

The ultimate
guide to
Jeans
for women in
menopause

Contents

Section	Page No.
What to expect	3
How to use The Ultimate Guide to Jeans	4
Styles of jeans	5
The Fit - low, mid or high rise	7
Measuring for jeans	8
Measuring your proportions	9
Buying the right size	10
Stretch or no Stretch	15
How to wear your jeans	16
Your Jean Code	22
Caring for your Jeans	23
A word from me	24

” *A woman wearing her perfect jeans
can conquer the World!*

*Claire
xxx*

“

This guide will...

Give you everything you need to know to identify the perfect pair of jeans for your unique figure.

As a result you will be able to...

- Search for specific styles of jeans that you know are right for your shape
- Save yourself the pain of trying on jeans that won't fit you properly
- Feel confident and comfortable in your perfect jeans
- Make small tweaks to how you wear your jeans for maximum figure flattering effect
- Stop wasting money on uncomfortable jeans you don't really like wearing
- Stop blaming your body and start shopping for your shape
- Best of all you'll never stress over shopping for jeans again!

How to use

The Ultimate Guide to Jeans

This guide contains everything you need to know about jeans.

- Which styles will suit your menopause figure best
- What to wear them with to best flatter and balance your figure
- How to work out the correct size jeans
- How much stretch you should go for
- Which rise is best for you, low, mid, high or ultra high!
- And how to care for your jeans so they last as long as possible

Read through each section and, where prompted, go to your Jean Code form at the end of the guide and fill in the relevant information.

The end result will be all the elements: size, fit, style and more that make up your perfect jeans and crack the Jean Code for your figure!

Styles of Jeans

Understanding the different styles is the first step to knowing which ones are right for you. These change and evolve continuously, but these are the main types you'll find.



Styles of Jeans

Here's how to recognise each style.

Bootcut/flare - *this style will be fitted to the knee or lower and then flare out towards the ankle to allow a boot to be worn underneath. These styles tend to be longer.*

Wide Leg - *this style is fitted at the hips and then wide and straight from the hips down, you will sometimes find these with flat front pockets.*

Straight - *these are straight and fitted on the hips and bottom then straight from the hip down but not wide.*

Slim - *these look similar to skinny jeans but are looser all the way down and have minimal stretch.*

Mom - *these have a nipped in waist and are looser on the hips and tummy with a loose tapered leg.*

Skinny - *these are usually super stretchy and tight all the way from the waist to the ankle.*

The fit – low, mid or high rise

You will be aware that there are different types of waists for each of the styles listed on the previous page. This is called the RISE and is the distance between your crotch and the top of the waistband. Here's the difference between them based on regular sizes.

Low-rise - 7-8inches and *typically sits two or three inches below the belly button or sometimes even lower.*

Mid-rise - 9-11inches and *usually fits right around or immediately beneath the navel and is the most commonly sold rise across all styles (skinny, bootcut, straight leg, and mom styles).*

High-rise - 10inches + and sits at or slightly above the navel.

Super high rise or ribcage - 11inches + sits comfortably above the navel.

If you have developed a tummy as a result of menopause symptoms you will usually always feel more comfortable in high waisted jeans.

