



PUT ME
TOGETHER



PERSONAL IMAGE & WARDROBE STYLIST

Body Type with 2026 Trends

Personal Stylist: JULIE WADE

425 765-8800

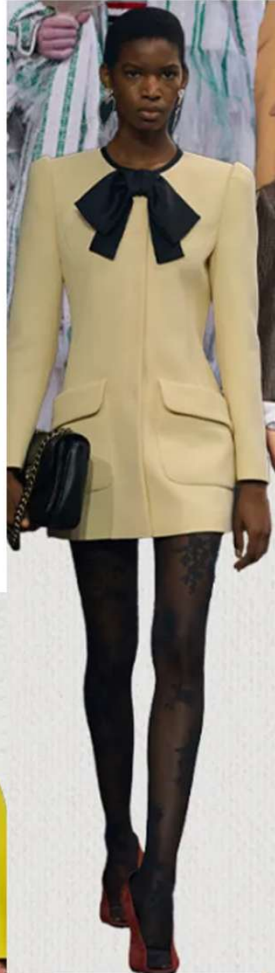
JULIE@PUTMETOGETHER.COM

www.putmetogether.com



2026 Trends

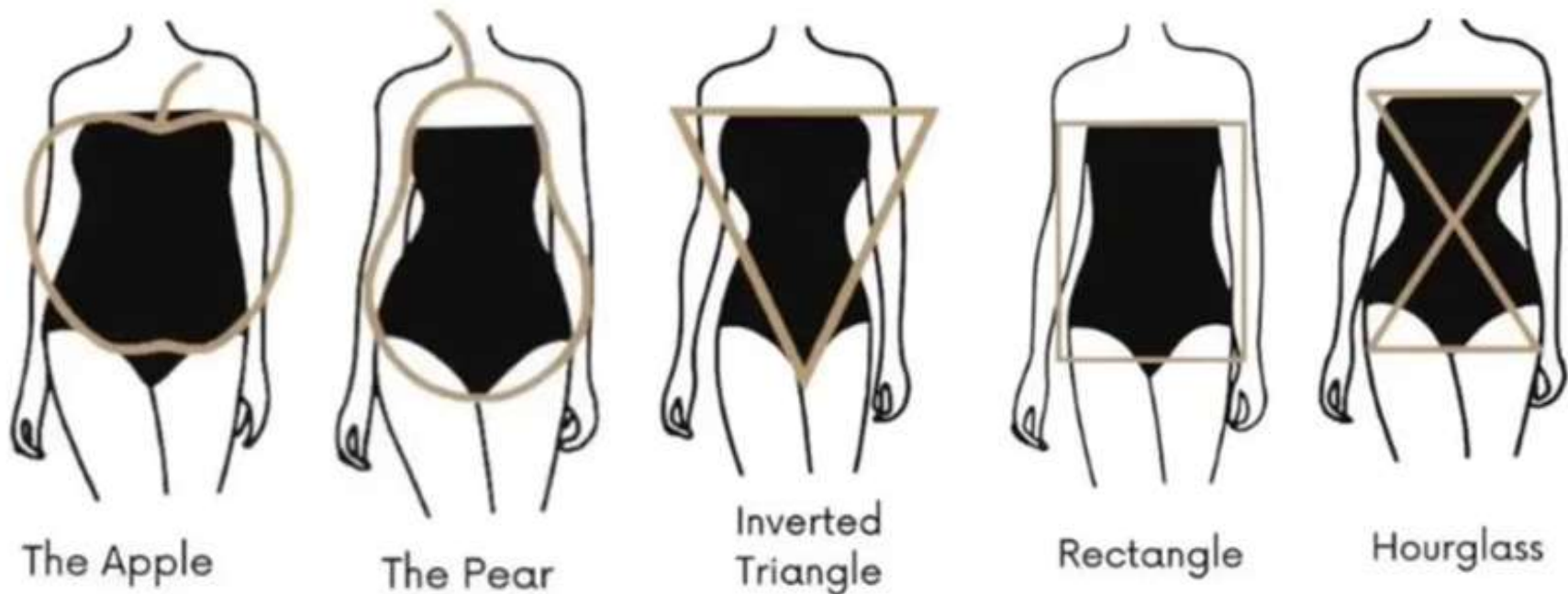
- City prep
- Primary colors
- House Frau
- 2020's
- 80's working girl
- Minimal leisure
- Volume



