

Neckline Cheat Sheet



Know what suits
your body in
seconds

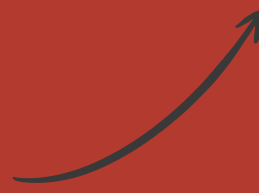
***The Nad Styling
System™***



dress



sunglasses



hat



**Most people choose
outfits randomly**

Neckline - Deep V



Best for: Apple, fuller bust

Effect: Elongates torso & Slim Upperbody

Avoid: Narrow shoulders

Neckline - Sweetheart



Best for: Pear,
Rectangle, Small bust

Effect: Adds curves,
enhances bust, soft
feminine shape

Avoid: Heavy bust,
Broad shoulders

Neckline - Boat Neck



Best for: Pear, Narrow shoulders

Effect: Adds width across shoulders

Avoid: Broad shoulders, Inverted triangle

Neckline - Square Neck

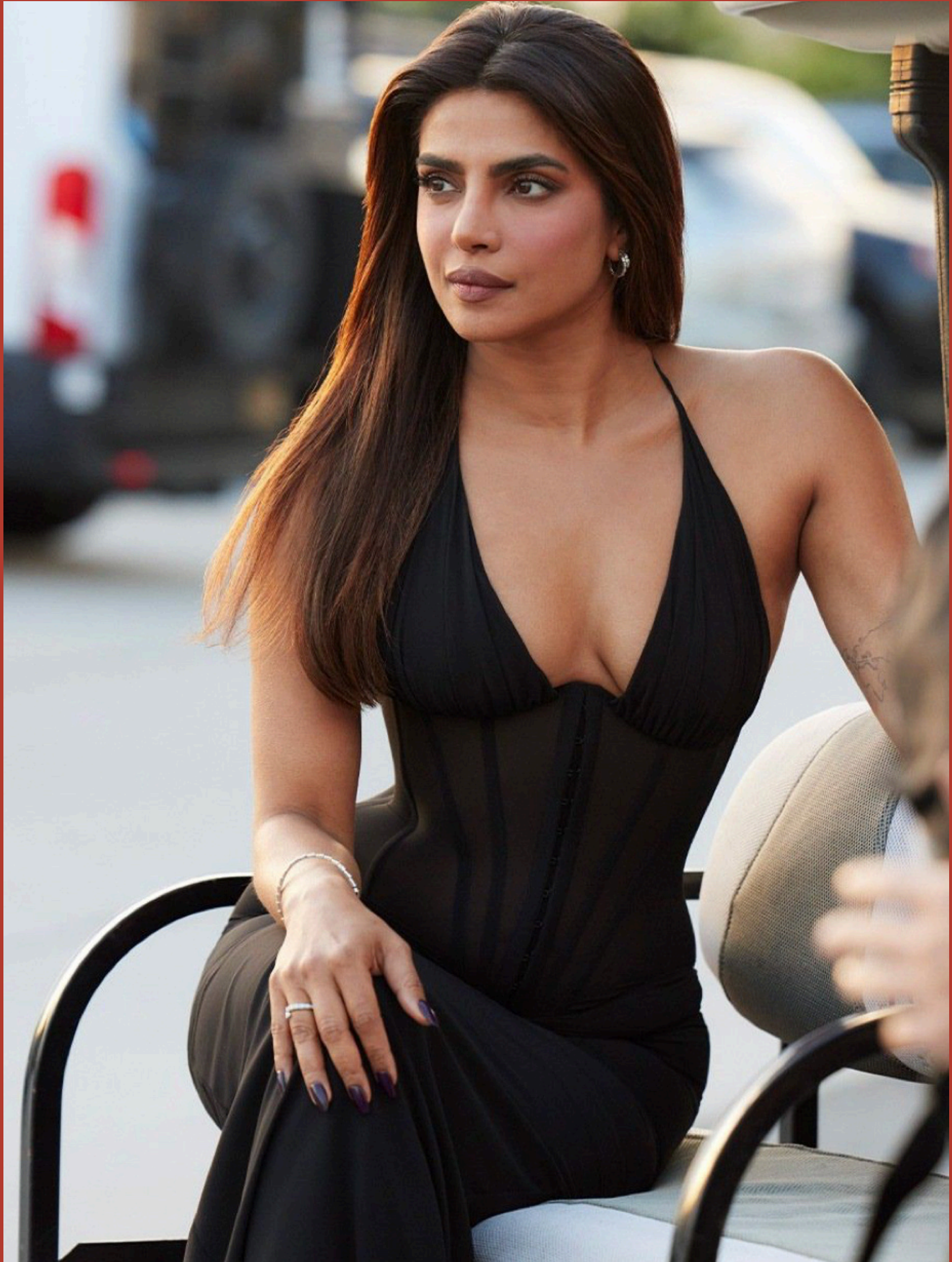


Best for: All body types

Effect: Creates
structure, balances
proportions

Avoid: Very heavy bust
(if too tight)

Neckline - Halter Neck



Best for: Athletic, Small bust

Effect: Highlights shoulders, draws focus upward

Avoid: Broad shoulders, Heavy bust

Neckline - High Neck



Best for: Long neck,
Slim frame

Effect: Covers chest,
shortens neck visually

Avoid: Short neck,
Heavy bust

Neckline - Scoop Neck



Best for: All body types,
Heavy bust

Effect: Softens features,
opens neckline

Avoid: Very small bust
(if too deep)

Neckline - Crew Neck



Best for: Slim, Small bust

Effect: Covers chest, creates modest clean look

Avoid: Heavy bust, Short neck

Neckline - Off-Shoulder



Best for: Pear, Rectangle

Effect: Highlights

collarbone, balances

lower body

Avoid: Broad shoulders

Neckline - Asymmetrical



Best for: Rectangle, Apple

Effect: Creates visual interest, breaks symmetry

Avoid: Very uneven proportions

Neckline - Cowl Neck



Best for: Small bust,
Rectangle

Effect: Adds volume to
chest area

Avoid: Heavy bust

Neckline - Keyhole Neck



Best for: All body types

Effect: Subtle

exposure, elongates
slightly

Avoid: Heavy bust
(deep cut)

Neckline - Collared Neck



Best for: Rectangle,
Athletic

Effect: Structured,
formal, sharp

Avoid: Heavy bust
(tight shirts)

Neckline - Strapless



Best for: Pear, Petite,
Small

Effect: Highlights
shoulders + neck

Avoid: Heavy bust



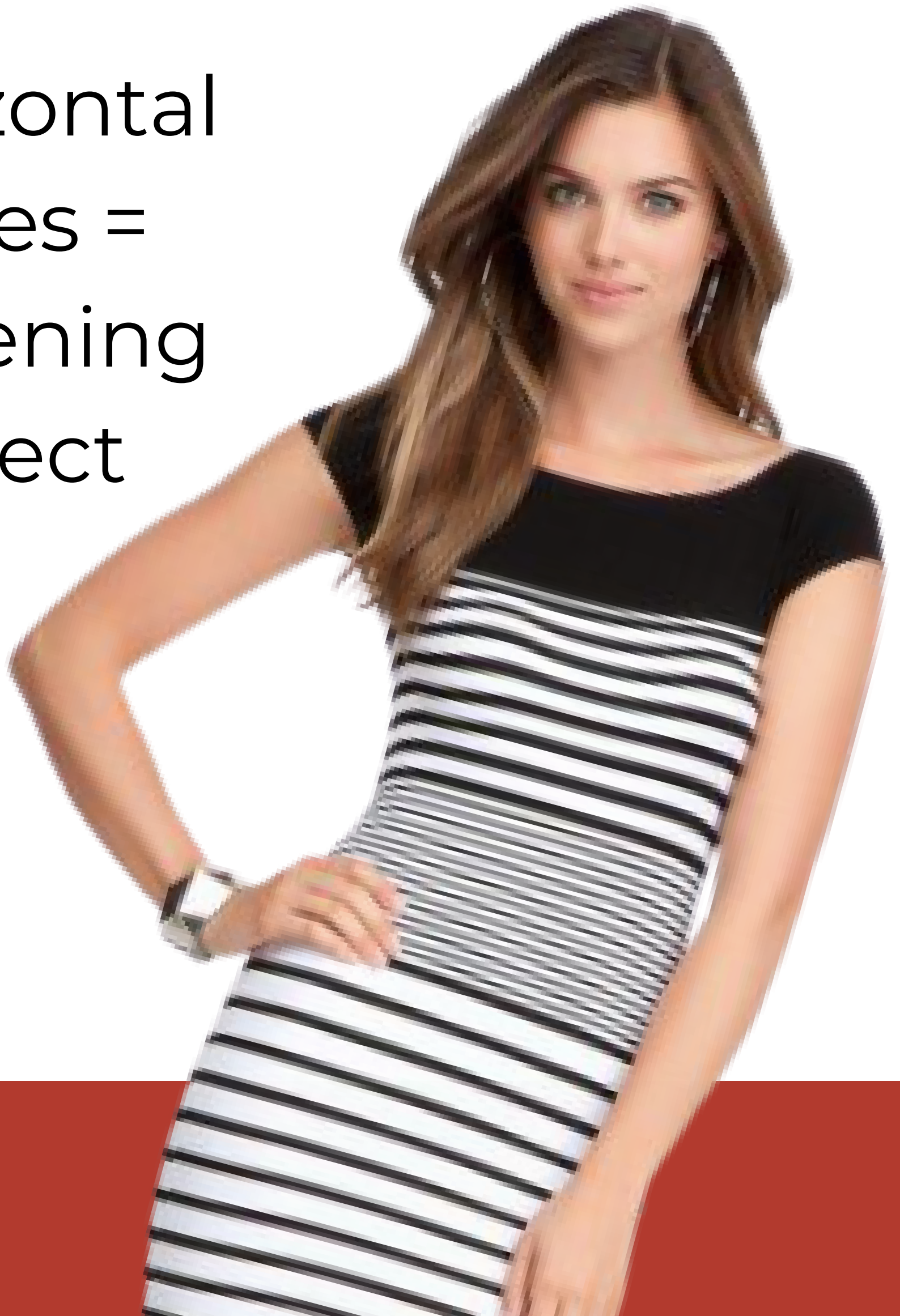
Rules Summary



Vertical
Lines =
Slimming
Effect

Rules Summary

Horizontal
Lines =
Widening
Effect



Rules Summary

Exposure = Draws Attention





THIS IS JUST THE STARTER

Full system includes all necklines, sleeves, dresses, pants, Denim, Jewellery etc.

Stay tuned or DM 'FULL GUIDE

