

YOUR ULTIMATE GUIDE TO CHOOSING JEANS

Style Guide



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How To Choose The Right Jeans Rise For Your Body Shape

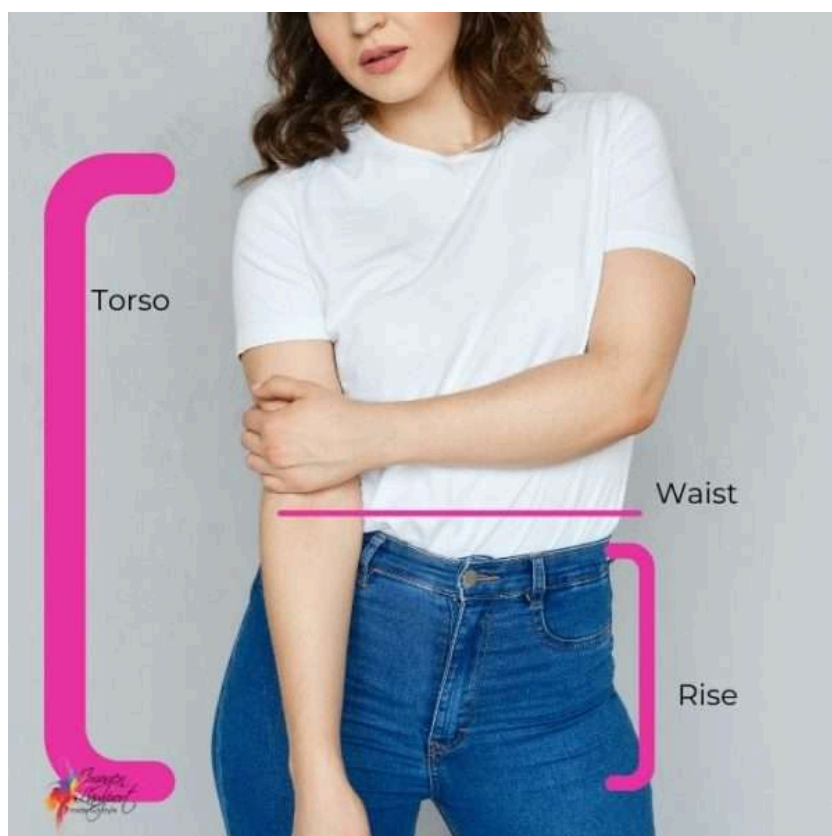
It's interesting to see how fashions change over time. Jeans have gone from working trousers to groovy bellbottoms through to low-rise hip-huggers and the cropped slim cut version we see in shops at the moment.

How do you choose the Right Jeans Rise For Your Body?

The rise on jeans describes the distance from the top of the waistband to the seam where the crotch meets the legs of the pants. Generally, some rises are better than others depending on your body. This is related to both your body shape and your body proportion. The main difference between low-rise, mid-rise, and high-rise jeans is how high the waistband reaches up your midsection. [Watch video here.](#)

Here's a simple definition of rise, waist and torso measurements:

- Rise is the distance from your leg break to your natural waist
- Waist is the point in between your rib cage and pelvis/hip bone, where there are no bones (only the spine), it's normally just above your belly button.
- A short waist is one that sits proportionally shorter (less one head length) from your bust peak and so appears higher.
- Torso is your body





Some people have a long torso, but they are short-waisted and the length is in their rise is long.

Shorter legs with higher rise pants and jeans will make your legs appear longer.

Longer legs with a lower rise can shorten your legs or balance your proportions by making your body appear longer.

Almost everybody can wear a medium-rise pants or jeans. If you're not sure, go for a medium rise.

Just because a label says it's high-rise or medium-rise or low-rise, it may work differently for you. You may find that if you have a long rise, high-rise jeans may appear as a medium-rise. If you wear anything medium or shorter, you'll find the jeans pull down when you sit and they will go uncomfortably low over your bottom and hips. This is a common issue for A and X shape bodies.

If you have a short rise, you might find low-rise jeans sit at a medium rise on your body.

Defined waists and undefined waists, slimmer thighs and fuller thighs, rounded bottom or flatter bottom, high bottom or lower set bottom, longer rise or shorter rise so many things to consider and so it's completely understandable that trousers are tricky to fit.

One of my wonderful 7 Steppers Susanne, has done copious amounts of research into her own pant-fit-woes and provided me with some great photos to illustrate [in this post](#).

There are a few try on tips to ensure you get a good fit....

There are so many jeans shapes, rises and options these days. Curvy fits, for those with more booty and a defined waist, and then straighter shapes to fit those of us with less defined waists. If you have a protruding stomach and slimmer thighs – try maternity jeans as they are designed for an O shape body.

Does the waistband force your waist in too tightly, leading to some spillover, aka muffin top, at the top of the waistband? Consider a larger size or a higher rise that sits just on your belly button. If you go up a size then the hips or thighs are too large, you will need to take in the jeans at that point this can be a common issue for H shapes and O shapes.



