

Suit yourself

Picking clothes that flatter your shape is an easy way to look good

Squeezing into that extra small V-neck is not the best way to show off your big arms and chest, especially if it also reveals those love handles you're not so fond of. 'It's possible to accentuate the parts of your body you love while disguising the ones you don't,' says fashion stylist Lisa Talbot (lisatalbot.co.uk). 'Want to look more athletic, a bit taller, a little leaner? With these style for body shape tips, you can.'

If you're short

Do vertical lines, colour continuity
Don't do wide-leg trousers, contrasting trousers and top
 'Your priority is to streamline the clothes and create a neat image. Vertical lines create the illusion of length for the upper body, making you appear taller. The same effect is achieved with continuity of colour for both top and bottom.'



If you're muscular

Do tailored jackets, fitted shirts
Don't do baggy clothes, tight tops
 'Ensure clothes fit your shoulders and chest and tops are narrow at the waist. A tight T-shirt will show off the upper body but most women don't love this look – we want a little to be left to the imagination.'



If you're tall

Do bold checks, turn-ups
Don't do narrow stripes, baggy clothes
 'Every detail should be in proportion to your height, with the overall effect being well balanced. Narrow stripes only get lost on a tall man, so go for check shirts in bold colours or tailored single-breasted jackets.'



If you're large

Do vertical lines, dark colours
Don't do horizontal lines, baggy trousers
 'Vertical lines and dark colours give the effect of height, slimming the body. If you have slim legs but a larger waist, alter the leg in kind. The perfect fit is so important for a balanced look. A belt colour matching your trousers also creates a sleeker appearance.'



If you're thin

Do textured fabrics, horizontal lines
Don't do skinny trousers, baggy clothes
 'The horizontal line is this man's best friend – it creates width, while textured and heavier fabrics add bulk. Trousers with pleats and double-breasted jackets are perfect. The straight-cut style is best.'



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