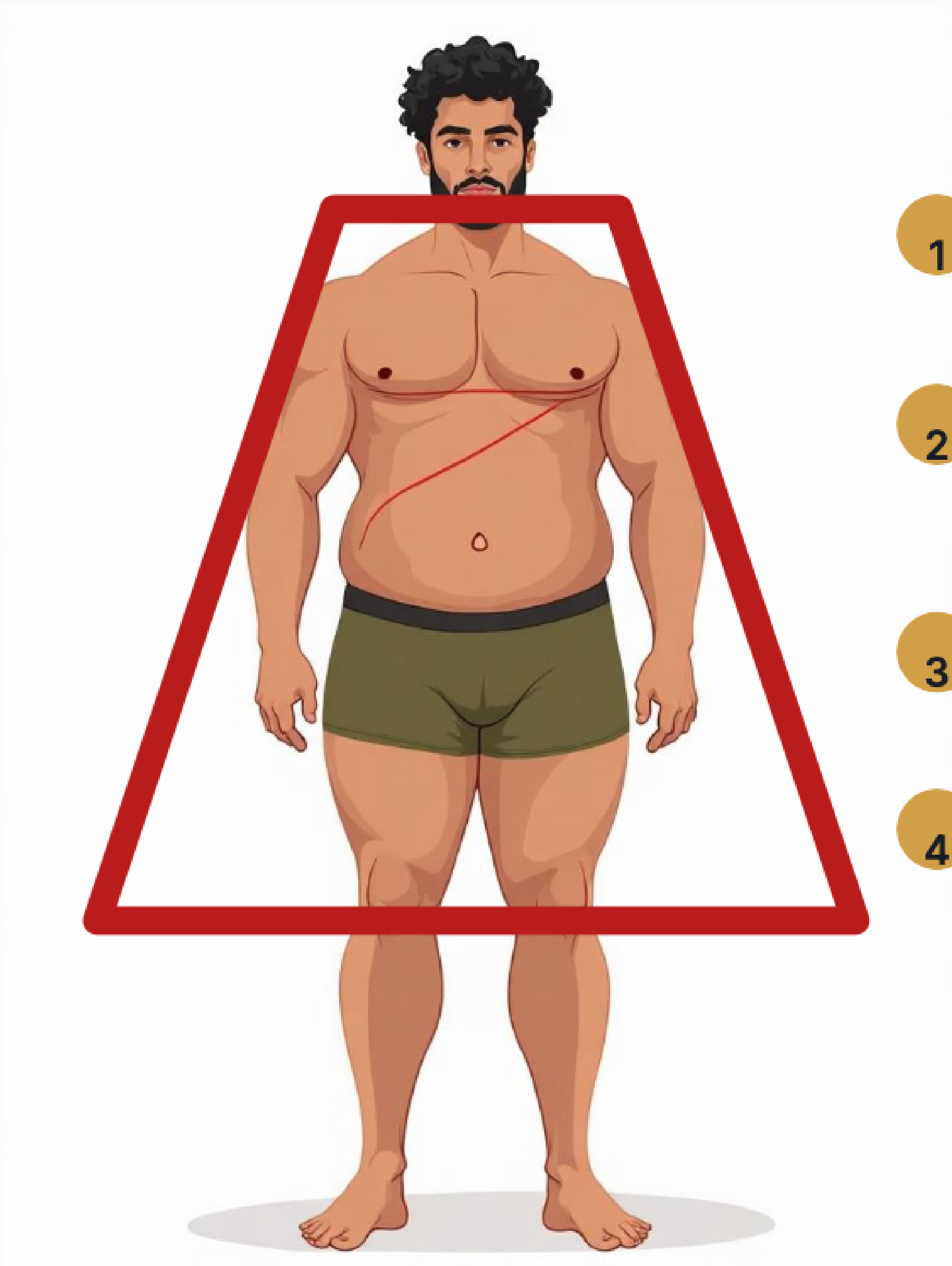


Triangle



How Do You Know If You Are a Triangle?

Your lower body carries the weight. Hips and waist are noticeably wider than your shoulders, tapering upward.

1

Shoulders

Measure across your back. Are they visibly narrower than your hip measurement?

2

Chest

Is your chest measurement less prominent than your midsection? Does it appear smaller?

3

Waist

Does your waist carry more weight than your upper body? Is it wider than your chest?

4

Hips

Are your hips the widest part of your frame? Do they exceed shoulder width by 2+ inches?

How To Dress Your Triangle Shape



Style

Build up top. Structured jackets with padded shoulders, horizontal stripes above the waist, and bold patterns draw attention upward.



Shape

Dark, plain trousers streamline your lower half. Avoid tight fitting shirts that emphasise the shoulder to hip contrast.



Colours

Lighter colours on top, darker below. This visual trick balances your proportions naturally if you keep the contrast between light and dark minimal.