

Sleeves Cheat Sheet



Know what suits
your body in
seconds

***The Nad Styling
System™***



sunglasses



hat



**Most people choose
outfits randomly**

Puff Sleeves



Puff Sleeves

- **Best for:** Pear, Rectangle
- **Effect:** Adds volume to upper body, balances hips
- **Avoid:** Broad shoulders, heavy bust

Cap Sleeves



Cap Sleeves

- **Best for:** Petite, Slim arms
- **Effect:** Soft feminine touch, slight shoulder width
- **Avoid:** Heavy arms

Bell Sleeves



Bell Sleeves

- **Best for:** Slim arms, Tall frames
- **Effect:** Adds movement, elongates arms visually
- **Avoid:** Short arms, heavy arms

Fitted Sleeves



Fitted Sleeves

- **Best for:** All body types
- **Effect:** Streamlined, clean silhouette
- **Avoid:** Very heavy arms (tight fit)

3/4 Sleeves



3/4 Sleeves

- **Best for:** All, especially heavy arms
- **Effect:** Slims arms, draws attention to wrist
- **Avoid:** Very short arms

Long Sleeves (Slim Fit)



Long Sleeves (Slim Fit)

- **Best for:** Tall, slim, structured looks
- **Effect:** Elongates arms, polished vibe
- **Avoid:** Thick arms (tight fabric)

Bishop Sleeves



Bishop Sleeves

- **Best for:** Rectangle, slim frames
- **Effect:** Adds volume + luxury softness
- **Avoid:** Heavy arms

Raglan Sleeves



Raglan Sleeves

- **Best for:** Broad shoulders
- **Effect:** Softens shoulder line
- **Avoid:** Narrow shoulders

Off-Shoulder Sleeves



Off-Shoulder Sleeves

- **Best for:** Pear, slim arms
- **Effect:** Highlights collarbone, balances hips
- **Avoid:** Broad shoulders, heavy arms

Cold Shoulder



Cold Shoulder

- **Best for:** Slim arms
- **Effect:** Breaks arm line, adds interest
- **Avoid:** Heavy arms

Flutter Sleeves



Flutter Sleeves

- **Best for:** Heavy arms, pear
- **Effect:** Softly covers arms, creates flow
- **Avoid:** Broad shoulders

Dolman Sleeves



Dolman Sleeves

- **Best for:** Apple body, fuller midsection
- **Effect:** Adds comfort, reduces waist focus
- **Avoid:** Petite frames

Batwing Sleeves



Batwing Sleeves

- **Best for:** Apple, rectangle
- **Effect:** Hides midsection, relaxed silhouette
- **Avoid:** Petite, short torso

Sleeveless



Sleeveless

- **Best for:** Slim arms, toned arms
- **Effect:** Clean, sharp, elongates look
- **Avoid:** Heavy arms (if insecure)

Asymmetrical Sleeves



Asymmetrical Sleeves

- **Best for:** Rectangle, fashion-forward
- **Effect:** Creates visual interest, breaks symmetry
- **Avoid:** Broad shoulders



THIS IS JUST THE STARTER

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

Stay tuned or DM FULL GUIDE

