**Body Codes**

**Triangle**
Narrow *shoulders* and/or a smaller bust with full *hips* and/or thighs.

**Inverted Triangle**
Broad *shoulders* and/or a larger bust with narrow *hips*.

**Hour Glass**
Equally proportioned in the *bust* and *hips* with a trim *waist*.

**Circle**
Rounder in the *shoulders, arms, bust, waist* and *hip* area.

**Diamond**
Narrow in the *shoulders* and *hips* with a fuller *waist*, wide *midriff*, or *upper hip*.

**Rectangle**
Balanced above and below the *waist* with little or no *waist definition*. 
How to Determine Your Body Code

1. The easiest way to determine your own body code is to tape a piece of paper on the wall and stand in front of it.

2. Have a friend mark your shoulder points, your waist points and the widest part of your hips. Step away from the paper and, using a ruler, connect the dots to see what shape you are.

3. This example represents an upside down triangle. It is possible to be two shapes … this may be a triangle leading toward a rectangle. An hourglass figure has equal bust and hips and has a minimum of 10" (25 cm) difference between those measurements and the waist measurement, so this example is less likely to be leading toward an hourglass figure.

Unique uses body codes to help you choose the pattern best suited to your shape. To determine your body shape follow these steps.

The body code references given with each pattern are merely guidelines; your awareness of what styles of clothes are most flattering on you (helped along by the information you’ll learn from “Ease Made Easy”) will make your choice your own.
Body Code: Triangle

Narrow shoulders and/or a smaller bust with full hips and/or thighs.
Body Code: Triangle

Example
Body Code: Triangle

Recommendation

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Body Code: Inverted Triangle

Broad shoulders and/or a larger bust with narrow hips.
Body Code: Inverted Triangle

Example
Body Code: Inverted Triangle

Recommendation

[Images of clothing styles]
Body Code: Hour Glass

Equally proportioned in the **bust** and **hips** with a trim **waist**.
Body Code: Hour Glass

Example
Body Code: Hour Glass

Recommendation

Simplicity 4238S0

Body Code: Hour Glass

Simplicity 4238S1

Simplicity 4238S1

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Body Code: Circle

Rounder in the **shoulders, arms, bust, waist and hip** area.
Body Code: Circle

Example
Recommendation

Body Code: Circle

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Body Code: Diamond

Narrow in the shoulders and hips with a fuller waist, wide midriff, or upper hip.
Body Code: Diamond

Recommendation

[Image of a woman wearing a blue outfit with a jacket and pants, labeled with codes: 6147N1, 6147N0, 6147N2]
Body Code: Rectangle

Balanced above and below the waist with little or no waist definition.
Example

Body Code: Rectangle
Body Code: Rectangle

Recommendation

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