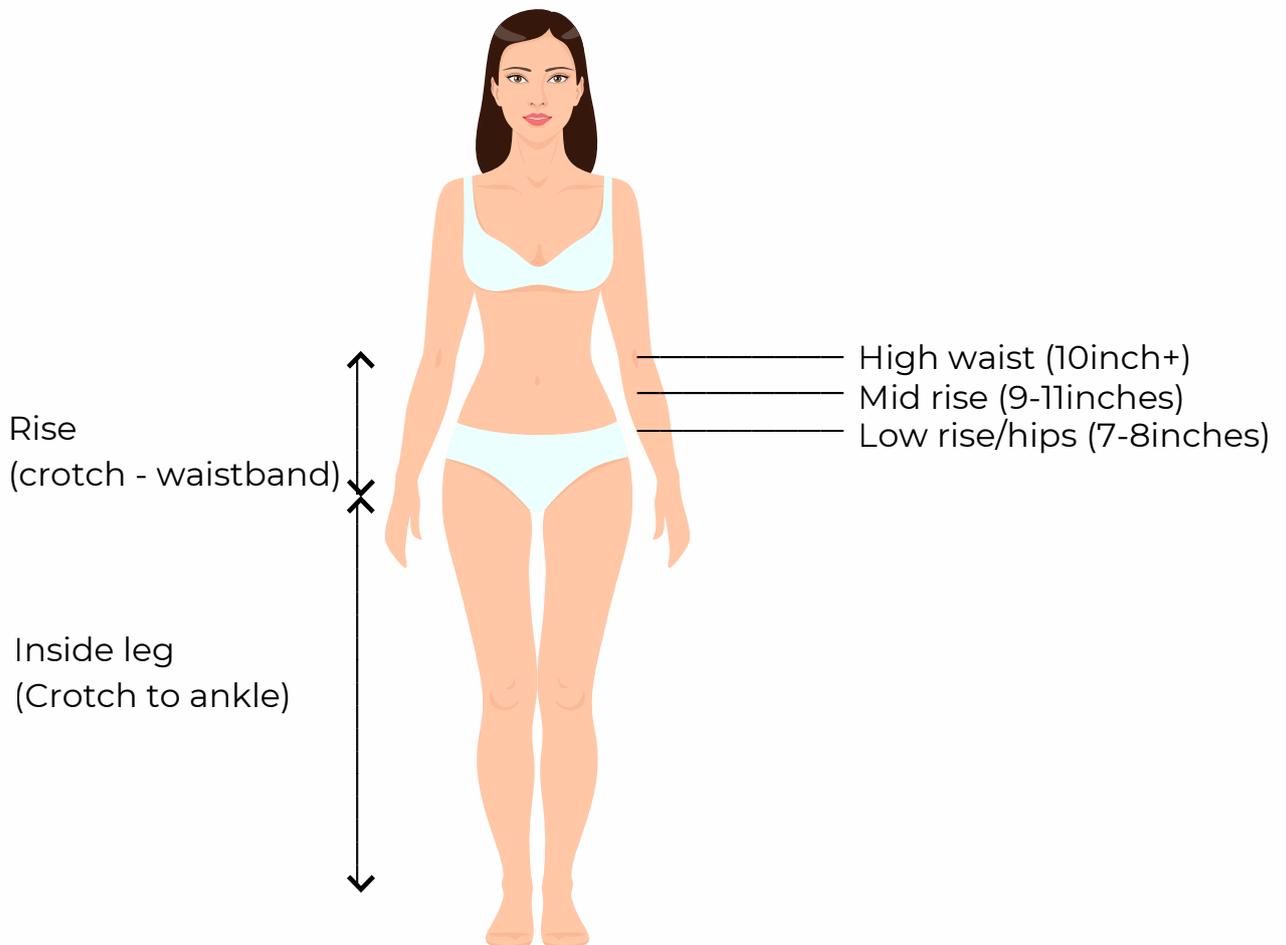
But go for the rise that feels most comfortable as **proportions and height will affect which rise is best for you.**

[See page 14 for how to take measurements for your perfect rise.](#)

Measuring for jeans

Knowing your measurements might sound obvious but it might also feel a bit scary - do you really want to know what your measurements are?

Yes you do! Knowing these means you can check the measurement of jeans BEFORE you order them which will save you a huge amount of stress and a lot of hassle as you will only be trying on sizes you can actually fit into!