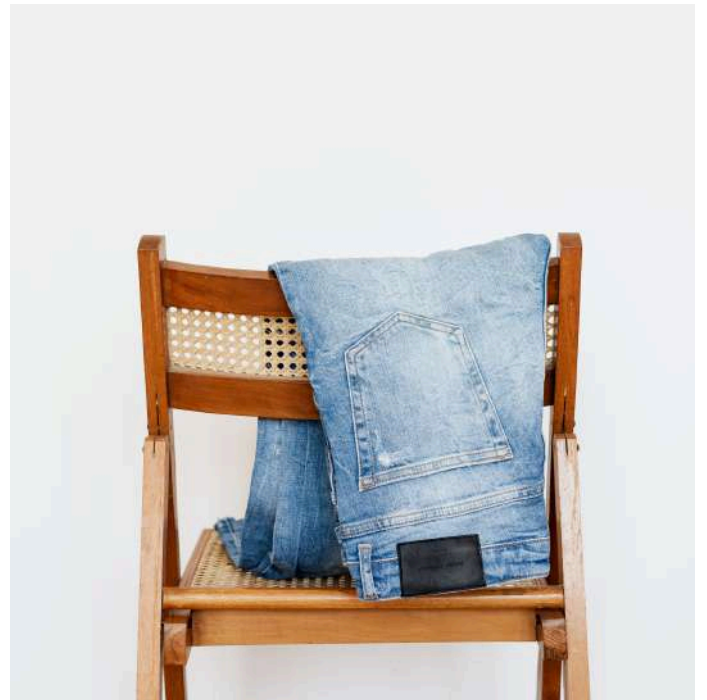
Sit down in the jeans. Do they gape at the back? When you sit down, you want to avoid the potential of showing your underwear on accident. Try a pair with more waist shaping and a higher rise. Or if they fit the rest of your body, have the waist taken in by a tailor. You want the waistband of your jeans to feel secure around your waist so they aren't sliding down and also aren't cutting into you.

Walk around the fitting room and squat down then stand up. The way something fits when you're standing can be totally different once you start moving, so get to moving! Do you have crotch creases whilst standing evenly and not moving? This may be a sign that there isn't enough room in the seat of the jeans or that the rise is too big for you.

Look for jeans with stretch rather than being a stiff denim as you'll get a much better fit that way. Though buy on the firmer side as they will stretch out!

If you can't find a pair of jeans that love you as much as you love them that you love, remember it's the clothes that are the problem, not your body.

If the jeans don't fit it's not because there is anything wrong with your body. The manufacturer never took your measurements so they aren't making them specifically for you! Instead, have the jeans altered to fit your unique and gorgeous shape just like the celebrities do!



Get Dressed Like a Pro: The Silhouette

Shortcut to Effortless Style

The silhouette is one of the key components to style that works for you. Silhouettes relate to body shapes, when you know your best silhouette even when fashions change you can more easily figure out how to adapt your style choices to the new fashions.

3 Basic Silhouettes:

1

The column or vertical rectangle – this is the basic silhouette that flatters H shapes, O shapes

2

The fit and flare (hourglass) – this is the basic silhouette that flatters X shapes, A shapes, V shapes

3

The waisted column – this is the basic silhouette that flatters 8 shapes

The I shape body which is the body shape of most models, is able to wear all silhouettes, which is why the I shape is the body shape of so many models as they are the chameleon of shapes and can work with all silhouettes.

When you know which of these is your best silhouette, dress with this silhouette in mind in every outfit. Your best silhouette will make choices easy when shopping, you can stop looking at everything and just focus on the garments that will help you create your best silhouette.



Create Your Silhouette Uniform

This is nothing like a school uniform, it's more about having a bunch of clothing that you can wear as foundations for many different outfits. It could be a fantastic pair of jeans, a pair of dressier trousers and a skirt for your bottoms, then maybe a dress in your ideal silhouette plus some jackets or outer layers.



If you're an X, A or V shape, you might look for wide-leg trousers and jeans. Plus find some great a-line skirts and a fit and flare dress.



If you're an H, O or 8 Shape, look for straight leg, jeans and pants and straight skirts made from comfy, stretchy fabrics.

These are your starting pieces.

Then look for tops that fit and flatter your body. This is where you may need to refer to other aspects of your physicality to make your best choices. Your best neckline relates to the shape of your jaw ([you can find out more about that here](#)). How you wear your tops may be related to your shape as well, whether you want to tuck, half-tuck or wear tops out ([check out my tucking tips here](#)).

Know that oversized tops don't work for the fit and flare shapes as you lose your waist in them completely. Those who suit a column shape can easily wear an oversized top with a slim, straight silhouette bottom half.

How to Choose the Right Denim For Your Colouring

Blue, along with all the cool colours (**green, blue/green, blue, blue/violet**) are receding colours – they appear to go away from you and they provide a good backdrop. These receding colours create an illusion, making the darker element seem smaller and allowing focus in other areas. This is why dark jeans are often referred to as sliming.

Whatever palette you have (from whatever system it comes from), there will be some denim colours that are better than others and that has to do with your ideal value.

Your ideal value is the overall lightness or darkness (technical word for that is value) of your skin, hair and eyes. For the most complementary denim colour, you should match the value of your denim to your ideal value.



Given that denim comes in a variety of blues (and other colours, but let's just look here at the blue jean), you can choose a denim colour to suit. Ignoring the distressing and details on these jeans, you can see there are light, medium and dark value jeans.

Which you choose will come down to:

Your Body Shape

If you are an X or A or 8 you may not want to draw attention to your lower half with an overly light colour – opt for medium to deep value denim.

Your Colouring

If your palette is overall lighter – go for light to medium value denim as your every day. If you have darker colouring go for medium to dark value denim.

