



40+Style

Style Guide

What are the correct
hem lengths for different
styles of pants
&
which shoes to wear
with these pants?



Welcome to this special guide by 40plusstyle.com where we celebrate style and beauty of women over 40 and 40plusstylecourses.com where we teach you how to get more style.

My name is Sylvia, creator of both sites and I believe that we should have FUN with style & fashion.

I feel that personal style advances as we age as we become ever more aware of what suits our personality, our body and our life. I also believe in personal style that is unique to YOU. I feel that when you find the style that suits you, you will feel happier and more confident living your life.

I know that many of you struggle with achieving flattering looks and finding the right pants and shoes combinations that work for your body type. So here is a handy guide that will help you out!

Please note that these are guidelines only and you can break them as you please!

Happy styling!

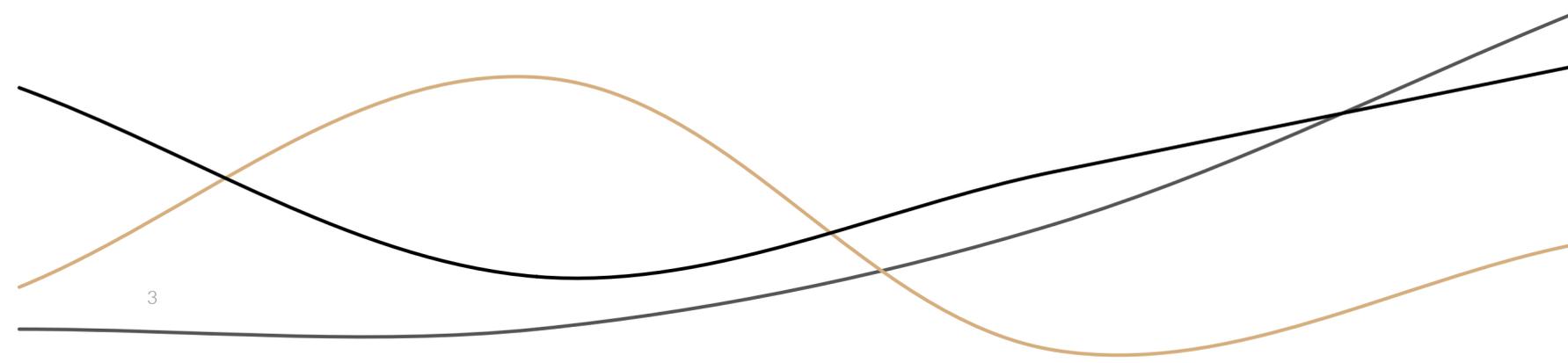
Sylvia



With so many pant style options in stores and your closet these days, it is very easy to get lost when it comes to correct lengths.

In this guide we take away the mystery of just how long and short the length of your pants should be. We will show you the best shoe-pant combinations in an upcoming article.

From ankle pants to wide leg jeans, let's explore the most flattering hem lines.