Body types come in every size, from petite to plus. These are the generally recognized shapes, find what flatters you most and show it off!

Plus Sizes: Look for classic silhouettes in extended sizes, such as shirt dresses, tailored ponchos over leggings, or stylish tunics, focusing on confidence and comfort.

Petite Sizes: Look for the measurement from the arm pit to the waistline and create long vertical lines with prints, creases, detailing and layers.



•**Apple Shape:** Choose V-necklines on shirts and sweaters to elongate the neck and torso, and pair with flared or bootcut trousers to balance your silhouette.



The Apple



•**Pear Shape:** Balance proportions with structured, patterned tops to draw the eye upward; pair with high-waisted skirts or trousers that highlight your waist.



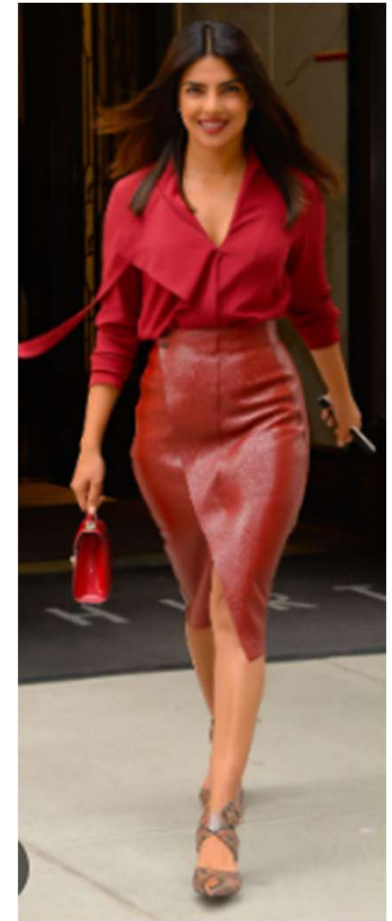
The Pear



• **Inverted Triangle:** Hips are narrower than shoulders. Athletic silhouette, narrow hips and bottom, little to no waist definition. Emphasize your great legs, and muscular arms. V-Neck is perfect!



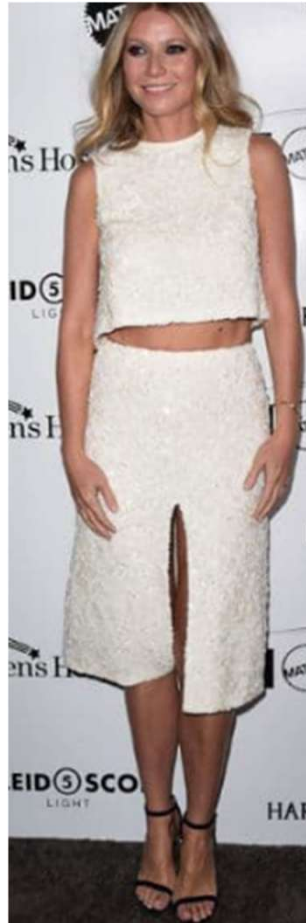
Inverted
Triangle



•**Rectangle/Straight Shape:** Create curves with voluminous tops (like detailed blouses) and skinny jeans or tailored shorts, or define the waist with belts over dresses and blazers.



Rectangle



•**Hourglass Shape:** Emphasize your defined waist with fitted shirts, belted dresses, or tucked-in tops with high-waisted bottoms.



Hourglass

