

Surviving the Swimwear Dilemma:

Karen Brunger, BHEc, AICI CIP

Suits for all Shapes

Hot in the sun, or cool in the water, there's a bathing suit style for your body. Here are a few tips to help:

A or inverted triangle

If your body is narrower in the top area than in the bottom:

Do: Keep diagonal lines on the bottom (higher cut legs) and horizontal lines on the top. A bandeau top would be great.

Avoid: A halter neckline, a boy-cut leg

V or triangle

If your body is larger on the top and narrower in the bottom:

Do: Keep diagonal lines on the top and horizontal lines on the bottom. A halter neckline or plunging V is great, as is a boy-cut leg.

Avoid: Horizontal lines on the top. A bandeau top or horizontal neckline will not work!

H or rectangle

If your body has a straighter or ruler-type silhouette:

Do: Wear a one-piece maillot or a tank-tini with a wide scoop or horizontal neckline. Try horizontal lines in both the bust and hip areas. A boy-cut leg can work.

Avoid: Horizontal lines in the waist area.

X or hourglass

If your body has a very narrow waist in proportion to the bust and hips:

Do: Wear diagonal lines in the bust and hip areas. This could be with a halter or plunging V neckline, and high-cut legs.

Avoid: Horizontal lines in the bust and hip areas.

Standard Proportions

If your body has standard or average proportions:

Do: Have fun choosing from the variety of styles available!

Swimwear Accessories

Height

If you are tall, you are successful in larger scale details. A huge beach bag, large sunglasses, and a long cover-up will match your proportions.

If you are shorter, you can scale down your accessories, and go for a more minimalist look.

Shapes and Lines

If your face and body are on the curvier side, you can incorporate curved shapes, flowing lines, and softer construction in your styles.

If angles and straight lines are dominant in your face and body, then you can incorporate angular shapes, straight lines, and crisper construction in your styles.

Happy swimming!

Karen Brunger is Director of the International Image Institute Inc., and is a Past President of the Association of Image Consultants International.