



Sunshine Shop  
The Swimwear Specialist



## Cone



**Problem Areas and Characteristics:** *Upper body is considerably larger than lower body stomach area normally protrudes bulks easily in chest, arms and neck regions slimmer from hip down*

- Shorts or larger style bottoms add volume to the lower half of your body to balance you out
- If you like to wear a skimpy bottom for sunning get a skirt cover -up to even your body shape when not swimming
- Look for a top with over the shoulder type straps
- Prints on the bottom with solid colors on top balance hip and shoulder width, and add a more defined waist.
- Highlight your waistline with colored binding
- Stay away from any halter styles as they will broaden your shoulders

## Spoon



**Problem Areas and Characteristics:** *Lower body distinctively larger than upper body, thick upper thighs, bulky inner thighs, outer thighs (saddle bags) stick out, dense calves, thickset ankles,*

- Deeper shades on the bottom are visual minimizers.
- Lighter shades or designs on top draw the eye upward.
- Try trim detailing as it brings the eye upward
- Tops that tie or hook behind the neck as they widen the shoulder.
- Look for breast enhancing tops; like our underwire pushup styles .
- High cut bottoms elongate the hips and leg.
- Try a square-neck tank with wide set straps--you'll appear more proportional.
- V-necklines draw attention away from the hip area.



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## Ruler



**Problem Areas and Characteristics:** *Not a big difference between the circumference of your chest, waist and hips - somewhat equal body proportions. Weight gain more prevalent in mid-section/abdominal region, does not bulk or add mass easily, weight gain or loss disbursed evenly.*

- Try a low leg style bottom (i.e.) low-riders or hipster as they will elongate the waist giving it form and curvature
- Add special detailing that defines the hip area, like contrasting trim, ties or string that is color-contrasted . This will give your waist a more contoured look.
- Wider straps will widen the shoulders and minimize the waist.
- Fabric with vertical ribbing or stripes will elongate the look of the waist.

## Diamond



**Problem Areas and Characteristics:** *Noticeable difference between size of chest and waist noticeable difference between size of waist and hips tend to be a little more heavy through waist*

- Look for suits with that smooth midriff and do no accentuate the waist. (i.e.) smooth waistbands..
- Shorts and Mid-low leg bottoms with a mid waist give more support and even out the waist leg ratio (i.e.) hip hugger, Caribbean, Parisian or European styles
- Tie or Hook at neck styles widen the shoulders
- Vertical lines slim the torso and create the illusion of height.
- Stay away from very busy prints, patterns, metallic's (use for trim instead!)
- To draw the eye upward and elongate the body, ONLY use lighter or print, contrast binding trim on the tops edges with a darker colored suit. Draws eye upward
- Stay away from belts; as they will focus attention to your waist