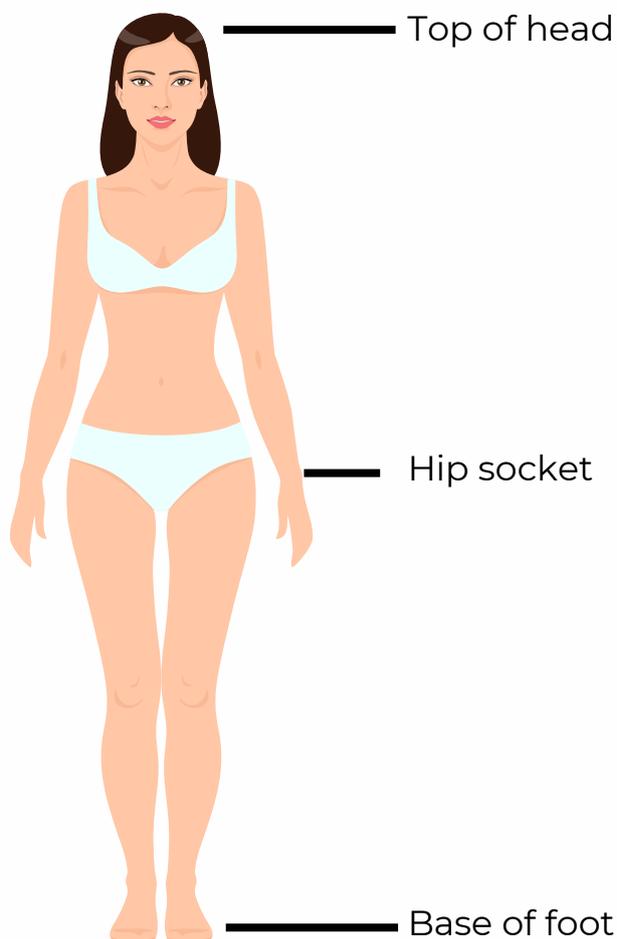


Measure around your hips/waist at the point where you would like your jeans to sit THEN measure the rise, the distance from your crotch to your ideal waistband.

Write both of these measurements along with your inside leg on your Jean Code form on page 22.

Measuring your proportions

Knowing your proportions will help you get the right SIZE jeans, PETITE, AVERAGE or TALL.



From the top of your head to your hip socket is your upper body.
From your hip socket to the base of your foot is your lower body.

If these two are equal or near enough equal, then you have a balanced figure.

If your top half is longer you have a long torso/shorter legs.

If your lower half is longer you have a short torso/longer legs.

Fill in the proportions section on your Jean Code with your results.

Buying the right size..

Once you know what your measurements are you're good to go right? You can head off and find the perfect jeans.

Not just yet!

If you've struggled with jeans pinching at the waist or sagging at the crotch it could be because you don't have the right size.

I'm not talking about sizes 6-26 I'm talking about Petite, Regular or Tall!

Yes we need to consider your height and also your proportions!

Let's check these now because this could be the key to unlocking the code for perfect jeans for you!

Height first

Proportions

How tall are you?

What are your proportions?

Under 5'4"

Longer legs/shorter body

Between 5'4 and 5'8"

Longer body/shorter legs

Over 5'8"

See page 9 for measuring your proportions then head to the next page

Buying the right size..

UNDER 5'4"

If you are under 5'4 you are considered PETITE in the retail industry. It doesn't matter if you're a size 22 you are still PETITE - it's about height not size.

BUT!!!

If you are PETITE with proportionally shorter legs, petite sizes will give you the right length but MAY come up low on the waist band. Regular sizes in a short length should give you the fit and the rise you need.

If you are PETITE with equally proportioned top and bottom half, you should find petite jeans fit you well. You can also try standard jeans with a shorter length but these may come up high on the waist.

If you are PETITE with longer legs you may find the length is good in the regular sizes but will find jeans come up high on your waist shortening your body and throwing you visually out of balance. The answer here is mid or low rise regular size jeans.

NOTE: PETITE sizes are not just shorter. All elements of the garment is adjusted including length, rise, pocket placement and design features.

Add your measurements and proportions to your **Jean Code** and use them to decide which length leg and which rise you need.

Buying the right size..

BETWEEN 5'4" & 5'8"

If you are between 5'4" and 5'8" you are considered to be a STANDARD/AVERAGE height in the retail industry.

BUT!!!

If you are AVERAGE height and have shorter legs you will find regular sizes will come up long on you, go for regular sizes in a short length for a better fit with a high rise. You could also have the hem taken up.

If you are AVERAGE height and your figure is equally proportioned regular size jeans will work well for you, choose the rise based on whats most comfortable for your shape.

If you are AVERAGE height and have longer legs regular sizes in a longer length should work for you but try a low or mid rise style to balance your shorter top half.

Add your measurements and proportions to your **Jean Code** and use them to decide which leg length and which rise height you need.

