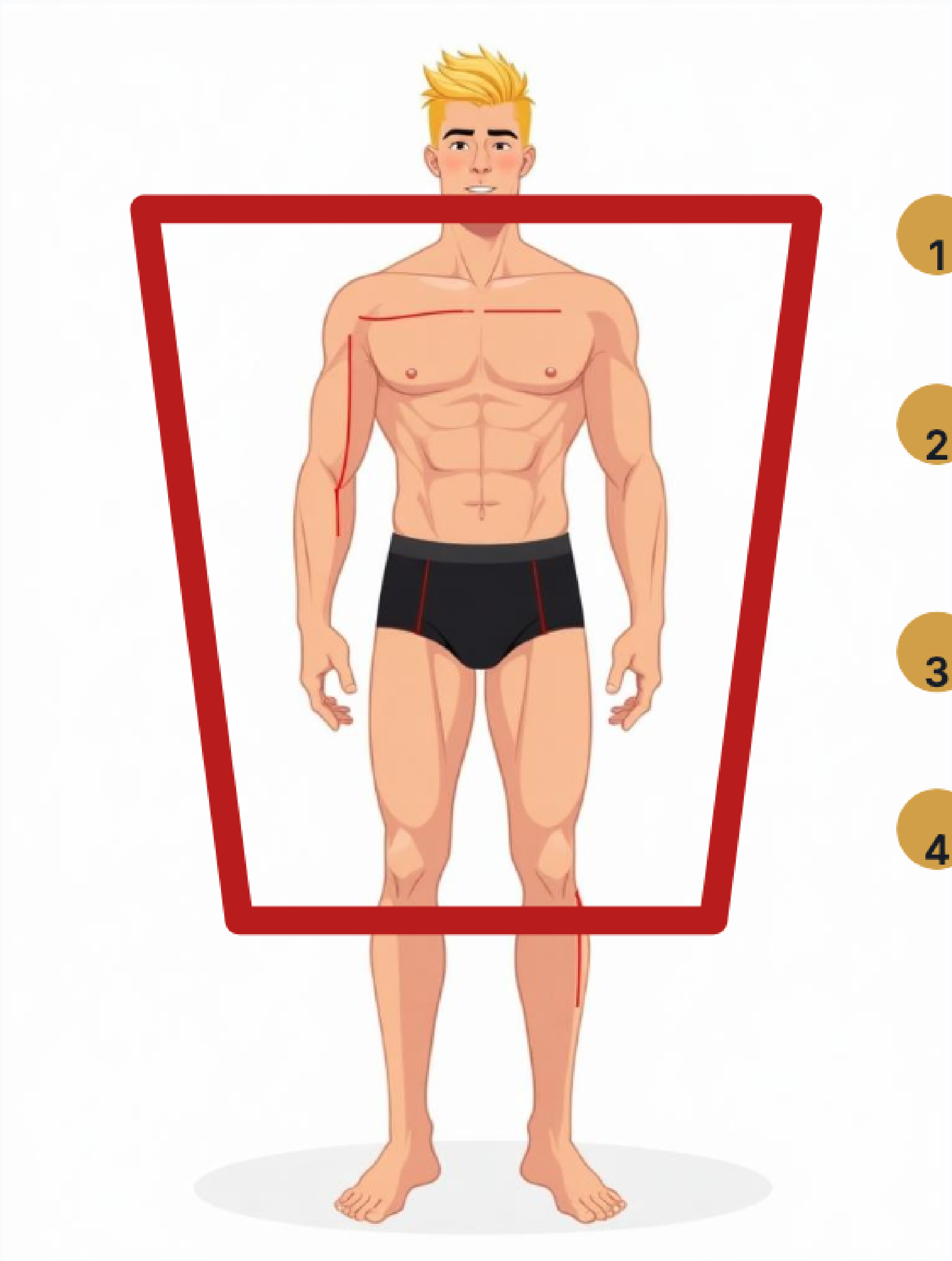


Trapezoid



How Do You Know If You Are a Trapezoid?

You have hit the proportional sweet spot. Shoulders are broader than hips, but not dramatically, creating natural balance.

1

Shoulders

Are your shoulders broader than your hips, but only by 2-4 inches? Not dramatically wider?

2

Chest

Is your chest well-proportioned to your frame? Does it complement rather than dominate?

3

Waist

Does your waist taper naturally from your chest? Is the drop moderate and balanced?

4

Hips

Are your hips narrower than your shoulders, creating a balanced, athletic look?

How To Dress Your Trapezoid Shape



Style

You can wear most styles. Experiment with patterns, fits, and statement pieces. Your proportions work with everything.



Shape

Fitted clothing showcases your natural proportions. Do not hide your shape under baggy oversized layers.



Colours

Use your versatility to express personal style. Play with bold colours, patterns, and textures freely.