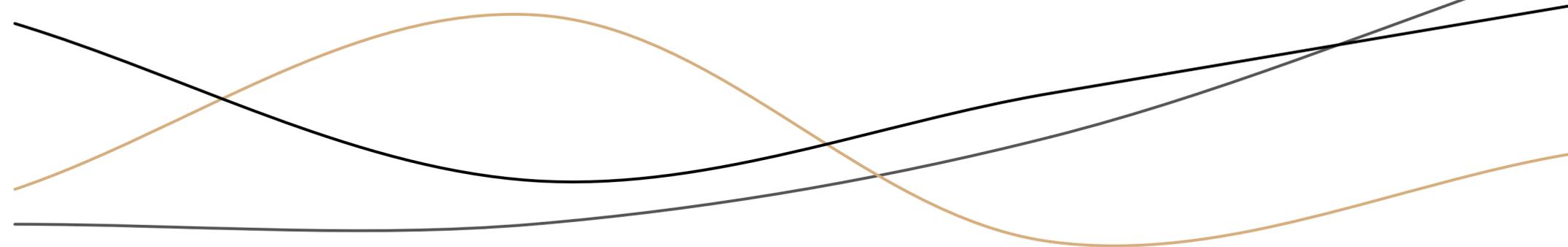
1

THE CORRECT HEM LENGTH FOR

ANKLE PANTS



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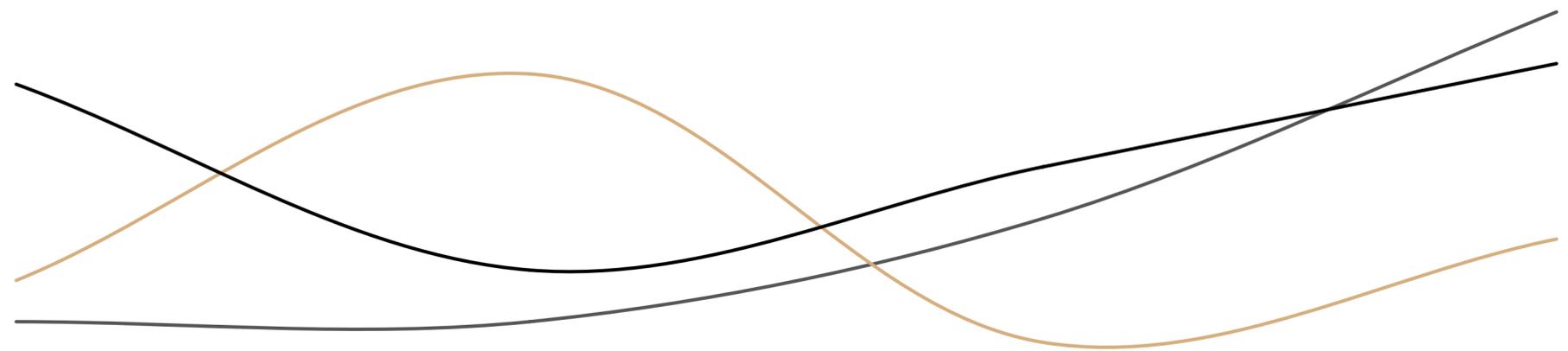