The Occasion

Dark denim is dressier, unless it's white – which is also pretty dressy. Otherwise the mid-value denims are more casual.

Your Personality

Do you like to stick to the rules or break them? Doesn't matter what the rules are if your personality wants to bend them, go right ahead and choose the denim that expresses who you are.

Dark Wash Denim

- Dark non-distressed denim is considered the dressiest shade of jeans. These indigo blues tend to be cooler sorts of blues and they fit better with cooler palettes.
- You can find warmer versions of dark denim with a yellow undertone.
- Darker washes are brighter; more intense and solid in their colour and are best suited to those people with dark palettes.

HOW TO CHOOSE A MORE DRESSY DENIM JEAN

DARK INDIGO DENIM
WITH NO DISTRESSING
IS THE MOST DRESSY
OF BLUE DENIMS



WHITE DENIM IS ALSO
DRESSY



WHEN YOU ADD
DISTRESSING, YOUR
JEANS BECOME
MORE CASUAL



TEARS ALSO ADD A
MORE CASUAL FEEL
TO YOUR DENIM



Mid Wash Denim

- The medium shades of denim go with almost everything but have the more casual vibe. Mid denims these are very easy to wear particularly if you are a medium or lighter person and tends to suit both warm and cool colouring. They are a practical jeans colour that doesn't show much dirt.
- You need to be careful with fading on mid-blue denim. It's important to check that the jeans you choose are faded in all the right places.

Light Wash Denim

- Light wash denim is perfect for a summery look or dressing down any outfit!
- Light wash could go either way – some a slightly cool, some have a hint to warmth. It's great for a lighter palette. The colour tends to be muted so it's better for those with muted, soft, smoky coloring than those with bright coloring. Muted colors always recede so even though they're a bit lighter, they still have some receding qualities.
- Really light, almost white wash.
- Really light jeans are almost white and they tend to be a little bit cooler. Very pale or white jeans of any kind are not the easiest to wear if you are curvy. They often make individuals look wider than they really are, because of the light colour, so make sure they fit perfectly.

Coloured denim

Coloured denim is a fun fashion trend, but buy cheaply as it won't be the longest-lasting trend. The brighter the colour of the jeans the more you will find wearing a top in a neutral colour works best, so your outfit is not too overwhelming. Choose a colour that suits your colouring too – so not too bright if you suit a more muted or smoky palette.

Got a pair of jeans that are too cool for your warm palette? Want to change how they look? Whether it's just to warm up the blue (or cool it down) or to completely change the colour?

Overdyeing denim jeans is a little different than overdyeing a pair of "twill" jeans (what white jeans are usually made from). There is a distinct difference in the actual weave of real denim and the edgy look of overdyeed real denim is fabulous! For more tips on overdyeing jeans, [check out this guest post by Ms MakeltOver Bernadette Lis](#)

How to Identify the Undertone of Denim

Denim's come in warm and cool blues and it's easy to identify which is which.

Cool denim has a violet-blue cast, or a more whitish look.



Warm denim has a yellow undertone and looks a little more teal (and definitely not purple).

You'll want to select a denim that is in the same undertone as your own colouring.

Easy Style Guide to the Best Pants for Your Body Shape

A SHAPE

Your hips/thighs are broader than your shoulders but you have a defined waist. Look for shapes that have a little bootcut or flare to balance your hips. Wear in a darker colour with a lighter coloured or patterned top to draw attention upwards. A wide waistband can be great to help you get a better fit. You may find that pants are hard to fit and that skirts are an easier option!

X SHAPE

Your shoulders and hips are balanced and you have a defined waist. Styles with wide waistbands will make fitting easier, you may find that you have to have the waist on trousers taken in. Straight or bootcut or a little flare all suit.

O SHAPE

Your tummy protrudes and is the widest feature on your upper body. You will find that slim leg styles are the most flattering as you can wear them with longer tunic tops and not look overwhelmed by fabric. Consider purchasing pants in the maternity section as they will have less fabric through the thighs and bottom, but not cut in at your waist. As you're wearing a longer top (and maternity styles have really improved in recent years) nobody will know that is your secret.

8 SHAPE

Your hips and shoulders are fairly balanced with a defined waist, but you have the high 'shelf' hip. Again a wider waistband can help with fit issues, look for straight and trouser cut styles or a bootcut.

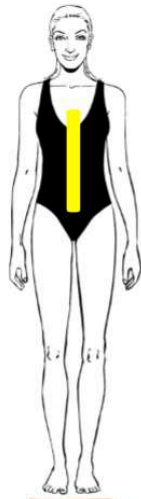
PETITE

No matter what your shape, a slimmer leg and the longest length (without dragging on the ground) will flatter your stature and make your legs look longer. Too much fabric is your enemy, so be careful of the volume.

