



The Cameron Diaz

BODY SHAPE

CHARACTERISTICS:

- Torso & upper body almost same width as hips
- Lean limbs
- Straight waist
- Naturally athletic frame

GOALS:

- DEFINE YOUR WAIST
- CREATE CURVATURE ON TOP & BOTTOM
- CREATE ONE LONG, LEAN VERTICAL LINE



What to Wear



ON TOP:

- Low V & U neckline tops that fall below your collarbone to break up your torso
- Tops, sweaters & dresses that cinch at the waistline or right below bust (i.e. empire waist, peplum)
- Blousy tops
- Wide strap sleeveless tops & dresses
- Jackets & coats that flare from the waist

ON BOTTOM:

- Skinny + boot cut jeans/pants
- Circle, pleated & A-line skirts

Elsa^{XX}