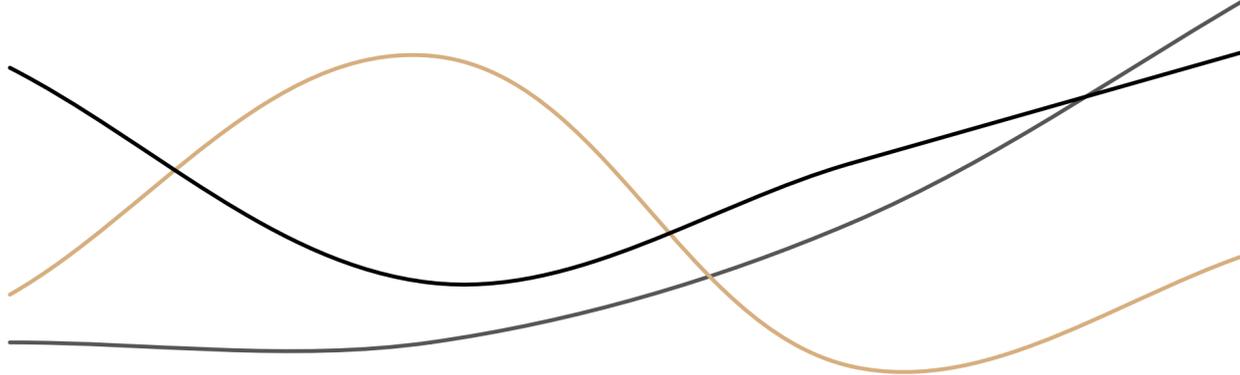


LENGTH GUIDELINES

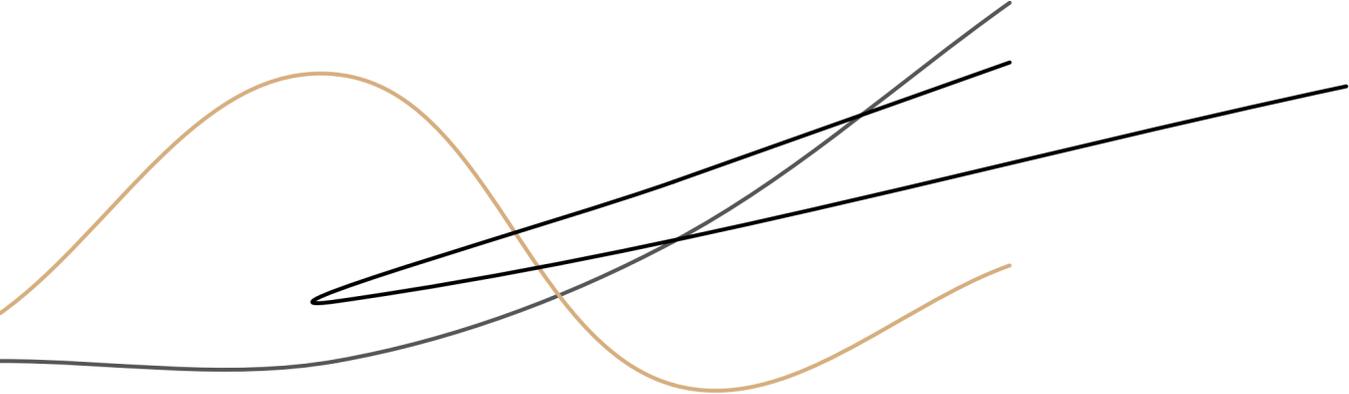
When wearing ankle pants, the hem of your pants should be positioned immediately above or right on your ankle bone.

At this length, you want to go with a slimmer ankle that is not too wide, as this will shorten your entire length.





WHAT SHOES TO WEAR
WITH ANKLE PANTS?



SHOE GUIDELINES

It's important to remember that ankle pants look best when worn immediately above or right on your ankle bone.

Pairing ankle pants with high vamp shoes (booties, loafers, etc.) is the most flattering approach.

Whether flat, medium, or high-heeled, we recommend trying a diversity of styles as ankle pants tend to work well with a number of shoe styles.



