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Ask An Expert

Spring Denim

STYLIST
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Spring is just around the corner (and our **Spring Trend Guide** is here), and jeans are still a must in every woman's wardrobe. It's the perfect time to invest in your denim collection, but with such a variety of trendy cuts, it can be hard choosing a style that works for you. We enlisted the help of fashion expert, Kelly Millar to put this spring's hottest denim trends together according to body type (to try and make sense of it all)...

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By body type...

Bottom Heavy
These body types have a slender neck, narrow shoulders, smaller bust, shapely waist and generous hips and thighs. Best fitting jeans are wide-waist bands with a higher rise. Look for either a boot cut jean or the still trendy wide-leg style. You can never go wrong with a slightly flared leg, which will balance out your curvaceous hips.

Top heavy

If you have broad shoulders, a medium to full bust, an average waist, narrow hips and shapely legs, you are a top heavy body type. You carry your weight on the upper half of your body. Since you generally have more slender legs, you can show them off with a more fitted jean. Skinny jeans are a great option.

Long-waisted
If your waist is closer to the top of your thighs, you're considered to be long-waisted. This body type has it's advantages and disadvantages. The main disadvantage is that you have proportionally shorter legs, so the goal is to lengthen them. Therefore, **NO** hip hugger jeans; go for a slightly higher-waisted cut with a wider leg. It creates the illusion of a longer leg. A high-waisted style will be most flattering, so choose either a boot cut or a wide-legged style.

Short-waisted
If your waist is closer to your underarms and you find shirts to always be very long, you are most likely short-waisted. Because your torso is short, your legs are relatively long. The trick is to maintain the long-legged look so choosing the right jean is key. Hip huggers are always your best bet as they will lengthen your torso. You are one of the few body types that can wear the skinny jean, so definitely try a pair. Also, opt for wide-legged styles with a fitted top and a belt for a splash of elegance.

Hourglass
The hourglass body type is defined by a full bust, defined waist, curved hips and shapely legs. If this is your body type, you definitely have curves, so why not show them off? Avoid overly trendy distressed or boyfriend styles as they will just add width. Opt for your most flattering cut instead - a well-defined waist with a wide-leg style. Add a belt to highlight your slim waist.

Round
You generally have a generous bust, wider rib cage, a fuller back, generous middle with proportionally slender hips and thighs. You have legs that bottom heavy women would kill for, so show them off in some fabulous jeans! If you want to try something trendy, go for coloured denim or a distressed look. It that's not your thing, then opt for a straight leg, higher-rise cut or a wide legged, higher waisted style. Either will be fantastically flattering on you.

And by style....

Distressed
These jeans are making a comeback this season but are definitely not for everyone. If you really like the ripped look, try an inexpensive pair.

Skinny
After a few years in the spotlight, it can now be safely recommended to invest in a quality pair. They are definitely going to be around for a while!

Wide Legged
This trend is still sticking around and suits quite a few body types. Try a pair in a darker wash which is most flattering.

Boyfriend Jean
Though they don't exactly flatter the female physique, boyfriend jeans are a big trend this season. Try an inexpensive pair from American Eagle, or J Brand, which are a bit more pricey. Straight Body types wear this style most effectively; nip the waist and roll the legs to really pull off the look.

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