
Dress Your Body Type: Skinny

Tired of looking like a boy playing grown-up? Your skinny body type has some pros - a billion-dollar industry says so. Here's your guide.

By Farah Averill,

Page 1: Dress Your Body Type: Skinny



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Regardless of the body type Mother Nature gave you, making the most of what you were given goes a long way to helping you look and feel more confident and attractive, both to yourself and to others. In the second installment of our [Dress Your Body Type](#) series, here we take a look at areas ranging from fashion to grooming in which skinny men can focus their efforts on to look their personal best. At the end of the article, you'll also find a useful checklist that you can print out and take with you on your next shopping venture so that you'll consistently come out of each store with pieces that are

just right for you.

A skinny body type defined

Skinny body types are sometimes described as ectomorphic. Whether you're tall, of average height or short, this kind of body is characterized by a light build, lean muscle, small joints, long limbs, a flat chest, and small shoulders. Ectomorphs typically also have a fast metabolism and find it difficult to [gain weight](#), no matter what they eat or how many weights they lift.

Pros and cons of dressing a skinny body

A slim frame is significantly easier to dress than a large one simply because clothes hang better on thinner bodies. Another benefit of having a slender physique is that it's easy for you to be in style because trendy clothing not only looks good on you, it's made readily available to you by the [fashion industry](#). And, if you're into high-end apparel, your size is more frequently available in stores because your body shape is what designers prefer to dress (for both aesthetic and sample/pattern size reasons).

While there are obvious benefits to dressing a skinny body type, there remain, however, a few challenges. Notably, wearing ill-fitting clothes will result in coming off as a boy playing grown-up. A further and rather vexing problem this body type faces is finding clothes that fit at budget-friendly mass retailers, which -- in America -- frequently size up (offering sizes up to 3XL). To solve this problem, become a fan of European imports like Zara, H&M,

Dress Your Body Type: Skinny

Uniqlo, and Topman, which are skinny-body type- and budget- friendly.

dress your body type: the guide

Fit

No matter what your body type, proper-fitting clothes are vital to being a well-dressed man. Though a frequent mistake made by men with skinny body types is wearing oversize clothing in an effort to bulk up visually, skinny men actually benefit from having their clothes tailored more than any other body type. Hunting down a reputable tailor and taking all recent purchases to him will ensure you're showing off your frame to its best advantage.

When deciding what to buy in the first place, favor body-skimming dress shirts and tees that permit some movement in the fabric (look for "Slim Fit" models at your mass retailer). Check the label on your tops too, avoiding anything that contains elastic as these garments tend to stick too closely to your body rather than gliding over it. For a similar reason, [skinny jeans](#) should also be banished from your closet as they will either make you look malnourished or like you're wearing leggings -- neither of which is attractive in the least. When it comes to denim, stick with straight-leg or slim-fit boot cut jeans instead.

What advice do we have regarding hairstyles, colors and patterns? Dress Your Body Type: Skinny continues...

Page 2: Skinny Body Types

Colors and patterns

If you're on the slim side, there are a few tricks you can use to play up your assets and minimize the things you don't like about your body. First off, you should know that recent research has revealed

that vertical stripes actually make people look *larger*, which flies in the face of conventional fashion wisdom. Opt, therefore, for dress shirts, T-shirts, blazers, and suit pants with a vertically striped pattern. For suits and dress pants, pinstripes are a classic, flattering choice. For patterned tops, such as plaid or windowpane, midsize patterns are much more flattering than smaller ones.

Where [color coordination](#) is concerned, wearing all of one or, more specifically, dark colors like black from head to toe will emphasize your skinny body frame, so take advantage of breaking up your outfit when you can with lighter hues here and there such as white, light-gray and pale-blue.

dress your best: more tips

Hair

In addition to the fit, color and pattern of the garments in your wardrobe, there are additional points to consider when dressing a skinny body type. To begin with, impeccable grooming is a surefire way to enhance any man's appearance, be he thin or not. As skinny men tend to have slimmer, angular faces, use this fact to your advantage by asking your barber to give you a great haircut that will show off your prominent cheekbones and jawline.

Fashion trends

Additionally, much like with their [hairstyles](#), men with slender physiques can pull off an impressive array of [fashion trends](#). Because designers prefer to dress this body type, many clothing lines are designed with your body type in mind, and you can use this knowledge to your advantage by regularly incorporating one or two trendy pieces into your wardrobe each season. If you're not into following fashion, at least consider slipping into some trendy

Dress Your Body Type: Skinny

footwear.

Building your wardrobe

With regards to the particular pieces slim men should have hanging in their closets, single-button and two-button jackets are a good choice for smart-casual occasions, while [double-breasted blazers](#) is this body type's best friend for dressier events. In terms of outerwear, toppers that cover your rear should feature more heavily in your wardrobe than cropped jackets. Crew necks are a better choice than V-necks, and in cold weather, feel free to add turtle-necks into your winter wardrobe as they're warm -- and your body type is one of the few (if only) that can get away with wearing them and still look good.

Thin men can also enjoy the benefits of [layering](#) -- namely, that you stay warmer but look cooler. Lastly, skinny men can have lots of fun experimenting with fabrics as they can get away with wearing a wider variety compared to other body types -- heavy tweeds, corduroys and anything with a chunky-knit texture are good examples that look fantastic on a slender frame, but would overpower other body types.

Dress Your Body Type: Skinny continues next with a checklist of wardrobe must-haves...

Page 3: Dressing Skinny Body Types



checklist: your wardrobe staples

- Double-breasted blazers
- Heavy-knit sweaters
- [Pinstripe suits](#)
- Trendy footwear (say, a pair of combat boots)
- Crew-neck tees
- Straight-leg or slim boot cut jeans

- Flat-front trousers
- A pair of corduroy pants
- Single or double-button blazers
- Vertically striped dress shirts
- Military-style jackets
- A tailor