



Body Geometry Typing

MerriamStyle

Sample



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1. Body Geometry Lines

1.1 The Concepts

1.1.1 What is Body Geometry?

Body Geometry is a body typing system that focuses on the bone structure as the fundamental building blocks of the lines of the body. We take the lines of both your facial bone structure and your skeleton to understand the lines of your body in its entirety, because after all, every part of you contributes to your lines, and the whole is greater than the sum of its parts.

We focus on the bone structure specifically because it's the bone structure that determines how the flesh lays on the body, and ultimately, how the clothing falls on the body.

1.1.2 How About Figure?

Surely this would change your lines somehow?! The figure and facial features are the flesh of your body, and flesh is always soft. The figure will be transformed by the underlying bone structure every time. A curvy figure sitting on a Sharpened bone structure will take a completely different form from a curvy figure sitting on a Mixed bone structure.

When you dress for your bone structure, you are dressing for something far more fundamental than your figure alone. Alterations to your figure can always be made, but when we dress for bone structure as a priority, we find fundamental harmony in our look.

1.2 The Lines of the Body

1.2.1 Your Bone Structure | Rounded

Your bone structure is characterized by lines and angles that are primarily short and rounded. It's important to note that 'rounded' here refers to the bone structure itself, not the figure or features—this bone structure has soft angles and generally reads as short and small.

Although Rounded types can look very different from each other (maybe different feature spacing, different colorings, different figures), they still share a fundamental characteristic to the building blocks of their silhouette—their bone structure is characterized by short and rounded lines, without any notable sharpness, length, or angularity.

1.2.2 Your Physique and Features | Soft, Moderate, or Taut

As a Rounded type, your features and physique don't change your lines in any substantial way. This is because your bones are already primarily short and rounded, so adding softness on top of already soft angles doesn't do much to the silhouette. You share your lines with all Rounded types, regardless of physique or features.

1.3 The Line Recommendations

1.3.1 Overall Silhouette | Soft

Your overall silhouette that is most native to your lines tends toward fitted, has some short and rounded lines, and also has some softness to it. Because you have small bones, pay special attention to items fitting well at the cuffs, waist, and hemlines. For hemlines to 'fit well', it's best if they're tapered—tapered at the ankle if they're pants (and cropped), or tapered at the hemline like a pencil or tulip skirt. Very tight fits can read as quite stern on you. To go with the inherent lines of your body, opt for just enough space in the fit to create softness and soft draping, with that fittedness at the cuffs, waist, and hemline. Your overall silhouette consists of rounded and soft lines.

1.3.2 Fabrics | Lightweight

Your most effortless fabrics are either lightweight fabrics like silk or chiffon, or very soft and luxurious fabrics such as slightly fluffy cashmere with a fine knit (not bulky), and a very soft texture. Fur textures and satin finishes are also excellent.

1.3.3 Prints | Blended

Blended prints are most native to you. They go naturally with the rounded and soft shapes of your bone structure. All kinds of color gradients, smaller blended prints, even oversized prints that blend into each other softly are all excellent. Avoid oversized geometric prints.

1.3.4 Colors | Ensemble

With your bone structure having a light visual weight and a soft look, pastels and bright watercolors may be the most effortless for you to wear. Avoid too much color contrast that could break up your silhouette, but also avoid one color from head to toe.

Think about creating a look where colors work together to create either a soft or fresh overall effect. It's not so much that those colors will look soft or fresh on you, they will simply look just right. On the other hand, an overuse of neutrals or deep/dark/rich colors could look quite heavy against your bone structure.

1.3.5 Shoes | Dainty

Tapered pointy shoes are the most native to any Rounded type to go with their light visual weight. Anything strappy will also be very easy to wear, tapered heels, narrow heels, or stiletto heels are also very harmonious.

1.3.6 Handbags | Small

Handbags are most harmonious if they are small and have a soft rounded shape. Soft surfaces are natural to your lines (suede, soft leather). For evening, you could

go for a small satin clutch with lots of intricacy. If you need a larger bag, opt for one that has some detailing that breaks up the larger shape of it with a soft texture and thin straps.

1.3.7 Detailing | Intricate

A Rounded type looks most at home with a lot of intricate detailing. Dainty antique jewelry, sparkles in the form of diamonds, or otherwise, looks completely natural and not out of place on a Rounded type.

Believe it or not, dainty antique jewelry just melts into you and look so natural, that you could find you need a little bit of it even on the most casual day (it never looks too glamorous on you, simply just right, like it should be there, this is the effect of wearing your own lines).

1.3.8 Hair | Soft

Hair looks most native to you also when it's an extension of the lines of your bone structure. Since your bone structure has that light visual weight, so in the same way, your hair looks most natural on you when it has a very soft surface.

Since your bone structure has some rounded shapes, your hair also looks best with some rounded shapes to the styling. Some soft face framing is also wonderful.

If you style your hair straight, you can incorporate rounded shapes with different hairstyles such as half up half down, or with soft bangs and face framing. If you style your hair curly, be sure the curls are soft and not stiff, and the outer shape is rounded (avoid blunt cuts). Also avoid tousled hair.

1.3.9 Make Up | Glow

Make up works with your features most effortlessly when it's glowy, sparkly, and very blended. A fresh look in fresh colors is also wonderful to go with the lighter visual weight of your lines. Too many neutrals could look quite stern on you, but a few soft pastels or fresh colors with some glow and sparkle to the look would be just right.

Glossy or sparkly lip colors, highlighter, very dainty and separated lashes for mascara application, and a thin and neat line for eyeliner, are all a great start for your signature make up look.



2. Just right for you...

2.1 Please allow me to leave you with this...

Remember that this is only the beginning. This typing is meant to give you a guide to your native lines, but it's never meant to be the only lines you'll ever wear as if these are rules! This only answers the question of where are we beginning? What are the native lines of your body? This typing provides a blueprint for you to build on.

Understanding how the lines of your silhouette interact with the lines of your body gives you the power to more intentionally express your personal style. Please never allow what you've read here to limit you in your expression in any way. First and foremost, I wish for your wardrobe to not only look just right on you, but to also be just right for you.

Indeed, intentionally breaking the guidelines for your lines can be just as wonderful in its juxtaposition as wearing your own lines. There are millions of ways to be beautiful!

Thank you for allowing me to be a part of your style story.

-Merriam