The Best Trousers for Your Body Shape

With Imogen Lamport AICI CIP

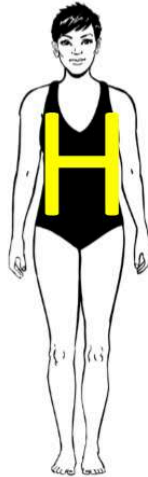
www.InsideOutStyleBlog.com



Create curves with pleats



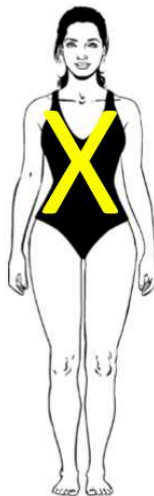
Balance shoulders with hip detail and a wide leg



Straight legs are your best shape



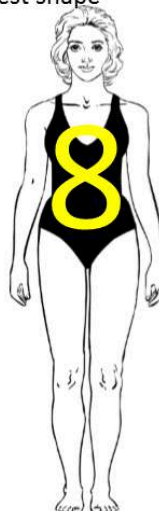
Follow your curves with a bootleg



Wide waistbands will make trousers fit, straight or bootcuts flatter



Slim leg maternity styles are often a great option



Straight or bootcut are best

Petite

Whatever your shape, if you're not tall, keep pants as long as possible, no cuffs and slimmer cuts



How to Wear Skinny Jeans For Your Body Shape

Skinny Jeans have been the trend jean for a few years now and they don't look like they're going anywhere fast. So how to wear them to flatter your body shape?

One of the benefits of skinny jeans is that they make your legs look longer – if you want to further elongate your legs, use a column of colour, wear a wedge or high heel, tone shoes to jeans (or go slightly darker).



Worried about them highlighting your hips? Here I use a column of colour to elongate and then a long-line cardigan to skim past my butt.

The trick with wearing any garment is to think about balancing your body – if you are wide somewhere, then balance the narrower part with something that makes you look a little wider there – it's like balancing two triangles on each other at the pointy end. Wider shoulders, then add some width at the hips or knees. Wider hips, add width at the shoulders and/or the ankles.



I SHAPE

They suit you and your straighter shape. Want to have more curve? Wear a jacket that ends around your hip bone. Jackets with peplums will also give you the illusion of curve, as will distressing around the hip area.

H SHAPE

You can wear longer tunic tops, or shorter tops that end around your high hip area, but never tucked in around the waist as it will make you look boxy.

A SHAPE

You may feel that this jean over emphasises your hips and thighs – if so, wear them with a longer tunic top that's belted at your waist to show off your slim feature.

8 SHAPE

Make sure your tops come in at the waist – peplum jackets are perfect for you to wear with a skinny jean. Make sure the jacket ends no higher than your high hip, preferably a little longer to bypass your widest point.

V SHAPE

Rock the skinny jeans with boots or a tunic top.

X SHAPE

Highlight your waist, balance with boots or a wedge. Avoid ending tops at the upper thigh, end them at the high hip or waist.

O SHAPE

Wear a tunic top that skims, and highlight your slim legs with these jeans. Skinny jeans are ideal as they are the slim garment that goes with your more voluminous tops.



How To Find Jeans For Your O Shape Body

All of us have different shapes, sizes and styles so finding the perfect pair of jeans can be a massive task with an overwhelming number of options. There's a pair of jeans for every body shape, so don't worry! For women with an o-shaped body jeans fit can be hard to find a pair of jeans that can hide muffin top while not being too loose through the bottom and thighs (because when you go up sizes to get your tummy to fit, then you get too much fabric in the thighs and butt!). [Watch the video.](#)

Shop Maternity for O Shape Pants

One of the most common issues for women who have an O shape with a protruding tummy face is that as they go up in size to get a waistband that doesn't dig in, then the rest of the jeans become too big and sloppy. Rather than messing around with regular sizing, my tip is to shop the maternity section of your stores as a pregnant body shape in an O body shape.

[Here](#) is a short shoppable video showing you some styles and what to look for.

There are no rules that say you should only wear maternity clothes when pregnant. You always have the freedom to wear them whether you are pregnant or not. The important thing is that the clothes make you feel good.

The O-shapes tend to have a tummy but don't necessarily put the weight on through the hips and thigh. One of the problems you encounter is finding jeans with enough room for your stomach but without overly baggy thighs. A pregnant body is an o-shaped body. Maternity jeans are often designed to go up and over the tummy without the excess fabric on the thighs. Jeans For O-Shape Body

I remember when I was pregnant; I really hated any pressure on my tummy. It felt so uncomfortable. Maternity clothes are perfect because they're designed not to put pressure on your tummy and keep you comfortable. You'll find they fit through the bottom and the legs.

There are 3 main types of methods that maternity jeans use to keep the jeans up: underbelly waistband, over bump waistband and side stretch panels.

Jeans for O Shape Bodies



While the style you choose will ultimately come down to personal preference, over-the-bump waistband generally provides the smoothest support for your tummy while under-the-bump waistbands can provide support from below. If you choose a style with an under belly waistband then you'll need longer tops and tunics to cover the waistband. Side panel maternity jeans are the closest thing to regular jeans as the panels are quite discreet and blend in with the design. Styles side panels tend to sit much lower on the hips and rear.

The beauty of maternity jeans is they can be found in a variety of lengths and leg shapes and price points. Would you wear an item of maternity clothing if you weren't pregnant? If you are an o-shape and you struggle to find a pair of well-fitting jeans, just try the maternity section.

Tips for Dressing and Styling an H Shape

If you have an H shape, you should avoid marking your waist when dressing and styling by adding details. This means avoiding clothes that emphasize your waist, such as belts and featured waistlines on garments. Instead, choose clothes that create a more straight streamlined silhouette. For example, you can wear a straight wrap dress where the narrowest point is just under your bust, and shift dresses that have no waist details or emphasis.

Some looseness of fabric around your waist is great if you have a post-menopausal tummy (or just post-baby tummy too).

