

# Dresses/Tops Cheat Sheet



Know what suits  
your body in  
seconds

***The Nad Styling  
System™***



**Most people choose outfits randomly**

# A-Line Dress



# A-Line Dress

- **Best for:** Pear, Apple
- **Effect:** Balances hips, defines waist
- **Avoid:** Rectangle (very straight)

# Bodycon Dress



# Bodycon Dress

- **Best for:** Hourglass, Petite
- **Effect:** Highlights curves, body definition
- **Avoid:** Apple, heavy midsection

# Wrap Dress/Top



# Wrap Dress/Top

- **Best for:** Apple, Hourglass
- **Effect:** Creates waist, elongates torso
- **Avoid:** Rectangle (very flat)

# Peplum Top/Dress



# Peplum Top/Dress

- **Best for:** Rectangle, Pear
- **Effect:** Adds curves, enhances waist illusion
- **Avoid:** Apple

# Empire Waist Dress



# Empire Waist Dress

- **Best for:** Apple, Petite
- **Effect:** Hides tummy, elongates legs
- **Avoid:** Heavy bust

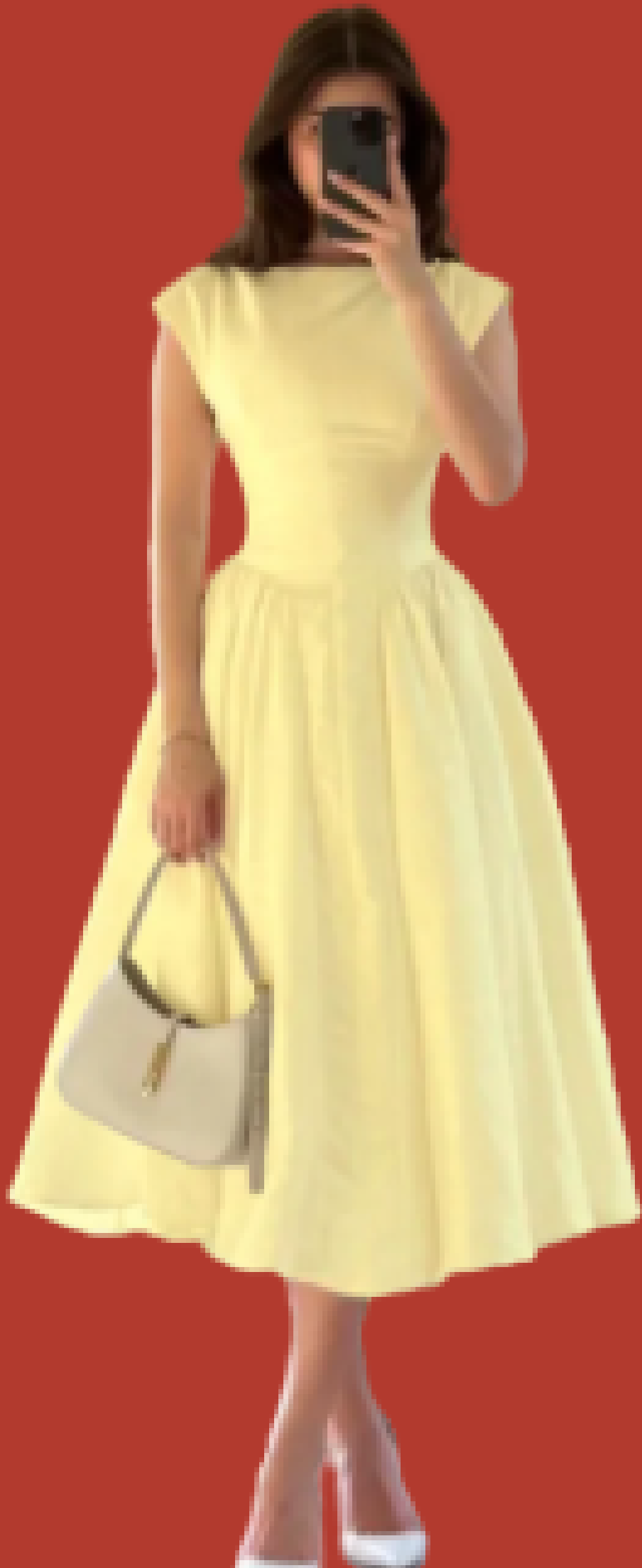
# Shift Dress



# Shift Dress

- **Best for:** Rectangle, Tall
- **Effect:** Clean, straight silhouette
- **Avoid:** Apple, heavy midsection

# Fit & Flare Dress



# Fit & Flare Dress

- **Best for:** Pear, Hourglass
- **Effect:** Defines waist, balances lower body
- **Avoid:** Apple (very round midsection)

# Crop Top



# Crop Top

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

# Tunic Top



# Tunic Top

- **Best for:** Apple, Rectangle
- **Effect:** Hides midsection, relaxed look
- **Avoid:** Petite

# Structured Blazer Top



# Structured Blazer Top

- **Best for:** Rectangle, Apple
- **Effect:** Adds sharpness, creates structure
- **Avoid:** Very curvy (tight fit)

# Off-Shoulder Dress/Top



# Off-Shoulder Dress/Top

- **Best for:** Pear, Rectangle
- **Effect:** Balances hips, highlights collarbone
- **Avoid:** Broad shoulders

# Slip Dress



# Slip Dress

- **Best for:** Petite, Hourglass
- **Effect:** Elongates, sleek minimal look
- **Avoid:** Apple

# High-Low Dress



# High-Low Dress

- **Best for:** Pear, Petite
- **Effect:** Shows legs, adds movement
- **Avoid:** Very short legs (uneven proportion)

# Shirt Dress



# Shirt Dress

- **Best for:** Apple, Rectangle
- **Effect:** Structured, elongates torso
- **Avoid:** Pear (if tight at hips)

# Ruched Dress/Top



# Ruched Dress/Top

- **Best for:** Apple, Hourglass
- **Effect:** Hides belly, creates texture
- **Avoid:** Very slim frames



# THIS IS JUST THE STARTER

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

**Stay tuned or DM FULL GUIDE**

