

Denim/Pants Cheat Sheet



Know what suits
your body in
seconds

***The Nad Styling
System™***



**Most people choose
outfits randomly**

High Waist Jeans



High Waist Jeans

- **Best for:** Pear, Hourglass, Petite
- **Effect:** Snatches waist, elongates legs
- **Avoid:** Apple body (heavy midsection)

Mid-Rise Jeans



Mid-Rise Jeans

- **Best for:** Apple, Rectangle
- **Effect:** Balances torso, reduces belly focus
- **Avoid:** Petite (short legs)

Low-Rise Jeans



Low-Rise Jeans

- **Best for:** Slim, Rectangle
- **Effect:** Creates illusion of longer torso
- **Avoid:** Pear, Apple

Straight-Leg Jeans



Straight-Leg Jeans

- **Best for:** All body types (safe option)
- **Effect:** Balanced silhouette, timeless
- **Avoid:** None (universal)

Skinny Jeans



Skinny Jeans

- **Best for:** Slim, Hourglass
- **Effect:** Highlights curves, sleek look
- **Avoid:** Pear, Heavy thighs

Wide-Leg Jeans



Wide-Leg Jeans

- **Best for:** Pear, Apple
- **Effect:** Hides lower body bulk, adds drama
- **Avoid:** Petite

Bootcut Jeans



Bootcut Jeans

- **Best for:** Pear, Hourglass
- **Effect:** Balances hips, elongates legs
- **Avoid:** Apple (heavy midsection)

Flared Jeans



Flared Jeans

- **Best for:** Pear
- **Effect:** Dramatic leg elongation
- **Avoid:** Petite

Mom Jeans



Mom Jeans

- **Best for:** Rectangle, Slim
- **Effect:** Adds volume, vintage shape
- **Avoid:** Pear

Boyfriend Jeans



Boyfriend Jeans

- **Best for:** Slim, Rectangle
- **Effect:** Relaxed, effortless vibe
- **Avoid:** Petite, Pear

Cargo Pants



Cargo Pants

- **Best for:** Rectangle, Tall
- **Effect:** Adds volume, edgy look
- **Avoid:** Pear

Paperbag Waist Pants



Paperbag Waist Pants

- **Best for:** Rectangle, Slim
- **Effect:** Creates waist illusion
- **Avoid:** Apple

Palazzo Pants



Palazzo Pants

- **Best for:** Pear, Apple
- **Effect:** Flowy, hides legs completely
- **Avoid:** Petite

Cigarette Pants



Cigarette Pants

- **Best for:** Hourglass, Slim
- **Effect:** Sharp, tailored silhouette
- **Avoid:** Pear

Tapered Pants



Tapered Pants

- **Best for:** Apple, Rectangle
- **Effect:** Slims lower leg, structured look
- **Avoid:** Pear

Jeggings Pant



Jeggings

- **Best for:** Slim, Petite
- **Effect:** Super fitted, elongates legs
- **Avoid:** Apple, Pear

Culottes



Culottes

- **Best for:** Tall, Slim
- **Effect:** Fashion-forward, airy volume
- **Avoid:** Petite

Ankle Length Pant



Ankle Length Pants

- **Best for:** Tall, Hourglass
- **Effect:** Clean, modern cut
- **Avoid:** Petite



THIS IS JUST THE STARTER

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

Stay tuned or DM FULL GUIDE