When dressing an H shape, it is also important to avoid clothes that are too baggy or too tight. Instead, choose clothes that are fitted but not clingy. For example, a fitted jacket or a tailored blouse that ends at your hip bones can create a more defined shape without drawing attention to your waist.

Here are examples of the differences you may find between the shapes and what works for each shape.

Because the H shape doesn't have a defined waist and often is most conscious of their tummy, they want their tops to skim past their tummy without drawing attention, this is why a looser top with a curved hem is ideal for the H shape body.



H Shape



8 Shape



Alternatively, the 8 Shape has a narrower waist and so looks great in clothes that highlight this feature, tucking in blouses or voluminous tops and then blousing works well, and if you are a short-waisted version of the 8 shape you can fool the eye into thinking your waist is longer by colour matching belts to tops (rather than trousers).

Or go for peplum tops that highlight your waist and then give your high hips room to breathe.

How to Choose Jeans Styles to Flatter Your Hips

Many X, 8 and A shapes ask me how to make their hips look slimmer, and with jeans being such a staple of so many wardrobes it's useful to know what kind of details to avoid when choosing a pair.

Choosing Jeans to Slim Your Hips



3 Simple Tips for Choosing Jeans Styles to Make Your Hips Look Slimmer

It's pretty simple really. If horizontal lines add width and broaden, then avoid putting any horizontal details around your hip area. In jeans the most common ways you will find horizontal detail are:

1. Distressing and whiskering deliberately faded into the denim across the crotch
2. Pockets – particularly patch pockets on hips and thighs (which are common on cargo styles)
3. Embellishment of any kind on the hips from zips to bling or even rips

If you avoid elements like the ones in the image above, you are well on the way to choosing a pair of jeans that won't add extra width to your hips.

Jeans Details That Will Slim your Hips



So you can see the difference in the image above – no distressing around the crotch or hip area which means that you won't be drawing attention to that area of your body.

And as I always say, if you're looking in my eyes, you're not looking at my thighs!

Age Appropriate Jeans

- A straight leg or boot cut with a medium rise is flattering for many women.
- High rise/waist jeans with pleats and tapered legs are usually not, yet I see so many women still wearing these jeans, and usually, they're a couple of inches too short too so we can see the colour of your socks.
- Ultra skinny jeans are likely not to be flattering, especially those with 'interesting' washes. This look just says 'trying too hard to look young' on a more mature woman. Instead, go for a higher quality look with a dressier top and shoes, still casual and easy to run around in, but way more stylish.

What's the Personality of Your Jeans?

Personality Style of Jeans



- Classic – dark indigo, no distressing, straight leg or classic bootleg
- Relaxed – loose fit, baggy, boyfriend, corduroy, bootleg
- Dramatic – waxed or coated denim, dark/black denim, skinny or wide leg
- Creative – interesting detail, unusual style, out of the ordinary, distressing (and yes, asymmetry)
- Rebellious – rips and tears, or sprayed on super skinny styles, distressing
- Feminine – light colours – peach, pink
- Elegant Chic – dark navy, straight leg or trouser cut

Jean Levels of Refinement



- Most refined – dark denim, no distressing, classic or trouser cut
- Least refined – ripped, lots of distressing, corduroy (chunky) and boyfriend cut

What you Wear with Your Denim



Dressing up denim

- Heels
- Blouse or woven cotton shirt
- Blazer
- Sparkles
- Structured clothing

Dressing down denim

- T-shirt
- Flannel shirt
- sports shoes
- Chucks
- Thongs/flip flops
- hoodies/sweatshirts
- medium blue denim

So the reality when interpreting jeans (like any clothing) is that it comes back to those Yin and Yang elements.

How To Wear Jeans for Your Personality Style

Here are different ways each of the personality dressing styles expresses themselves in the same outfit.

Styling Your Jeans and Top For Your Personality:

Classic Style

Simple, dark indigo denim, straight leg, nothing extreme (classic) and a button-up white shirt, a simple pair of cold earrings and a no-fuss black ankle boot.



Relaxed Style

Comfortable boyfriend jeans with a striped knit top, a pair of comfy sneakers and simple wooden hoop earrings. No fuss, comfy, get up and go.



Dramatic Style

A more extreme modern flare shape with some star details, a black and white animal print top with some large scale black and white earrings and a pair of tiger striped heels.



Creative Style

Patchwork jeans with a funky sandal and asymmetric top with some boho feather earrings.



Feminine Style

Floral embroidered jeans in a light wash, with a pretty fitted puffed sleeve pastel top, some shiny ballet flats and floral fabric earrings.

Rebellious Style

Ripped black skinny denim jeans, leopard print alluring tank with leopard boots and a cross on a black velvet ribbon choker.



Elegant Chic Style

Wide-leg flowing white jeans with a soft blouse with a small elbow detail with nude booties and an elegant pair of earrings.

Mixing The Personality Styles in a Jeans and Top Outfit

Of course, you are an interesting and multi-dimensional person, so of course, you will pull from more than one of the personality dressing styles. Here are just a few examples of some mixes of just two of these styles.

Relaxed with Elegant Chic

Bootcut denim with a little distressing with a soft blouse, modern peral necklace, snakeskin flats and gold leaf earrings



Classic with Relaxed

Take your Classic indigo, distressing free denim, then add a striped Breton top, nicely fitted, never sloppy add a soft scarf, and a pair of suede ankle boots.

