

# Body Types



## **Triangle**

Narrow **shoulders** and/or a smaller bust with full **hips** and/or thighs.



## **Inverted Triangle**

Broad **shoulders** and/or a larger bust with narrow **hips**.



## **Hour Glass**

Equally proportioned in the **bust** and **hips** with a trim **waist**.



## **Circle**

Rounder in the **shoulders, arms, bust, waist** and **hip** area.



## **Diamond**

Narrow in the **shoulders** and **hips** with a fuller **waist**, wide **midriff**, or **upper hip**.



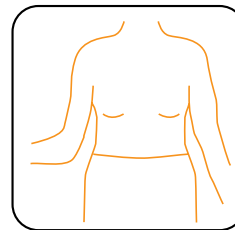
## **Rectangle**

Balanced above and below the **waist** with little or no **waist** definition.

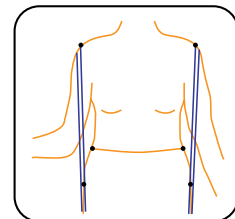
# How to Determine Your Body Type

Unique uses body codes to help you choose the pattern best suited to your shape. To determine your body shape follow these steps.

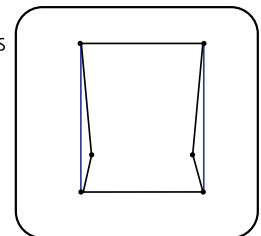
**1** The easiest way to determine your own body code is to tape a piece of paper on the wall and stand in front of it.



**2** Have a friend mark your shoulder points, your waist points and the widest part of your hips. Step away from the paper and, using a ruler, connect the dots to see what shape you are.

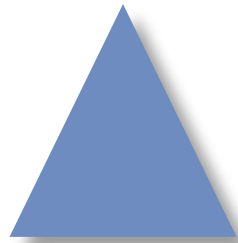


**3** This example represents an upside down triangle. It is possible to be two shapes ... this may be a triangle leading toward a rectangle. An hourglass figure has equal bust and hips and has a minimum of 10" (25 cm) difference between those measurements and the waist measurement, so this example is less likely to be leading toward an hourglass figure.



The **body code** references given with each pattern are merely guidelines; your awareness of what styles of clothes are most flattering on you (helped along by the information you'll learn from "Ease Made Easy") will make your choice your own.

## Body Type: Triangle



Narrow **shoulders** and/or a smaller bust with full **hips** and/or thighs.

