

Hourglass Shape

The hourglass body shape is the most symmetrical body shape of them all. Most of us desire to have this shape and really, if you think about it, all of the other body shapes are trying to achieve this shape by dressing in a way that creates more balance or symmetry in the body.

The hourglass shape is when the bust and hips are the same measurement and the waist is a significant amount smaller and very defined. The difference between the measurements should be around 10 inches. If your measurement is close to that then I would say you could consider yourself an hourglass shape.

Weight gain tends to be all over instead of a certain part of the body.

Before we get started I want to explain that these recommendations are meant to help you and not be hard and fast rules that you HAVE to follow! Use what recommendations work for YOU! Even though you might fit into this shape description you will still be shaped just a little bit different than someone else in this shape. Get what I'm saying? So, please take what works for you and just have fun with it. Fashion and style should be fun and not complicated so do what works for you and what you prefer.

Style Focus

- Keep the waist defined.
- Balance everything and don't over accentuate your curves.
- Go with the flow of your body.
- Be careful not to add bulk to your top, waist or bottom.

Tops, Blouses, T-Shirts

Necklines

Open necklines are the best options for an hourglass shape. The open neckline is more streamlined with the body shape and causes the eye to move down towards the waistline. It also keeps the top from looking too heavy and adding bulk to the top half of the body. This does not mean that you can't wear round necklines, the open necklines just look the best.

Best Styles:

- V-neck
- Scoop
- Sweetheart
- Square

Other Options:

- Round
- Off-Shoulder
- Boatneck

Sleeves

The sleeve should follow the curve of the arm and keep the body balanced. Adding extra bulk with puff or balloon sleeves is not recommended. If you add something minimal that comes away from the body just make sure you balance it with the lower part of your body.

Best Styles:

- Fitted
- Sleeveless

- Any Length but $\frac{3}{4}$ is great for drawing the eye to the waist

Other Options:

- Bishop - has a gathered elastic or plain banded cuff and is fitted at the armhole but widens as it goes down the arm and reaches the cuff. This is a great option for a balloon sleeve look without being too overwhelming
- Cap - not great for broad shoulders
- Minimal Puff - small and simple to not add bulk to your shoulder area.

Tops & T-Shirts

The styles of tops for the hourglass shape should also keep in line with the body's shape and not over accentuate the curves of the body. Any of these options should fit close to the body and not be loose fitting.

Best Styles:

- Fitted Tees and Shirts - these should also stop at the hipline to go completely over the curve of the top half of the body.
- Wrap Tops
- Peplum
- Asymmetrical
- Front KeyHole
- Fitted Sweaters

Other Options:

- Bodysuit
- Smocked Top
- Fitted Button Shirt -(stops at the hip)
- Add A Belt

Jackets & Blazers

Jackets and blazers should skim over the body and look fitted. The jacket or blazer should have a curve at the waist to keep the waist defined. They also look best if they are not cropped and stop right at or past the hips.

Best Styles:

- Single Button Fitted Blazer
- Moto or Leather Jacket
- Peplum Hem Jacket or Blazer
- Belted Blazer

Other Options:

- Utility Jacket with cinched waist
- Collarless and Fitted Blazer
- Denim Jacket

Bottoms

When choosing which style bottoms to wear, think about the top you have on and how you can balance the bottom to this top and maintain your curves. For example, if you have a fitted peplum top on, you could choose high-rise flare legs to help bring the bottom half into balance.

Mid-rise to high-rise bottoms for the hourglass body shape look the best and help keep the curve of the hips while still bringing in the waist. If you are short waisted a mid-rise pair of pants or jeans will probably look comparable to a high-waisted pair on someone who is not short waisted.

Pants

Pants and jeans will have some similarities but there are some style pants that do not exist in the jeans category so I am going to split them into two categories.

Best Styles:

- High Rise
- Straight & Flowy
- Bootcut
- Slim
- Paperbag Waist

Other Options:

- Mid Rise
- Flare

Jeans

I think if you keep the denim simple without lots of rips, front cargo style pockets or embellishments then you can wear just about any style. There are lots of Best Styles and a few Others that you can consider.

Best Styles:

- Straight
- Skinny
- Bootcut
- Flare
- High Rise

Other Options:

- Wide
- Tapered
- Mid Rise

Skirts

All lengths of skirts will work on the hourglass body shape. There are some styles that look the best which may also dictate a specific length but it normally would be up to you on what you prefer. I will say that super short skirts can make your body look out of proportion so be aware of that.

Best Styles:

- Pencil
- Tulip
- A-Line

Other Options:

- High-Low Hem
- Full
- Wrap
- Pleated
- Trumpet

Shorts

I don't want to make shorts too complicated so I am just giving you some basics of what to look for in a pair of shorts. Just keep in mind that you want to create good proportions and go with the flow of the body shape.

Best Styles:

- High-Waisted
- Structured
- Elastic Waist & Loose Legs
- Mid-Length

Other Styles:

- Denim - high waisted and legs that fit and are not too loose fitting.
- Bermuda

- Biker
- Short Lengths shorts can be worn but just like skirts sometimes this can make the body look out of proportion.

Dresses

There are LOTS and LOTS of dress options that would work for an hourglass shape. The hourglass shape actually looks best in a dress.

Best Styles:

- Wrap
- Fit & Flare
- Sheath
- Bodycon

Other Styles:

- Empire
- Belted or Tie Waist

Jumpsuits and Rompers

When choosing a jumpsuit or romper, make sure you evaluate the top and the bottom. These both should still follow the recommendations from above for necklines, sleeves, tops and bottoms. Just remember to look for ones that easily flow over your curves and do not add too much bulkiness. They also need to have a cinched waistline with a belt or elastic to keep the waist defined.

Best Styles:

- Belted, Tied or Elastic Waist
- Straight Or Loose Legs
- Simple on top and bottom

Other Styles:

- Utility style if the waist is defined and it's more fitted.

Thanks for downloading this and have a great day!

Stylishly Yours,
Jamie