Feminine with Relaxed

Loose boyfriend jeans for comfort paired with a pretty floral blouse with a pair of pink strappy flat sandals and a pair of sparkling earrings.





Dramatic with Feminine

Darker modern cut denim jeans with a large scale floral top, some fun floral wedges and large scale tassel earrings.

How To Feel Feminine While Wearing Jeans

Sometimes you just want to be warm and comfortable so you throw on jeans and a sweater. After a while, this can make you feel bland and not very feminine. In this video, I share several ways you can look effortlessly feminine in your jeans. Watch the Video on How to Feel More Feminine in Your Super Casual Clothes [here](#).

Since the athleisure trend rose in the fashion world, leggings have been labeled as a great alternative to jeans. This is not to say that denim has been out of the spotlight. Jeans and leggings can be extremely comfortable items of clothing to wear throughout the year. Both jeans and leggings are still known for their style and versatility but they are both still considered predominately relaxed items of clothing.

If practicality and comfort are really important, there is nothing wrong with jeans and a sweater. A v-neck sweater and jeggings not a particularly feminine outfit so you should think about how you can add feminine elements without changing into a dress and pearls. There are elements of garment design in your clothes that can add a touch of femininity.

Femininity can be expressed through lots of elements. The Feminine personality dressing style is about curved lines and softness. This relates to how we read lines and design elements, which harks back to the ancient theory of [Yin and Yang](#).



Why not find a floral print top (like I've done here) which makes the jeans feel more feminine?

Even the cutout detail on my boots makes them a more feminine version than if they were purely plain – the small details add in feminine touches. Even though the boots are flat and so more comfortable, the light colour and the details take them away from being purely relaxed. Then my jacket – light pink (yet another feminine aspect) with a floating sleeve also adds an element of femininity as well.

Garments made from lace, satin, silk, jersey, cashmere, or suede will add a layer of dimension to your look. These fabrics are very touchable and will feel soft and luxurious on your skin. Frills and lace add a feminine and softer element by introducing curves to a garment. They do this taking out some of the severity of the garment construction. Lace is often associated with weddings and lingerie. So it's no wonder that opting for lace can immediately give you a more feminine look.

Florals, spots, butterflies and other nature derived or curly and curved patterns are very feminine.



Sheer and light-weight fabrics are one of the easiest ways to dress more femininely. These fabrics that have a floaty or gentle drape that swishes and flows with the movement of your body. The way that fabric feels on your skin, the way a fabric catches the light, the drape of a fabric and the swish it creates as you move, all contribute to the allure of the garment.

Adding a little bit of bling, sparkle or sheen can add femininity to an outfit. Try sparkly nail polish, a satin ribbon or shimmery lip gloss.

Don't forget your accessories. A refined shoe such as pink sparkle ballet flat is more feminine than a chunky pair of sneakers. A delicate bracelet will appear more feminine than a resin cuff. A smaller watch will appear more feminine than a oversized submariner tactical watch.

Your Essential Guide to Choosing the Right Shoe Styles to Pair with Your Jeans



Skinny Jeans

- You can balance hips with a knee high boot or a motorcycle style boot.
- You can keep their refined slimness with a ballet flat or a stiletto heel
- Roll the hem with an ankle boot and show off a little skin or tuck the end of the jean into the boot

Straight Leg Jeans

- A little loafer looks fabulous
- Wear with a flat sandal for comfort
- An almond or round toed pump adds a more refined feel
- Ankle boots with a slim ankle fitting can be worn over the top
- If the ankle boot has a wider opening, make sure the jean is tucked in

Boyfriend Jeans

- Dress them up with a pointed stiletto heel
- Dress them down with a Converse style sneaker
- Wear them everywhere with a ballet flat
- Roll the hems and make your shoes a feature



Bootcut Jeans

- Are made for a loafer style shoe
- Wider openings mean a chunkier shoe such as a wedge or stacked heel work fabulously
- Ankle boots are an ideal shoe for winter
- Don't roll the hems, have them hemmed to the correct length

Flared Jeans

- For that 70s vibe work a platform or platform shoe or sandal
- Wedges are ideal and don't forget to hem for the height of the heel
- Don't roll the hems – have them hemmed to the correct length for your shoes
- The wider the opening, the shorter your legs look, which is why flares look best with a stacked or wedge heel

The Belting Dilemma for H shapes, V shapes and O shapes

One of the issues of having little definable waist, is that trousers, jeans, pants all fall down due to that lovely gravity that keeps us from floating away. H shapes, V shapes and O shapes all suffer from this (As, Xs and 8s can wear a trouser that comes in over their hips onto their smaller waists, so their trousers stay up). H and V shapes should generally go for a mid-rise jean (Xs and As are usually much better in a high rise jean).

Belting is something that may need to be done with your jeans and pants. Small alterations may help, but often not enough with your H shape. I'd recommend belting your pants up, if you want a smooth line, you could try the Invisibelt or the Beltaway which are smooth and don't add bulk to your waistline, then you can easily wear your tops over the belt without a bulky buckle showing through your clothes.

When you're buying jeans, try and find shapes that are aligned with yours – for example, Levis make a Curve range with different hips/waist ratios, you may find that their straightest jean (called a Slight Curve) works for your shape. You will find that different jeans manufacturers make different cuts. It would be worth going and describing your problem to the sales people in your local jeans store and see what options they have, you might be pleasantly surprised!

