

# FASHION FOCUS

## Shaping Up Your Look Starts By Knowing Your Shape

(NAPSA)—Most women know their bodies but do not know their specific body shapes.

The secret to great-fitting, stylish clothes for plus-size women is to know your shape, find your fit and create your style.

Plus-size women are usually one of four basic shapes:

- Hourglass shape: An hourglass woman is curvy with a defined waist.

- Triangle shape: A woman who fits into this category has more prominent hips, thighs and rear and less prominent shoulders and bust.

- Oval shape: An oval-shaped woman is recognized by having a similarly sized bust, waist and hips. Her waist is undefined and she has square hips.

- Inverted Triangle shape: A woman with this body style has a full bust and waist as well as slim arms and legs.

Companies such as Just My Size (JMS) have created fit systems to help women choose clothes that best fit their body shapes.

For example, a curve-enhancer style is best suited for hourglass or triangle shapes. These styles complement curves by enhancing a shapely waistline.

On the other hand, shape definers are best for oval or inverted triangle shapes because they help define a woman's shape with elongating vertical lines.

JMS also makes fitted T-shirts for different body types.



**It's easier than ever for women to find clothing that best suits their body types.**

For example, the contour T-shirt, sold at Wal\*Mart stores, is best suited for curvy body types. The 100 percent cotton shirt has a flattering V-neck line, tagless labels to ensure comfort and slight contouring at the waist to enhance curves. This style is available in bright summer colors as well as classic black, white and heather grey.

The relaxed T-shirt is best suited for oval body types. It features tagless labels, a rounded crew neckline shape and a relaxed body shape. This style comes in a range of bright summer colors, as well as classic white and navy.

With clothes that fit and flatter the best things about your figure, it's easier than ever to feel comfortable and stylish, no matter your body shape.