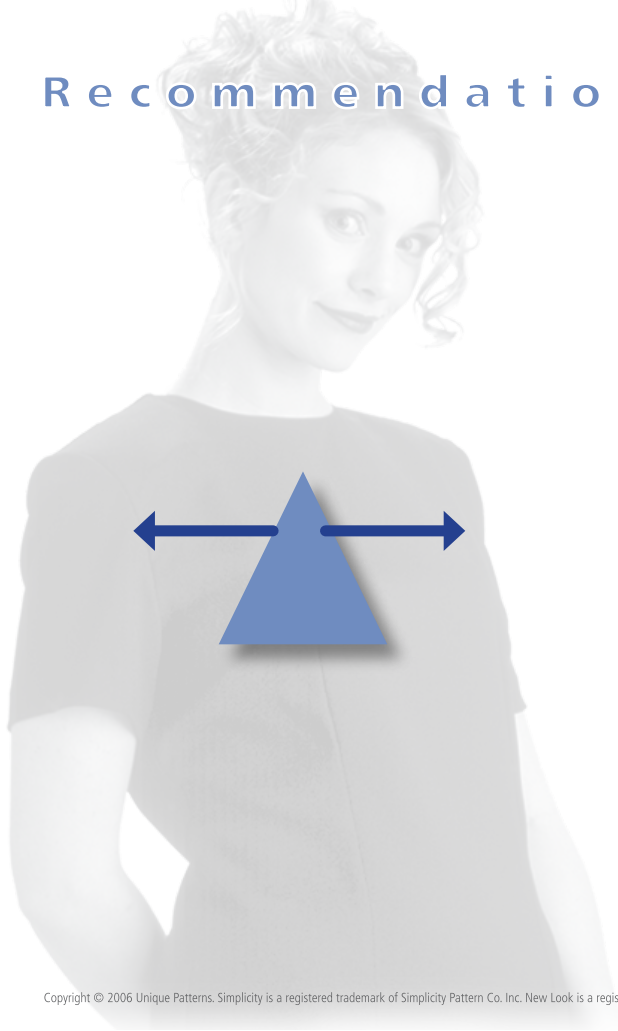
## Body Type: Triangle

Example



# Body Type: Triangle

## Recommendation



Simplicity

4032S2



Simplicity

4149S0



## Body Type: Inverted Triangle



Broad **shoulders** and/or a larger bust with narrow **hips**.

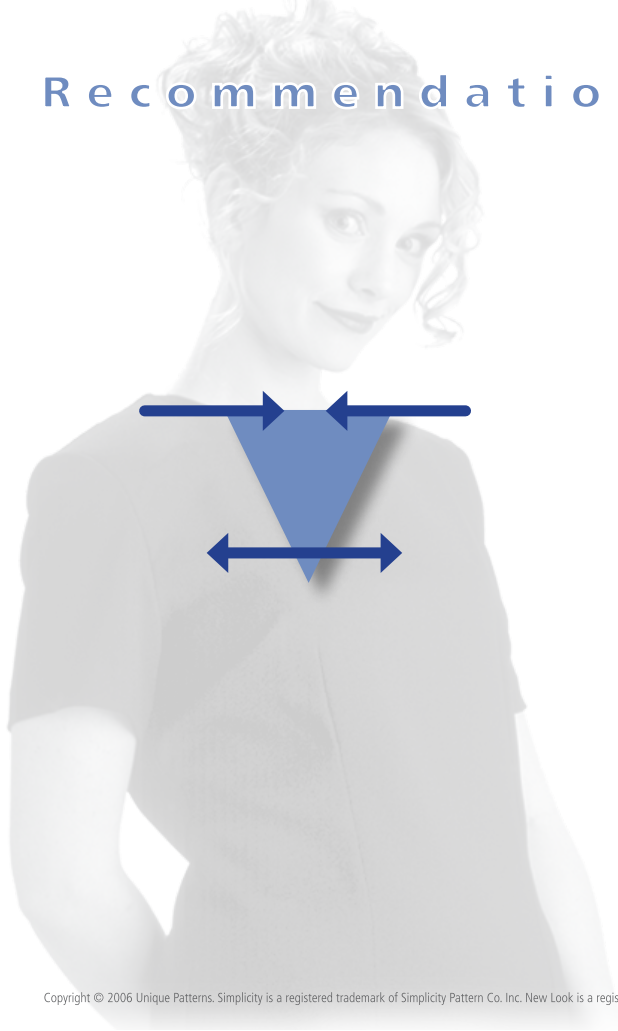
# Body Type: Inverted Triangle

Example



# Body Type: Inverted Triangle

## Recommendation



Simplicity

4047S0



Simplicity

4236S1



## Body Type: Hour Glass



Equally proportioned in the **bust** and **hips** with a trim **waist**.