Buying the right size..

OVER 5'8"

If you are over 5'8" you are considered TALL. Let's be clear Tall is NOT just about longer lengths. If you are tall you may require adjustments to all proportions of the jeans including the rise and placement of pockets.

BUT!!!

If you are TALL and have shorter legs, you should find regular sizes in a regular or long length but a high or ultra high waist would work. OR TALL styles which will have a higher rise anyway and have the length adjusted.

If you are TALL and equally proportioned, regular sizes in long or extra lengths with a high waist will work for you or TALL sizes with a mid to high waist.

If you are TALL and have longer legs regular sizes in long/extra long with a mid or high rise will work for you.

NOTE: TALL sizes are adjusted for all the elements of the jeans not just the length. The rise, pocket placement and design features will all be adjusted.

Add your measurements and proportions to your **Jean Code** and use them to decide which length leg and which rise you need.

Buying the right size..

Proportions	Best size
PETITE Under 5'4"	
Shorter legs/longer body	Petite high waisted OR Regular short leg
Equally proportioned	Petite OR Regular short leg, mid rise
Longer legs/shorter body	Regular. mid or low rise
AVERAGE 5'4"-5'8"	
Shorter legs/longer body	Regular short, high waisted
Equally proportioned	Regular, mid or high rise
Longer legs/shorter body	Regular, long, low or mid rise
TALL Over 5'8"	
Shorter legs/longerbody	Tall but take up length OR Regular, high or ultra high rise
Equally proportioned	Regular long or extra long, high rise OR Tall mid or high rise
Longer legs/shorter body	Regular long or extra long, mid or high rise

Add your best sizes to your Jean Code and use your measurements to decide which length leg you need.

Stretch or no stretch?

While stretchy jeans can be really comfy they're not always the best option in the long run.

Jeans can come with between 5-1% elastane which is what gives the denim its stretch.

The more stretch the better the denim will fit over curves like thighs, hips and waist.

However lots of stretch generally also means NOT a lot of support.

Jeans with stretch are also easily damaged in hot washing cycles and tumble dryers where the elastane will deteriorate. Jeans will temporarily tighten up but then become loose again.

Jeans with no stretch are **100% cotton**. These will give you excellent support and will mold to your shape over time.

Buy them slightly tight to get really good support when they adapt to your shape. They will tighten after washing and drying but reform to your shape quickly each time. These are not great for particularly curvy figures though.

FOUR-WAY STRETCH jeans are the best of both worlds!

They will stretch comfortably over your curves AND provide support.

When shopping online look for Four Way Stretch in the material section for the jeans or control/support/shaping in the description.

Decide the stretch/no stretch you prefer and add to your **Jean Code** on page 22.

How to wear your jeans.

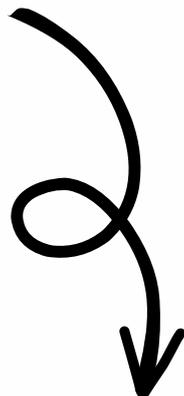
This may come as a surprise but what you wear WITH your jeans and HOW you wear them is just as important as the jeans themselves!

Getting the right fit is the first step the NEXT step is putting the whole look together so you feel like your figure is balanced.

When you look in the mirror and feel like your boobs are too big or your hips are too wide or your belly is too big, thats because your WHOLE OUTFIT is OUT OF BALANCE.

None of those statements or fears are true. Once you know how to wear your jeans your figure will always look balanced and you'll feel less conscious of your figure.

Mark off in your Jean Code which styles are best for you.



How to wear your jeans.

Feeling top heavy?

Broad shoulders or large bust with slim legs. Keep tops V neck and use long vertical layers. Slim, straight and wide leg styles work best for you.

Jeans Edit - V shape



Slim leg jeans work well. Wear with sharp tailoring and angular accessories. Shirts can be worn untucked or tucked with a blazer or waistcoat.

© 2023 THE MENOPAUSE STYLIST

How to wear your jeans.

Feeling like your tummy is all you see?

Slim legs and flat bottom, high hips. Keep tops longer than hips to create balance. Skinny, slim, straight and combat styles will work best for you.

