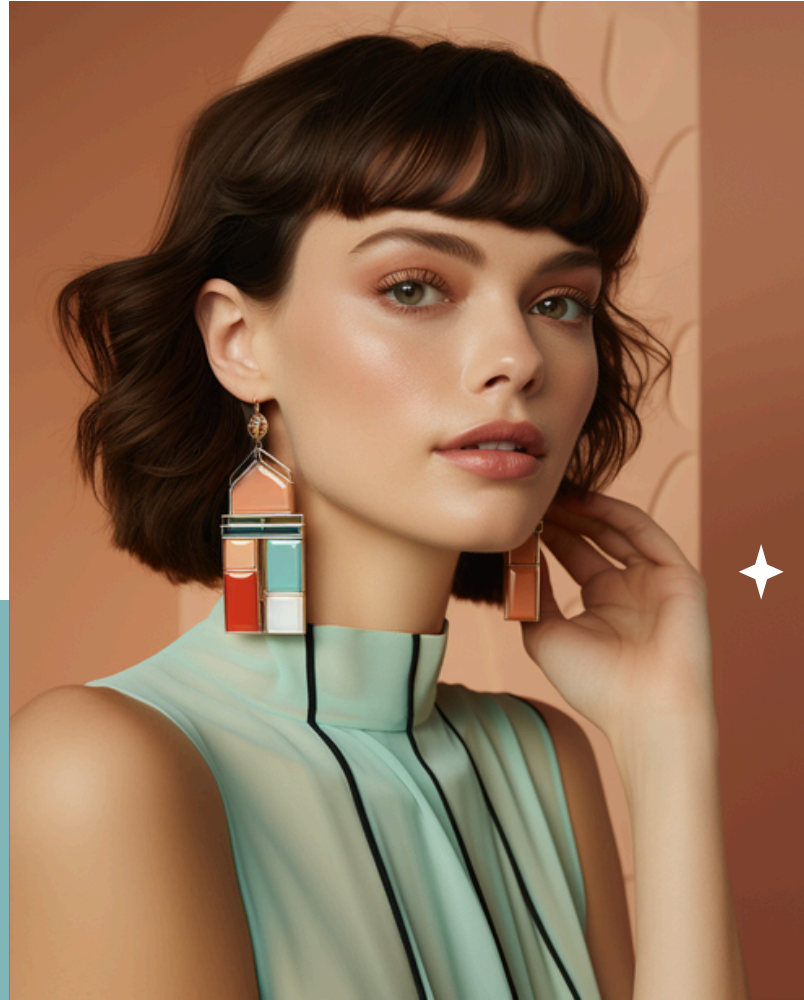




# THE TRUTH ABOUT HORIZONTAL LINES: HOW TO USE THEM TO YOUR ADVANTAGE



I remember the first time I took a class on line and design, and they told me that horizontal lines make things look wider. Immediately, I rushed to my closet and got rid of all my tops and dresses with horizontal stripes, convinced that I had been doing it all wrong. But as I delved deeper into the world of fashion, I realized that I had made a big mistake. It's not about avoiding horizontal lines altogether; it's about using them in the right places to create balance and harmony in your outfit.

## Understanding the Power of Horizontal Lines

All lines are endowed with their own set of image-creating powers; they can change the way you appear physically and alter the impression you make on others. Like many principles in fashion, what we learn in theory isn't always black and white when applied to real life. This is especially true for horizontal design features.

Horizontal design features are any elements that draw the eye from one side to another across a horizontal plane. When used correctly, they can enhance your body's proportions and create a balanced look.

## Where Can Horizontal Design Features Be Found?

- **Within Garments:** Boat necklines, off-the-shoulder collars, bilateral pockets, and more.
- **Structural Components:** Panels, pleats, seams, and fabrics that stand away from the body.
- **Garment Detailing or Embellishments:** Horizontal lace paneling, ruffles, etc.
- **Fabric:** Horizontal patterns and prints.
- **Color:** Horizontal color blocking, outfits comprising of several different colored garments.
- **Accessories:** Scarves, belts, closed/high vamp shoes, low heels, and/or blunt toe shoes.
- **Length:** Short garments.



# THE TRUTH ABOUT HORIZONTAL LINES: HOW TO USE THEM TO YOUR ADVANTAGE



## The Effects of Horizontal Lines

### Physical Effect:

Horizontal lines have the power to shorten and widen the appearance of the body. But don't be too quick to judge them; they can also be used strategically to balance your figure.

### Psychological Impression:

Horizontal lines convey stability and composure. They can ground your appearance and give you a sense of calm and confidence.

### Associations:

Historically, horizontal patterns have been associated with sport and manual labor, and are most commonly seen in casual clothing. This makes them ideal for a relaxed, yet polished look.



## The Basics: Using Horizontal Lines to Your Advantage

Most women are aware that horizontal design features, like stripes, can make them appear wider, leading many to avoid them altogether. However, that's not always the best approach. When used correctly, horizontal lines can be incredibly effective in creating the perfect proportional balance for your body.





# THE TRUTH ABOUT HORIZONTAL LINES: HOW TO USE THEM TO YOUR ADVANTAGE

## Play Up or Play Down: Mastering the Art of Horizontal Lines

One of the things I love most is showing audiences how a slight adjustment to a garment or outfit can drastically improve their appearance. One of the easiest ways to do this is by manipulating hemlines.

### Bustlines

Whether your bust is fuller or smaller, horizontal illusions can work in your favor. If you want to minimize the appearance of your bust, make sure the length of your sleeves is well above or well below the fullest part of your bustline.

For example, the beautiful Christina Hendricks demonstrates this perfectly. When she wears sleeves that end near the fullest part of her bust, it adds extra visual width, making her bust appear larger. If that's the look you desire, great! But if not, the further above or below your bustline your sleeve ends, the smaller your bust will appear.



## Bustlines

Of course, if like Keira Knightley, you were missing from the line-up when God was giving out boobs, then ending your sleeves at the fullest part of your bustline is the PERFECT thing to do. Pair this with a push-up bra and a little blush in your cleavage to give the illusion of more depth.

**Horizontal lines, when used thoughtfully, can be a powerful tool in your fashion arsenal. Instead of fearing them, embrace their potential to create balance and harmony in your wardrobe. Remember, it's not about avoiding horizontal lines—it's about placing them strategically to enhance your natural beauty and style.**