

PERSONAL IMAGE BLUEPRINT - PART 4

Understanding Body Types

<u>Five Body Types</u>	<u>Trousers</u>	<u>Shirts</u>	<u>Jackets</u>	<u>Neckties</u>	<u>Other Items</u>	<u>Conclusion</u>
Average Proportions: The Trapezoid Torso	Avoid baggy. With right trouser drop.	Vertical stripes for height, horizontal stripes for bulk	Buttoned with a single button.	Normal length, width	Pocket squares, watch and shoes.	Avoid bland, baggy clothes.
Slender: The Rectangular Torso	Textured, tapered and close fitting.	Narrow collar on patterned, slim shirts.	Not short length, padded shoulders and avoid oversized lapels.	Slimmer ties or bowties.	Shorter men - keep is simple. Taller men - add texture and horizontal patterns.	Create illusion of tapered waist.
Full-bodied: The Oval Torso	Pleated pants, comfortable fitting waist. Use suspenders.	Wider collared, tailored shirts.	Dark, single breast, slightly tapered.	Bowties or wide ties that touch the belt.	Keep it simple.	Dark colors.
Athletic: The Down Pointed Triangle	Enough room in the drop and seat is crucial.	Tailored or altered.	Fitted, solid colors and vertical lines.	Reasonable width. No bowties		Close fits, reduced visual clutter.
Hips Larger Than Shoulders: The Upward Pointed Triangle	Wool trousers worn at the waist.	Wide collar. Tucked in all the way.	Length is key. Button both buttons.	Bowties or wide-knot neckties.		Cover the bulge at the stomach, direct attention to the face.