

PEAR



DO YOU

- ~Carry weight on your hips or thighs?
- ~Have narrower shoulders than hips?
- ~Have a clearly defined waist?
- ~Wear a larger size on your bottom half than your top?

YOUR BUILD IS CHARACTERIZED BY:

- ~Full hips or thighs, maybe saddle bags
- ~A defined waist
- ~Shoulders that are narrower than your hips
- ~A small top half as well as small bust

OTHER BODY SHAPE TENDENCIES

~If you have gained or lost weight many times your body shape can change into another one. Read below to see what other body shape tendencies you might have

You lean towards an hourglass shape if your top half looks heavier because of a large bust

You can lean towards an apple if your weight gain generally goes onto your bust and tummy areas

GENERAL RULES FOR YOUR BODY SHAPE AND HOW TO CREATE VISUAL BALANCE:

- ~Balance your top half with your lower half by wearing clothes that make your shoulders look broader. Also, layering on your top half creates visual interest and draws the eye upwards.
- ~Your jackets and tops need to finish either above or below the widest point of your hips and bottom
- ~Wear volume, clutter, pattern, color on your top half, so hips and thighs will seem narrower
- ~Wear fitted styles around your waist and always accentuate your waistline e.g. empire line, wraps, fitted lines
- ~Make your shoulders look broader with e.g. shoulder pads, puffed sleeves, cap sleeve t-shirts, boleros

YOU SHOULD AVOID:

- ~Narrowing leg, pleats or creases in your leg line, pinstripe suits, turn-ups in your trousers, wide or flared leg lines. Also avoid combat or cropped trousers or culottes
- ~Details on your thigh and hip area and belts on your hips
- ~Flared or ruffled sleeve lines, straight skirts or pencil skirts
- ~Bags that sit on your hips
- ~Ankle straps, kitten heels, delicate footwear, round toe shoes, ankle boots with straps around your calf area, Uggs
- ~Mini skirts or any other hemline (including single or double vents in jackets) that finishes on your hips, thighs or any other full point of your leg
- ~Dropped waistlines or dropped panels
- ~Sloping or narrow shoulder lines





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Every body shape has its own characteristics and silhouette, which needs to be addressed when choosing your clothes. The aim of choosing the right clothes is to balance your silhouette. You may not be able to follow all the fashion trends that are out there, but there are so many trends in fashion that there is something available for every body shape. Don't get sidetracked by falling in love with a style and look that doesn't match your body shape:

NECKLINE FOR PEAR BODY SHAPE

Wider collar and lapels, in general you are quite flexible here if you don't have a big bust or a short/wide neck. Great necklines are boat and bardot.

SLEEVES FOR PEAR BODY SHAPE

Cap, $\frac{3}{4}$ length, dropped, batman, puffed, wrist or above wrist are great for you. If you are small to medium busted, puffed and short sleeves will work as well.

TOPS & SHIRTS FOR PEAR BODY SHAPE

Fitted shapes are a must e.g. wrap tops or empire lines; vests, waistcoats and stiff fabrics, straight yoke, breast pockets, big collars are great; whether patterned or horizontally striped; all shoulder enhancing shapes e.g. shoulder pads, big shawls, bolero, wide straps, boat neck.

JACKETS FOR PEAR BODY SHAPE

Details, collars, pockets, single or double breasted, shoulder pads are excellent, but only on fitted shapes. Hoods, breast pockets, back yokes and back belts in the waist area look great.

COATS FOR PEAR BODY SHAPE

Trench coats are fabulous; watch out for shoulder enhancing details, big lapels, wide collars, double breasted styles (great with empire shaped coats); fuss on top but simple from the waist down; choose fitted shapes e.g. belted coats.

DRESSES FOR PEAR BODY SHAPE

Choose empire or wrap dresses; separates work better.

SKIRTS FOR PEAR BODY SHAPE

Straight tapered knee length or between the knee and mid calf; bias or skirts with flip are most flattering.

TROUSERS FOR PEAR BODY SHAPE

Plain, flat-fronted, bootleg or flared (for long legs), full leg line or ankle length are best, simple style e.g. no belt loops, creases, pleats, pockets, pattern, turn ups.

JEANS FOR PEAR BODY SHAPE

Dark bootcut denim is best.

SHOES FOR PEAR BODY SHAPE

Wear shoes with a medium to chunky heel; platforms or wedges are great; opt for long simple single colored knee boots (neutral colors); a square, or pointed toe works well.

BAGS FOR PEAR BODY SHAPE

Clutch bags, shoulder bags that sit on your waist; choose chunky, fussy styles or looks with many details attached.

SWIMWEAR & BEACHWEAR FOR PEAR BODY SHAPE

Keep detailing above the waist. Be aware of high-cut styles that finish at your widest point. Separates work well, but keep the bottom simple and in one color.

Sample style board of a couple of looks:

