

# Coats/Layering Cheat Sheet

## Sheet



Know what suits  
your body in  
seconds

***The Nad Styling  
System™***



**Most people choose  
outfits randomly**

# Blazer (Structured)



# Blazer (Structured)

- **Best for:** Rectangle, Hourglass
- **Effect:** Creates sharp shoulders, defines waist
- **Avoid:** Apple

# Oversized Blazer



# Oversized Blazer

- **Best for:** Pear, Rectangle
- **Effect:** Balances hips, gives edgy volume
- **Avoid:** Petite, Apple

# Longline Coat



# Longline Coat

- **Best for:** Apple, Rectangle, Tall
- **Effect:** Elongates body, creates vertical illusion
- **Avoid:** Petite

# Cropped Jacket



# Cropped Jacket

- **Best for:** Petite, Pear
- **Effect:** Highlights waist, elongates legs
- **Avoid:** Apple

# Trench Coat (Belted)



# Trench Coat (Belted)

- **Best for:** Hourglass, Rectangle
- **Effect:** Defines waist, adds sophistication
- **Avoid:** Apple (if bulky midsection)

# Cardigan (Long Open)



# Cardigan (Long Open)

- **Best for:** Apple, Rectangle
- **Effect:** Creates vertical slimming effect
- **Avoid:** Pear (if too bulky bottom)

# Chunky Knit Sweater



# Chunky Knit Sweater

- **Best for:** Rectangle, Petite
- **Effect:** Adds volume, cozy aesthetic
- **Avoid:** Apple, Busty

# Fitted Turtleneck



# Fitted Turtleneck

- **Best for:** Hourglass, Rectangle
- **Effect:** Highlights shape, elongates neck
- **Avoid:** Apple, Busty

# Cape / Poncho



# Cape / Poncho

- **Best for:** Rectangle, Tall
- **Effect:** Adds drama, hides structure
- **Avoid:** Petite, Apple

# Leather Jacket (Biker)



# Leather Jacket (Biker)

- **Best for:** Petite, Hourglass
- **Effect:** Adds edge, defines upper body
- **Avoid:** Broad shoulders

# Waterfall Jacket



# Waterfall Jacket

- **Best for:** Apple, Rectangle
- **Effect:** Soft drape, distracts from belly
- **Avoid:** Petite

# Peplum Jacket



# Peplum Jacket

- **Best for:** Hourglass, Pear
- **Effect:** Defines waist, balances hips
- **Avoid:** Apple

# Puffer Jacket (Short)



# Puffer Jacket (Short)

- **Best for:** Petite, Rectangle
- **Effect:** Adds volume, sporty look
- **Avoid:** Apple

# Puffer Jacket (Long)



# Puffer Jacket (Long)

- **Best for:** Tall, Apple
- **Effect:** Streamlines body, elongates
- **Avoid:** Petite

# Shrug / Lightweight Layer



# Shrug / Lightweight Layer

- **Best for:** Petite, Hourglass
- **Effect:** Adds light dimension without bulk
- **Avoid:** Apple



# THIS IS JUST THE STARTER

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

**Stay tuned or DM FULL GUIDE**

