



dressing to flatter your

BODY



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Introduction

Well-dressed women not only possess great style, they also know how to choose clothes that flatter their figures.

No matter what shape you're in right now, you CAN look attractive and feminine. The secret is in knowing which parts of your figure to highlight and which parts to conceal.

In this report, we'll show you how to use clothes to draw attention away from your trouble spots, while creating the illusion of a more feminine figure.

KNOW YOUR "A-B-C'S"

Dressing to flatter your body is based on a simple 3-part formula known as the "A-B-C's":

A = Accentuate: Focus on the positive. Accent what you want to show off.

B = Balance: Find the right proportion and scale of clothing for your overall body shape and size.

C = Camouflage: Cover up any problem areas.

Keep in mind that the "A-B-C's" don't have to be followed in alphabetical order.

As you will soon discover, the first and most important thing you can do is (C) camouflage your flaws. Then (A) accentuate the positives. And finally, (B) find the right overall balance to achieving your ultimate feminine look.

Let's dive in by discussing how to camouflage the most common trouble spots for crossdressers and transgender women.

CAMOUFLAGE YOUR FLAWS: Broad Shoulders and Big Upper Arms DON'Ts



DON'T

The trick is to avoid exposing or accentuating your shoulders and upper arms.

Clothing styles that bare these areas – such as tube tops, halters, spaghetti straps, racer back tanks, muscle tees and cap sleeve tees – are all off your list.

Avoid shoulder pads, and remove them from tops and jackets if possible. Also, stay away from puffy or structured sleeves that stand away from your natural shoulder line.

CAMOUFLAGE YOUR FLAWS: Broad Shoulders and Big Upper Arms DOs



DO

Your best bet is to wear flowing tops with as little detail on the shoulders as possible. Any drapery or shawl-like top that has a fluid curve at the shoulders, such as a dolman or raglan sleeve, is another good way to smooth out your shoulders.

Wearing a shawl is another great way to cover broad shoulders and big upper arms. The downward draping movement helps further soften defined shoulders.

CAMOUFLAGE YOUR FLAWS: Big Chest DON'T's



DON'T

Don't wear tube tops, strapless tops, or anything that creates horizontal lines across the chest. This also includes horizontal prints.

Fussy details such as ruffles, frills, and flounces add unnecessary volume, so stay away from them.

CAMOUFLAGE YOUR FLAWS: Big Chest DOs



DO

Wear V-neck tops to create a slimming vertical effect down your chest. Similarly, choose patterns with vertical lines to help lean you out.

An easy way to downplay your upper body is to wear dark tops with lighter colors on the bottom. Dark colors recede while light colors stand out, so this helps tone down a hefty chest area.

CAMOUFLAGE YOUR FLAWS: Long Torso DOs and DON'Ts



DO

Any style detail that raises your waistline is the way to go, so wear cropped jackets or tops that have more visual interest up top.

The empire waist (a style where the waist seam starts right below the breasts) is your best friend, especially if the fabric is gathered below the waistline. The great thing about the empire is that it's an attractive, highly feminine style that also hides other flaws such as a thick waist and a big belly (see below).

A belt is also a great tool, but the secret is to wear it above your natural waistline. Low belt placement will only accentuate your long torso.

CAMOUFLAGE YOUR FLAWS: Thick Waist Dos and DONTs



DON'T



DO

Don't wear anything with a column-like shape, and never wear anything that has a horizontal pattern, especially around your midsection.

Bright, attention getting belts should be avoided. However, you can still wear medium to thick width belts in dark colors to create a cinch at the waist. When paired with a full dress or skirt, these belts create the illusion of a smaller waist by contrast.

CAMOUFLAGE YOUR FLAWS: Thick Waist DOs and DON'Ts



DO

A great way to define your midsection is to wear a peplumed top or jacket. The extra flounce in the lower part of the garment does doubly duty: Not only does it provide the illusion of a smaller waist, it also curves out your hips.

An empire waist top or dress is also great for concealing a thick waist.

CAMOUFLAGE YOUR FLAWS: Big Belly DON'Ts



DON'T

Never wear skinny skirts, pants or leggings with a full belly. All this does is draw attention to your midsection and make you look like Humpty Dumpty!

You should also avoid tight tops and tucking in your shirt at the waist.

CAMOUFLAGE YOUR FLAWS: Big Belly DO's



DO

Wear clothes that are full at the belly, such as empire waists and baby doll dresses.

Another great strategy is to shop at maternity stores. Maternity clothes have come a long way and now offer tons of stylish designs. What better place to find attractive clothes that specifically focus on helping women with protruding bellies look chic?

Wearing more layers, such as a cardigan or jacket over your top, is another way to divert focus away from your belly.

CAMOUFLAGE YOUR FLAWS: Small Hips or a Flat Butt DON'Ts



DON'T

Don't wear tight skirts or pants that highlight small hips or a flat butt.

CAMOUFLAGE YOUR FLAWS: Small Hips or a Flat Butt DO's



DO

Wear dresses or skirts with lots of gathering or fullness to create volume around your hips.

A beautiful, flattering option is a tulip skirt, which adds a rounded curve to your hips and upper legs. An A-line skirt is another great option if you're into cleaner styles.

Wearing larger prints and bright colors on the bottom is also a great way to visually enlarge the area.

When it comes to pants, look for styles with pleats or gathers to create lower body fullness. Remember, where you can't fill in, gather, gather, gather!

CAMOUFLAGE YOUR FLAWS: Skinny Legs DON'Ts



DON'T

The #1 rule for too-thin legs is to avoid leggings or skinny jeans.

CAMOUFLAGE YOUR FLAWS: Skinny Legs DO's



DO

Always wear full or straight legged trousers.

