

Most of us have wardrobes with fashion ‘disasters’ we buy and then never wear. But your corporate uniform must be worn every day so it is really important to select garments that will look good on your figure type and that are the correct size when you make your order.

## Your shape in uniforms

People come in all types of body shapes. Women all want the Hourglass or Triangle figure of models and Men all desire the Trapezoid or Triangle shape. Yet, most of us are a Spoon (Pear)F, Rectangle (Male or Female) or Inverted Triangle M shape or the Female or Male Oval shape.

As Donna Karan says, **"Highlight the positive and delete the negative."**

Just because we missed the perfect shape means we need to use clothes to accentuate our best points. Here are some quick pointers on the best styles to select:

**Hourglass F/ Trapezoid M:** There are few garments that look bad on your shape. Stick to well fitted items to accentuate your shape.

**Triangle M/F:** Women who have this shape may have a large bust as well as wide shoulders and they should avoid accentuating these features by not wearing high collars or stiff fabrics in shirts. Men who have this shape may find they look top heavy and should focus on wearing well fitted shirts and loose trousers.

**Spoon (Pear) Shape/ Inverted Triangle:** You need to select plain straight bottoms in darker colours to minimize this body area. Use brighter top colours to accentuate your upper body. Don't select pleated or full skirts or pants that are too slim fitted as this will further emphasise the hips.

**Rectangle (Male or Female):** Both men and women are looking to accentuate their upper body by defining their shoulders. Again brighter colours and patterns in shirts will help to do this. Women can use belts to accentuate their waists. Avoid baggy pants or unfitted shirts.

**Plus Ladies/Big Men:** If this is you, then the key to looking great is to get well fitted garments. Shirts should fit at the shoulders – don't get baggy tops as they just add bulk. Choose straight leg pants that fit well at the waist without having gape or obvious strain. Try to accentuate your upper body.

Now that you know what to wear: Practice the art of *camouflage*. A well known truth is that darker colours minimize, while lighter ones highlight. To look taller and leaner wear monochromatic tops and bottoms and match shoes to pants for a longer leg line. Use colours safely by including them in your accessories – ties/scarves and jewellery!

## Get the right size

Every size is not the same! Each brand is designed with a different fit. Slim Fit garments closely follow the body shape. Standard Fit garments have enough added movement for usual work tasks. Easy Fit are looser fitting and suitable for active workers.

A Size M from one brand may be different to another brand. Before ordering your garments ask us for the brand's size information.

Simply, take your body measurements using this guide and then compare it to the brand's sizing chart to choose the right size.

Remember, no one else need know the size on the label!