2

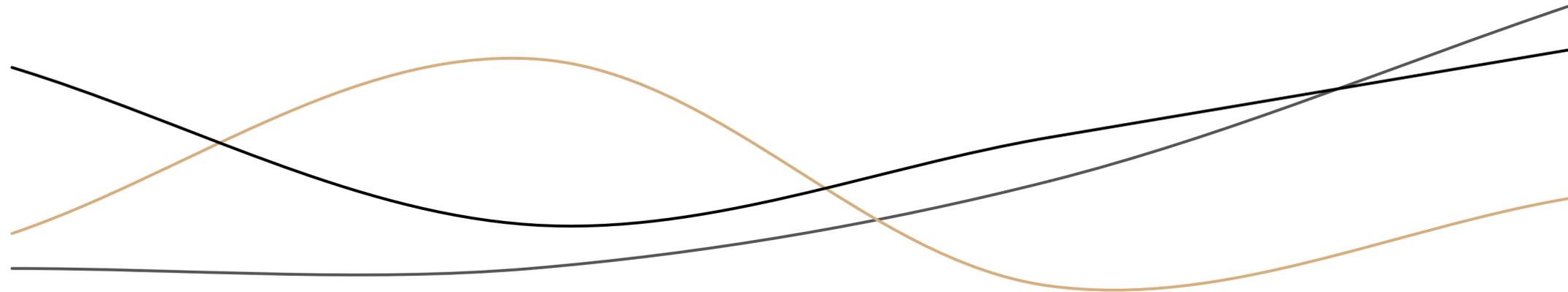
THE CORRECT HEM LENGTH FOR

BOOTCUT

PANTS



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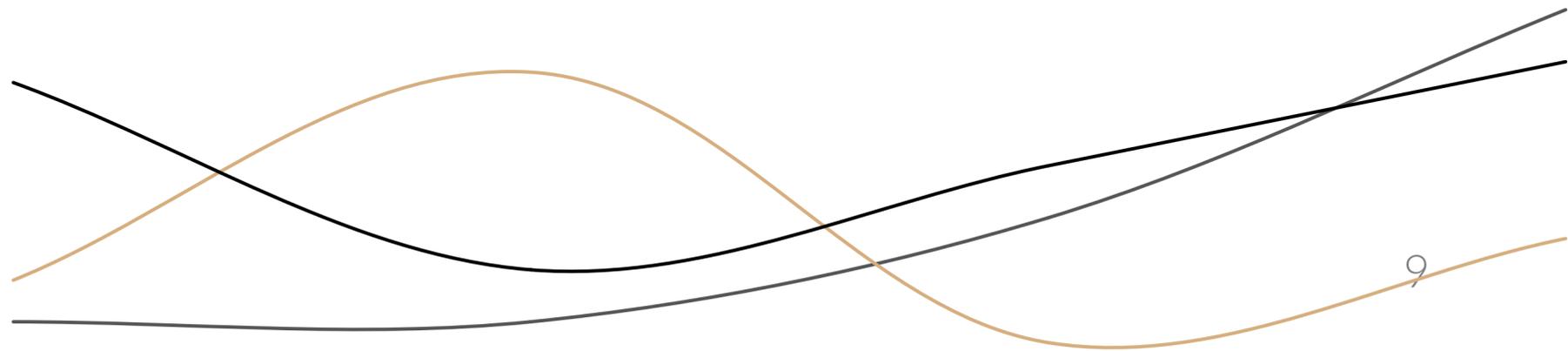
LENGTH GUIDELINES

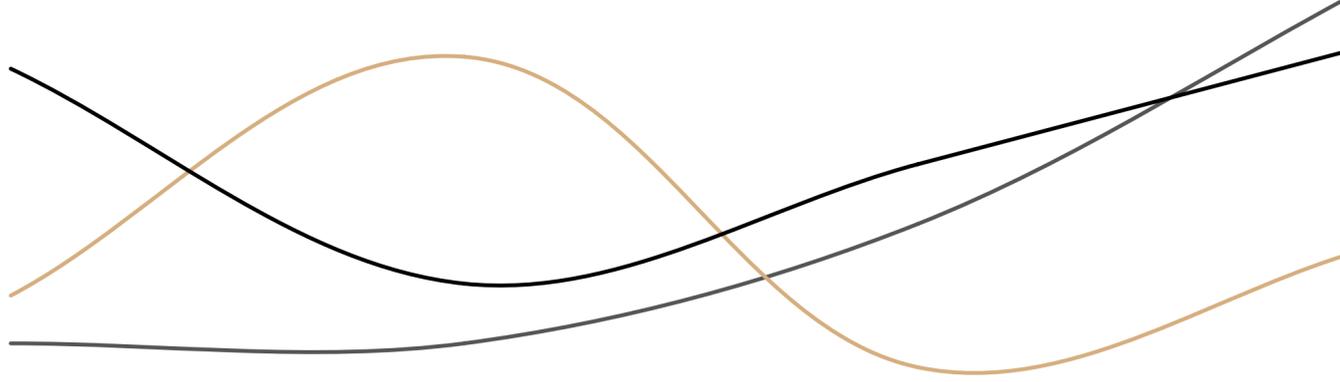
The right length is very dependent on what shoes will be worn with your jeans.

Bootcut jeans look the nicest with pointy shoes with heels, which makes your legs look a mile long.