The Hidden Belt to Hold Up Your Jeans

Do you have some jeans (or other pants) that slide down, the waist is either a little too large, or you have a straight body shape (like my H shape) and they just slide down as you wear them?

You're not alone! I have this exact issue. Normal belts are OK, but I find they become quite uncomfortable, particularly if I'm sitting at my desk all day, and I don't like the extra bulk of the buckle under my tops, so I was looking for an alternative, and I've found it.



Behold the Hidden Belt to Hold Up Your Jeans

The buckle-free stretch elastic belt. What I like about it is that it stops at the last belt loops so doesn't go around your entire waist, and sits flat under your clothes, so it's not obvious that it's there. That it's elastic also means it's way more comfortable than a belt with no give. It moves with you as you go about your day.



Sure they are not glamorous, but the whole point is to cover them up with your top and keep your trousers up where they should be!



**4 Pieces Elastic Belt for Women No Buckle
Buckless Belt Stretch Belt Invisible Elastic
Belt Unisex for Jeans Pants**

[Buy Now](#)

How to Hem Jeans in 5 Steps Without Losing the Original Hem

by Helen Spencer from hellosewing.com.

So, your jeans are too long for you and you don't want to go to the tailor and spend money on this simple alteration? That is an unfortunate scenario indeed, but it's not a reason for you to be down. If you don't want to go to the tailor then just do the hemming yourself.

It might sound difficult and time-consuming but it really isn't. As long as you have a sewing machine that can handle denim and a bit of patience, you will be able to do it. The manufacturer's hem will remain and your jeans won't be too long for you anymore.



Here's a tutorial that shows you how you can hem jeans without losing the original hem.

Step 1: Decide how much you want to shorten them

Stand in front of a mirror while wearing heels and determine how long you want your jeans to be. Don't forget, it's better to leave them a tad longer than to make them too short. Unless it's skinny jeans we're talking about because they sit above the shoe line.

IMPORTANT NOTE: Never shorten your jeans before they've been washed and dried at least twice as they may shrink and end up too short. Remember – a little too long is still better than a little too short.

Step 2: Fold up the hem and pin



Fold the jeans legs to your desired length and pin them in place. Measure the length from the hem to the fold but don't include the hem in those measurements. Divide that by two, then fold and pin the legs according to that. Put pins in them all the way around.

This concludes the preparation work, now you can proceed to stitching and cutting.

Step 3: Stitch below the hem



Thread your machine with regular sewing thread, set it for straight stitch, and convert it to free-arm mode to make handling the jeans easier. Put your zipper foot on and move the needle so it sits on the outside of the foot right next to the original hem.

Start stitching as close as possible to the original hem. Try to keep the fabric flat, you don't want to make a crooked stitch. Remove the pins as you go.

Step 4: Trim and finish the raw edge

When you finish doing this, you will notice how much excess fabric you have. Cut off everything below the stitch you just made. If you have a serger machine, use it to give the raw edge a nice finish that will prevent it from fraying. If not, a zig zag stitch will do the job fine as well.

Step 5: Press and topstitch (optional)

Use a clothing iron to straighten out the edge you just made. Then you may want to secure the hem at the side seams. To do so, topstitch above the hem, or extremely close to it, if you know how to stitch in the ditch.



Repeat for the other leg

- All you need to do now is to repeat the same process for the second leg of your jeans.
- With this, your jeans are officially hemmed, and you succeeded in keeping the original hem intact.
- I hope that you liked this short tutorial and that you find it helpful. If you did, show it to your friends who have troubles finding jeans that aren't too long for them. As long as we're helping our fellow sewing enthusiasts, we're doing our job properly.



16 Ways to Wear Jeans

1. White Jeans and a Denim Jacket

Denim jackets are great, but unless you're either 20 years old or one of the world's supermodels, it's hard to carry off the denim-on-denim look. So wearing your blue denim jacket is good with other clothes (than jeans) or with a white jean or coloured jean (that's not blue or black). Add some ankle booties and accessories and you're away!

How to choose and style a denim jacket tips [here](#).



2. Jeans with a Floaty Scarf

A [floaty scarf](#) in gorgeous colours will take a plain jeans and tee type outfit to a higher level.

Find a [new stunning scarf here](#).



3. Jeans with a Sweater/Jumper and Scarf

Jumpers (as we call them on this side of the world) are a big fashion trend at the moment for winter but they can easily look a little more casual (just like a plain tee in summer will), so adding a scarf to pop an alternate colour is a good way of dressing them up.



4. Jeans with Over the Knee Boots and Sparkly Earrings

Why not try a funky pair of over-the-knee boots with jeans. I love these ones with patent croc look and suede and then I bring that shine back up to my face (replicating and creating harmony) with a pair of sparkly earrings.



5. Jeans and a Blouse

Melbourne, where I live, is one of those places that tends to either be quite hot or then cold, not much in between. But when the weather is right I love a blouse with jeans. Something in silk or chiffon so it's comfortable and dresses up the jeans.



6. Jeans and a Cardigan

Want to be comfortable and casual, then add a tee with a print and if it's cool add a cardigan to keep you warm. A set of wooden beads keeps the outfit from looking anything more than casual so you don't feel overdressed.



7. Jeans and a Knit with a Belt and Statement Necklace

If you want the comfort of a knit top or tee, then think about how else you accessorise. Funky coloured shoes, a feature belt, a statement necklace – all these elements add a layer of smart to this casual outfit.