Jeans Edit - Apple Shape



Skinny jeans with four way stretch and sculpt are your best friend! They will show off your slim legs and enhance your bottom. Wear with tops untucked or part tucked with a long cardigan or hip length jacket.

© 2023 THE MENOPAUSE STYLIST

How to wear your jeans.

Lost your waistline?

Straight up and down with a bottom and tummy. Create a waist with any style high waisted jeans and loose tops tucked in. Or go for short tops that sit on your waistband. Most styles will work well, opt for less stretch.

Jeans Edit - Straight Figure



© 2023 THE MENOPAUSE STYLIST

How to wear your jeans.

Feeling bottom heavy?

All your weight gone on your hips and tummy? Add volume on your top half to create balance. Bootcut is best for you or skinny with a chunky boot or wedge. Go for a little stretch or 4 way stretch.

Jeans Edit - Pear Shape



High waisted, bootcut jeans were made for you! Always wear with volume on top like a boxy short jacket, loose shirt tucked in, puffy sleeves or wide neckline to balance hips.

© 2023 THE MENOPAUSE STYLIST

How to wear your jeans.

Weight has gone on all over equally?

You've gained weight but it's gone on evenly all over and you still have a waist? Define your waist with wrap or peplum tops OR tuck tops in. Bootcut is best for you, slim fit and skinny will also work really well. Go for mid and high rise with some stretch or 4 way stretch.

Jeans Edit - Hourglass Figure



Skinny or slim fit jeans with stretch will work best for you. Mid rise or high waisted will suit you. Wear with fitted tops tucked in to show your waist, peplum or wrap tops if you prefer not to tuck. Keep lines soft and curved to mirror your shape.

© 2023 THE MENOPAUSE STYLIST

Your Jean Code

Fill out the form below to identify your perfect jeans!

MEASUREMENT	Inside leg length _____	High waist _____
	Mid waist _____	Hips _____
	Rise _____	
SIZE	<input type="checkbox"/> Petite	<input type="checkbox"/> Extra short length (regular)
	<input type="checkbox"/> Short length (regular)	<input type="checkbox"/> Regular
	<input type="checkbox"/> Regular long	<input type="checkbox"/> Regular extra long
	<input type="checkbox"/> Tall	<input type="checkbox"/> Tall long
STYLE	<input type="checkbox"/> Skinny	<input type="checkbox"/> Bootcut
	<input type="checkbox"/> Mom	<input type="checkbox"/> Wide leg
	<input type="checkbox"/> Straight	<input type="checkbox"/> Slim
STRETCH	<input type="checkbox"/> Low Stretch	<input type="checkbox"/> No Stretch
	<input type="checkbox"/> Four Way Stretch	<input type="checkbox"/> Full Stretch
RISE	<input type="checkbox"/> Super high	<input type="checkbox"/> Mid rise
	<input type="checkbox"/> High	<input type="checkbox"/> Low rise

ALWAYS USE YOUR MEASUREMENTS TO CHECK SIZING BEFORE BUYING.

All good retailers state their correct sizing on their size charts online and often against each pair of jeans.

Caring for your Jeans

Looking after your jeans properly might sound like a faff and who's got time to think about that?

BUT if you've found the perfect jeans you're going to want them to last and look good for as long as possible right?

Here's my advice...

How to wash them

Wash jeans as little as possible! Turn them inside out and hang outside to air if they need freshening up or throw them in the tumble dryer with a dryer sheet on a cool setting.

If they need washing check for a jeans cycle on your washing machine. Wash them inside out on a cool wash. Hot washes will damage any elastin in the fabric.

How to dry them

Dry jeans on the line if you can as heat from the tumble dryer can damage the elastin. Jeans will feel tight immediately after washing and drying but will sag quickly and lose their shape.

How to store them

Avoid storing jeans folded over hangers. This will damage fibres and cause a horizontal crease in them. Instead hang them on trouser hangers by the waist band. OR roll NOT fold them to go in drawers or shelves.

It's not surprising finding the perfect jeans is so hard when there's so many things to consider but now you know the best styles and sizes for you finding your perfect jeans should be a lot less stressful!

*Claire
xxx*