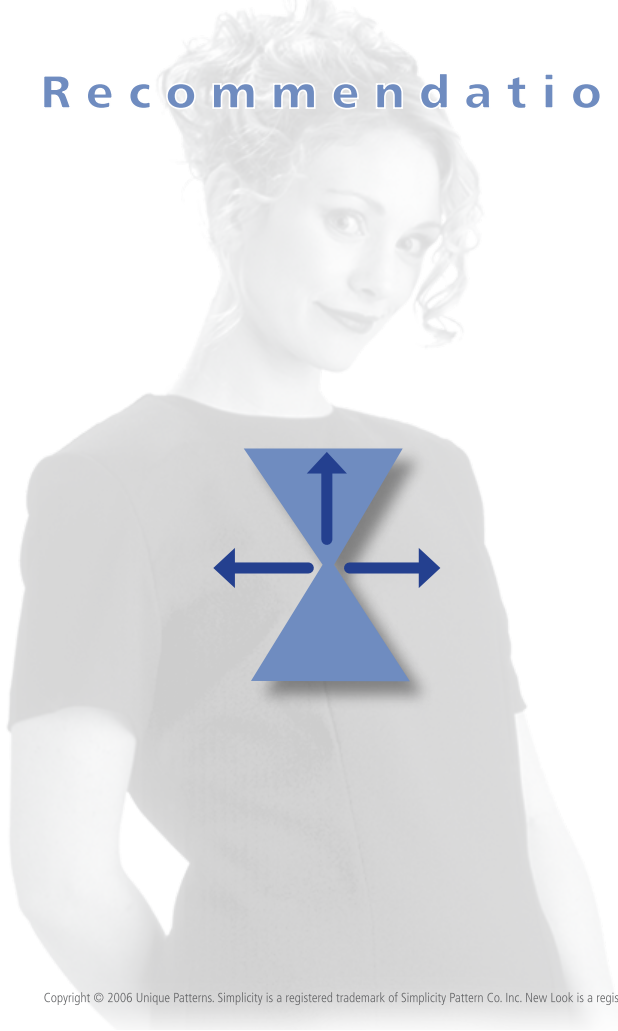
## Body Type: Hour Glass

Example



# Body Type: Hour Glass

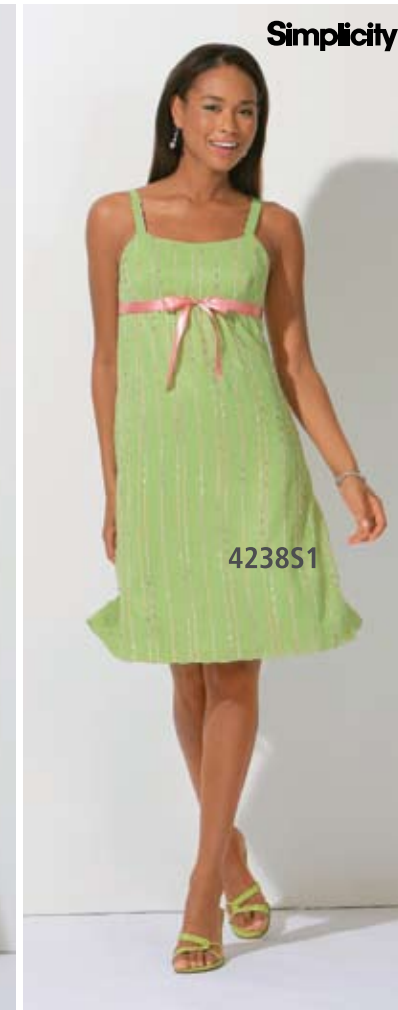
## Recommendation



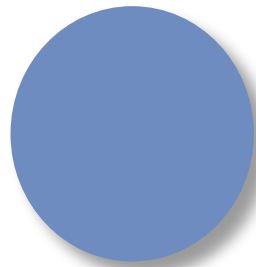
Simplicity



Simplicity



## Body Type: Circle



Rounder in the **shoulders, arms, bust, waist and hip** area.