8. Coloured Jeans

Coloured jeans are not the height of fashion they were a couple of seasons ago, but the darker shades like burgundy remain in style. Adding layers, a pattern and texture make for a more interesting outfit than plain blue or black denim. These are jegging/jeans from Uniqlo which are great for keeping your legs warm in winter.



9. Jeans and Pearls

Dress up your jeans with pearls and then keep it casual with an oxford shoe.



10. Jeans and a Jacket

Dress up your casual tee and jeans with a jacket to give the outfit more structure. Don't forget to accessorise either – bracelet, belt, booties and necklace – you can wear them all at the same time!



11. Casual Friday Denim

Coloured jeans are not the height of fashion they were a couple of seasons ago, but the darker shades like burgundy remain in style. Adding layers, a pattern and texture make for a more interesting outfit than plain blue or black denim. These are jegging/jeans from Uniqlo which are great for keeping your legs warm in winter.



12. Jeans and Leather

The pairing of a leather jacket and a pair of jeans is as old as James Dean (or even older). They go together so well and are a great option to wear out and about on your daily errands.



13. Jeans and a Cropped Sweater with Sneakers

Dress up your casual tee and jeans with a jacket to give the outfit more structure. Don't forget to accessorise either – bracelet, belt, booties and necklace – you can wear them all at the same time!



14. Jeans as a Column of Colour

If you want to look taller or slimmer, why not use your jeans as half of your column of colour. A fun kimono like this adds a dash of pizzazz (a column doesn't have to be boring!)



15. Jeans and a Statement Belt

A big wide belt like this one is a great way of hiding your muffin top (if you have one!). It also adds a element of interest to your outfit. Coated denim also looks dressier than uncoated.



16. Day to Night Denim

Take a simple top and jeans for daytime. And glam it up for nighttime with sparkling larger scale jewellery and strappy heels.



There are so many ways to wear jeans and look smart and not sloppy. Their versatility is why they have become so popular.

GET A HEAD START ON DEFINING YOUR STYLE

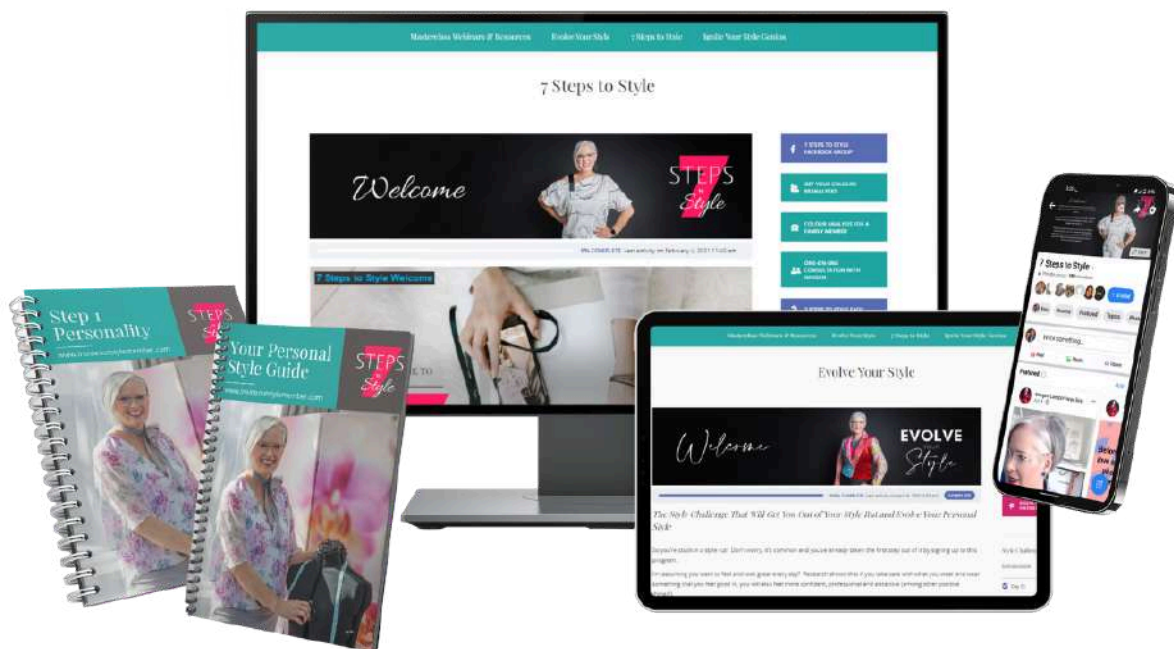
Evolve Your Style - 31 Day Challenge

This fun 31 day style challenge that will get you out of your style rut

- Are you stuck in a style rut?
- Do you wish you were a little more adventurous or stylish but are not sure where to start?

Evolve Your Style is the ideal place to start discovering your style as you work through fun small daily style challenges which will have you evolving your style in only 31 days.

[Discover more here.](#)



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Discover your unique style so you can save money, feel confident and look fabulous every day! The answers to all your style questions are here!

- Are you sick of wasting money on clothes that don't suit you?
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You learn how to put together outfits that really work for you, your body, your colouring and your values along with my professional opinion to ensure that you get it right.

Start feeling great about your style and see the positive impact it has on your life (and wallet).

Would you love to finally find your style and stop wasting money on the wrong clothes then [click here.](#)

Plus we have so many great style resources in our shop to help you become more stylish every day. Check out our shop.