



Ceil blue top



Navy blue pants

#PHUHSCWMP



PHUHS JR. Scrubs 1st Scrub Day September 7, 2022

***Purchase early-
not all sizes and styles will be in stock.



FIT CHECK: WEARING MEDICAL SCRUBS IS NOT A FASHION STATEMENT. THEY ARE WORKWEAR AND SHOULD LOOK PROFESSIONAL. CAN YOU BEND AND SIT WITHOUT THE PANTS RIDING DOWN? CAN YOU MOVE YOUR ARMS FREELY? CAN YOU RAISE BOTH YOUR ARMS WITHOUT THE TOP EXPOSING YOUR ABDOMEN?

THEY SHOULD BE: NOT TIGHT, BUT NOT LOOSE. NOT LONG, BUT NOT SHORT



The Best Scrubs Look for Your Body Shape



Rectangle or Straight

Strong, broad shoulders, proportional hips and the lack of a highly defined waist.

Do: Wear a jacket to "break up" the shape and create a more defined waist.

Do: Select styles that cinch at the middle but flare out at the bottom to boost curves, like boot-cut pants which give the impression of all-around shapeliness.

Don't: Pick anything too flowy or unstructured.

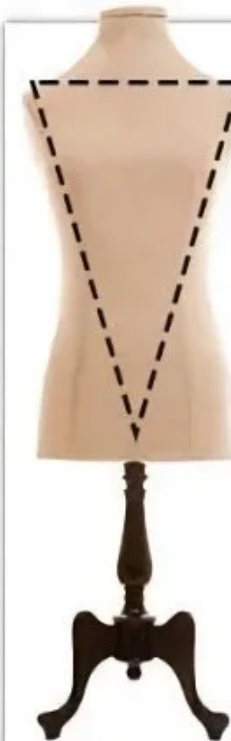
Try: Ruffles, fluttery sleeves, and ruching help to add volume to bust and shoulders, which subsequently adds definition to the waist.

Style # UAT278C



You've used guides in magazines to help you find the best swimwear, or cocktail dress for your shape...but what about for your daily scrub uniforms look!

For those of you in the medical field, you are wearing medical scrubs much more than these other garments, so why not carry over these same tips and tricks for your workday look. We've compiled this chart with 5 common body types to help you find a scrub top and scrub pant look that will best flatter and fit your unique shape. Keep in mind, these are only general pointers to help you look and feel your best, after all the best look you can wear is a smile!



Inverted Triangle or Wedge

Large bust, wide shoulders, small hips (more top-heavy vs. bottom-heavy).

Do: Stay away from large prints or horizontal stripes on top.

Do: Lean toward darker colors on top and brighter colors on the bottom.

Don't: Go for scrubs with high or boat necklines, puffy or gathered sleeves, and prominent collars or frills, these will exaggerate width.

Try: Wide-leg pants, full skirts, high waisted styles, and bright colors on bottom to draw attention to the narrowest part of your body. Look for tops that draw attention to your narrow waist.

Style # UA632C



Hourglass or Curvy

Full bust that is equal or very close in measurement to your hips, narrow waist.

Do: Look for high-waisted, straight leg pants so the eye is drawn to a thin middle.

Don't: Don shapeless or boxy styles, like baby-doll tunics or oversized cardigans.

Try: A mock wrap top which creates a diagonal movement across the body to work with your natural curves which is more forgiving and the v-neck flatters curves without overdoing it.

Style # WTS668C



Triangle or Pear

Hip measurement is larger than bust measurement and a small to average sized waist, shoulders and torso are narrower than the hips.

Do: Look for dark wide-leg pants, they will slenderize thighs while creating a longer and slimmer silhouette.

Do: Opt for boatneck tops under a hip-length jacket, drawing attention to the open neckline broadens the shoulders to offset fuller hips and evens out lower body proportions.

Don't: Reach for skinny pants, they won't create a flattering shape, along with items that are too oversized.

Try: V-neck, side stretch panel tops. The contouring and vertical seaming will help create a favorable line, paired with boot cut or cargo pocket pants to "balance" overall shape.

Style # ST868C



Apple

Narrow hips, most of your weight accumulates above the hips, your back/ribs/shoulders are broad.

Do: Sport monochromatic ensembles, use empire tops to help conceal bulge.

Try: Wear boot cut or flared scrub pants to create an even line from the shoulders on down.

Try: Elongate your torso and show off your narrow waist with a v-neck top.

Style # UA255C