A fun way to add some bulk to your legs is to try patterned or textured hose or tights.

Wear boots to cover up skinny legs when the season permits.

CAMOUFLAGE YOUR FLAWS: Muscular Legs DON'Ts



DON'T

If your legs are a trouble spot, don't show them off in short skirts.

You should also avoid heels that are too high since this emphasizes calf muscles. However, you shouldn't wear shoes that are too flat either. Flats tend to make the legs look stocky. Stick with low to medium heels with just enough lift to help out your legs.

CAMOUFLAGE YOUR FLAWS: Muscular Legs DO's



DO

Full, knee length skirts and dresses are your most flattering option.

CAMOUFLAGE YOUR FLAWS: Too Tall DON'Ts



DON'T

Don't wear tight or monochromatic clothes since this will make you look even taller.

Of course this also means no vertical stripes, and no towering high heels either!

CAMOUFLAGE YOUR FLAWS: Too Tall DO's



DO

Wear full skirts and dresses to make yourself look less vertical. Gathering your waist with a belt will also help visually break up your figure.

Also, try wearing a different color top and bottom to interrupt the eye from going straight up and down.

CAMOUFLAGE YOUR FLAWS: Full Figure DO's and DON'Ts



DO



DON'T

If you're large overall, most of what's been discussed above will relate to you.

Just remember to keep your clothing lines simple and uncluttered, as too many busy details, especially the fluffy ones such as ruffles and flounces, only add bulk.

ACCENTUATE THE POSITIVE

It's easy to get hung up on all the things that are “wrong” with our bodies, but I know you've got a lot going for you. It's just as important to accentuate the positive.

Here are some suggestions:

ACCENTUATE THE POSITIVE: Shapely Legs



Crossdressers and transgender women are often blessed with long, shapely legs (and no cellulite!) that most women would kill for.

If you've got great legs, don't be shy about showing them off. Short skirts and high heels will draw all eyes to your legs – just be sure the occasion is appropriate.

If your legs are on the muscular side, soften them with printed or patterned stockings.

ACCENTUATE THE POSITIVE: Tall Height



You may feel self-conscious about being taller than the average woman, but don't forget that models are coveted for their height.

Clothes tend to look better on taller women, so rejoice in your long legs and sexy, larger-than-life figure!

You can wear things – like contrasting colors, cute flats, cropped or cuffed pants, and full skirts – that would make shorter women look stumpy.

ACCENTUATE THE POSITIVE: Beautiful Breasts



Breast forms allow you to create killer curves that will make people forget about your flaws. So show them off!

Great styles for showing off breasts and cleavage include: bustiers, plunging necklines, tops with shirring or gathers at the bust, and tight sweaters.

ACCENTUATE THE POSITIVE: Lovely Hair



Beautiful hair can distract from a variety of face and body flaws. That's why it's worth investing in a great hair stylist and/or a great wig.

To accentuate your hair, bring the attention in your outfit UP. Go for printed tops, clothes with detail around the neck, scarves, and accessories like necklaces and earrings.

FIND THE RIGHT BALANCE

Now that we've shown you how to camouflage problem areas (the "C") and how to accentuate positives (the "A"), let's move on to the "B": BALANCE.

Balance consists of two elements: proportion and scale.

FIND THE RIGHT BALANCE: Proportion



Proportion refers to the way your clothes work together in length, width, size and volume to create a harmonious whole.

For example:

- A short skirt paired with a short top looks skanky.
- A long skirt paired with a long top looks dumpy.
- A full skirt paired with a full top makes you look puffy.
- A tight skirt paired with a tight top makes you look like a sausage (unless you have a body like Giselle Bundchen!).

Your clothes should balance each other out and not go too far in any one direction. A tight skirt should be paired with a fuller top and vice versa. The same goes for a short skirt paired with a more covered-up top - the skimpier the top, the more covered up your bottom.

FIND THE RIGHT BALANCE: Scale

Scale is related to proportion, except instead of working with the size and shape of each piece of clothing in relation to each other, we're now working with each piece as it relates to the size of your body.

So the only difference now is that everything that you wear not only has to work with each other, but it must work back to YOU, the wearer.

Let's go back to one of our examples regarding proportion:

"A tight skirt paired with a tight top makes you look like a sausage (unless you have a body like Giselle Bundchen!)."

The first part of the statement is referring strictly to proportion - how the skirt and top relate to each other (or in this case, don't).

The second part of the statement is now referring to scale - how, although the proportions may not be right, still works if you have a body like Giselle. Because she's tall and very thin, she can carry off a tight top and skirt together.

As a rule, your body type and size determine the scale and proportion of everything you wear, including shoes, bags, jewelry, and all other accessories. This also applies to the size of the prints you should wear on your clothes and on other items such as printed shawls and scarves.

FIND THE RIGHT BALANCE: Scale and Proportion Guidelines



The smaller and more delicate your body and features, the smaller and more delicate your clothes, accessories and prints should be.

The bigger and bolder your body, the bigger and bolder your clothes, accessories, and prints should be.

FIND THE RIGHT BALANCE: Accessories



Strong facial features should be balanced with statement earrings, and big-boned wrists with chunky bracelets. Similarly, dainty jewelry only works with a dainty face and body.

For a more in-depth look at balance, scale and proportion as it relates to accessories, be sure to watch the "Power of Accessories" video. We go into much more detail on how to wear accessories there.

IT'S NOT ABOUT HAVING A PERFECT BODY!

I hope that you now understand that you don't need a perfect body in order to have great style.

And you certainly don't have to wait to have surgery or lose a ton of weight to look your best!

Always remember: Dress for the body you have, not the body you wish you had.

You deserve to look and feel like your most beautiful, confident self NOW. These tips will help you do just that!