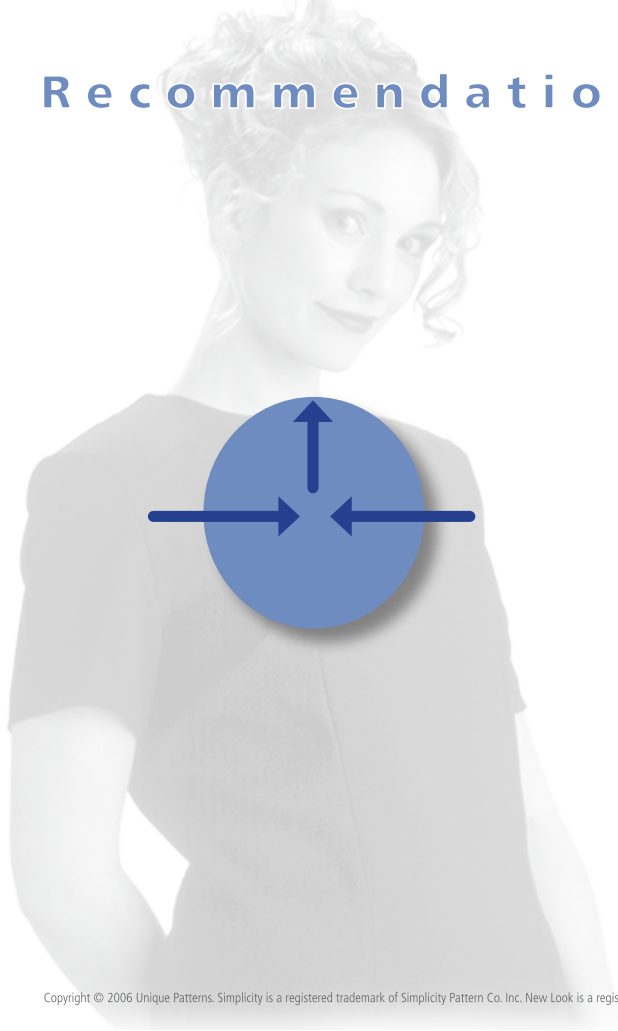
## Body Type: Circle

Example



# Body Type: Circle

## Recommendation

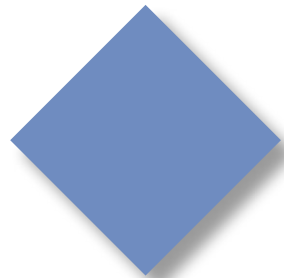


Simplicity

4099S3



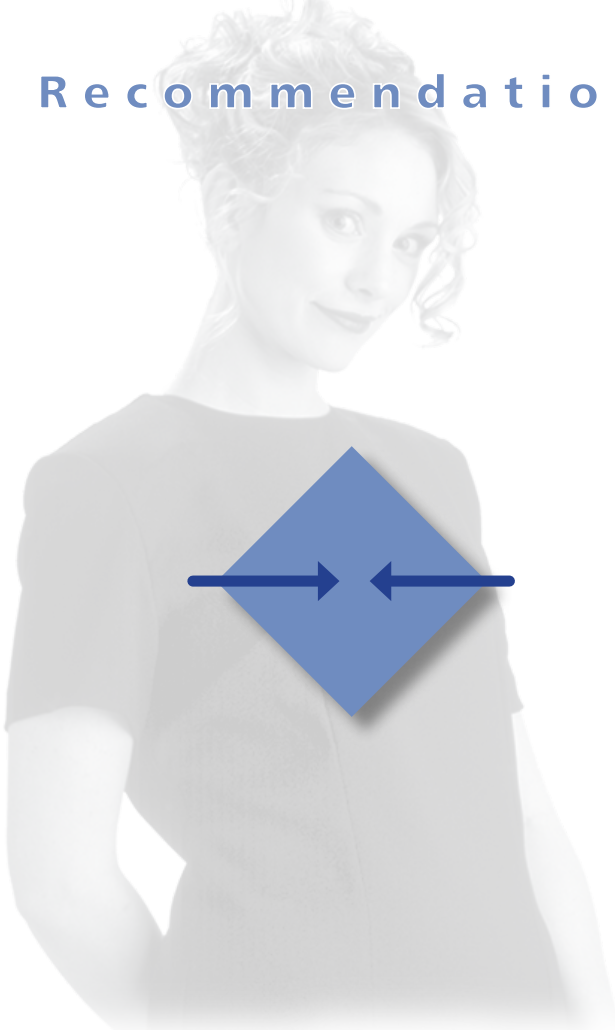
## Body Type: Diamond



Narrow in the **shoulders** and **hips** with a fuller **waist**, wide **midriff**, or **upper hip**.

