

Your Weekly Wardrobe Jazz

Are You In Shape?

Curvy Angular Muscular

All female bodies are either one of these types or a combination of them. Some of us are definitely Curvy above the waist and Angular below. Or vice versa. Often, I see bodies that are Muscular above the waist and Curvy below.

One reason that separates work so well is that you can use the appropriate type of fabric for your shape above and below the waist. The next time you look in your closet for what you love (or hate) look to see if it is because the fabric is flattering (or not) to your body type. You might be surprised to learn that this is THE most common error most of us make in buying clothing. You really shouldn't try to put a square peg into a round hole!

There is no one "right" or "best" body shape. All of them have gone in and out of fashion over the years and centuries. So don't worry over which one you are, just identify your type or types and learn to dress for it. You will look your best and be comfortable in your clothing. What a novel idea!

Whatever your shape, be it one type or a combination, here are some quick guidelines for finding and wearing your best clothing shapes.

Curvy

Your most flattering styles will have drape and movement to them. Softer fabrics that have drape to follow your curves will be best for you. Generally, smoother fabrics without texture are your friend. If you wear stiff fabrics, will you look, and probably feel, uncomfortable. And you will look like your clothing doesn't fit you because it will not follow your shape or allow for movement. You look wonderful in fabrics such as wool, rayon, or silk challis and crepe and some knits. Worsted wool is a good option if you must have a tailored suit as it can be designed to follow your body lines. If you are moderately curvy you can also wear fabrics with elastane, better known as Lycra or Spandex. If you are very curvy you will look encased by such fabrics, and you should avoid them.

Angular

You look your best in clothing that is structured and tailored. You can wear crisp fabrics and fabrics that are stiff. You usually need some added volume created by pleats or other tailoring to give you your best looks. Generally, textures look good on you too. If you wear fabrics that are too soft you will look insignificant and lost inside all those draped lines. For example, you look great in linen and gabardines. Worsted wool can look work for you if the tailoring is sharp.

Style has no size, age, or price tag!

Muscular

Your best looks will have some structure and follow your body lines but must have some “give” to them to accommodate your musculature. If you wear fabrics that are too structured, you will look heavier than you are. If you wear fabrics that have no structure at all they will take away your toned and energetic look. Worsted wool can work for you in a suit, pants or jacket if it is constructed to give you some freedom of movement. Knits and crepe and fabrics with elastane were made for your body shape.

Fabric Definitions and Resources

Worsted Wool: <https://en.wikipedia.org/wiki/Worsted>

Example of where to find worsted wool: <https://www.pendleton-usa.com/women/womens-featured/seasonless-wool/>

These fabrics are types of weaves or knits and can be made of synthetics, wool, or silk:

Challis (pronounced shally): [https://en.wikipedia.org/wiki/Challis_\(fabric\)](https://en.wikipedia.org/wiki/Challis_(fabric))

Example of where to find Challis: <https://www.chadwicks.com/ShopCategory.aspx?ID=509,5545>

More on challis type fabrics: <https://www.fabric.com/blog/fabric-101-lawn-challis-voile-batiste-2/>

Gabardine: <https://en.wikipedia.org/wiki/Gabardine>

Example of where to find Gabardine: <https://www.nordstrom.com/sr/gabardine>

Crepe: <https://sewport.com/fabrics-directory/crepe-fabric>

Example of where to find Crepe: <https://www.dillards.com/search-term/crepe/women>

Elastane: <https://sewport.com/fabrics-directory/elastane-fabric>

Example of where to find Elastane:

https://www.nordstrom.com/browse/women/clothing/dresses/filter/spandex~8000485_8000517

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