# Body Type: Diamond

## Recommendation



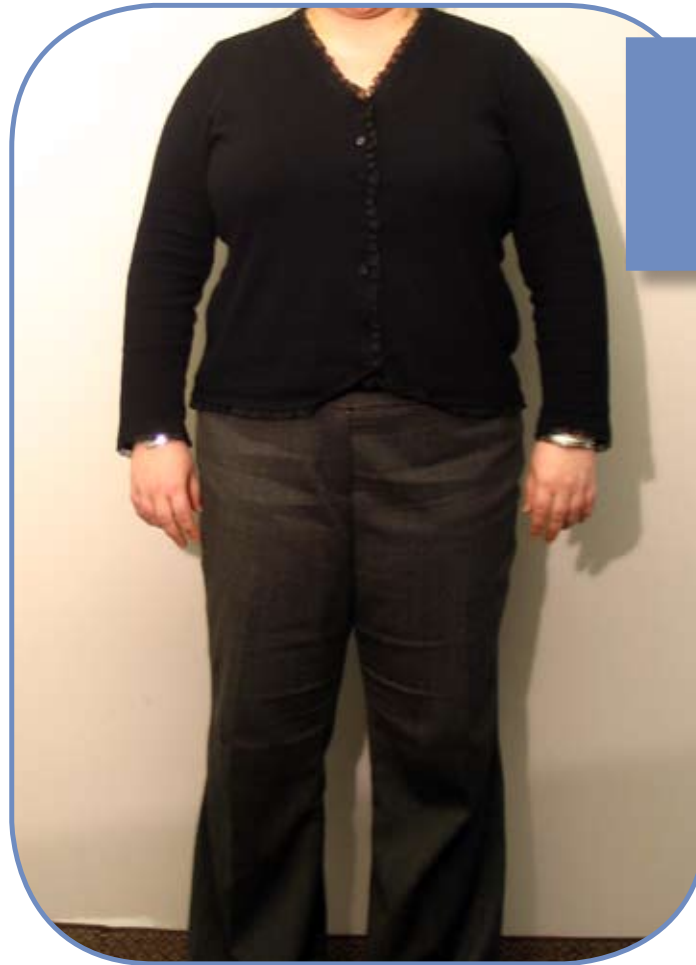
## Body Type: Rectangle



Balanced above and below  
the **waist** with little or no  
**waist** definition.

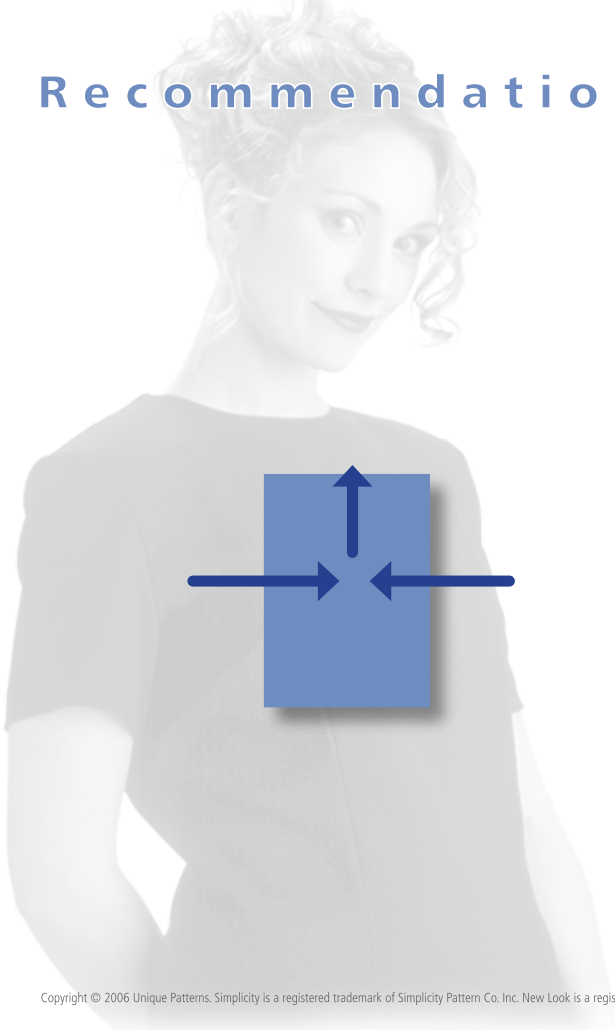
## Body Type: Rectangle

Example



# Body Type: Rectangle

## Recommendation



Simplicity

4047S1



Simplicity

4095S0