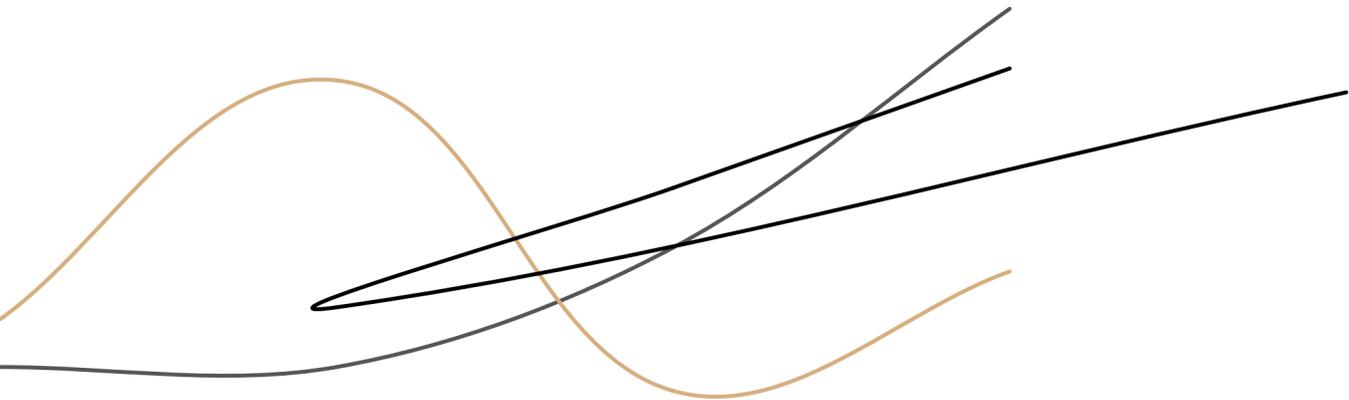
If you prefer flats, then choose pointy closed flats.

No matter what you wear though your jeans should skim the ground.





WHAT SHOES TO WEAR WITH BOOTCUT PANTS



SHOE GUIDELINES

Bootcut pants are one of the most versatile style of pants. They look best when they touch the floor, yet do not completely cover the entire shoe.

Depending on whether of not you're going for a dressed up or casual vibe, you have a diversity of options with bootcut pants. Pointy toed pumps tend to look very chic, as do mid-heel height boots and loafer style flats.

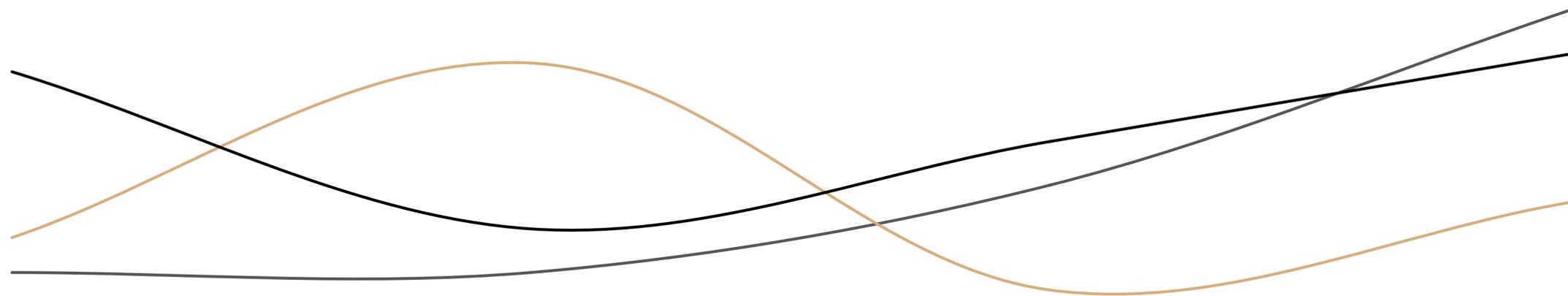


3

THE CORRECT HEM LENGTH FOR

BOYFRIEND

PANTS



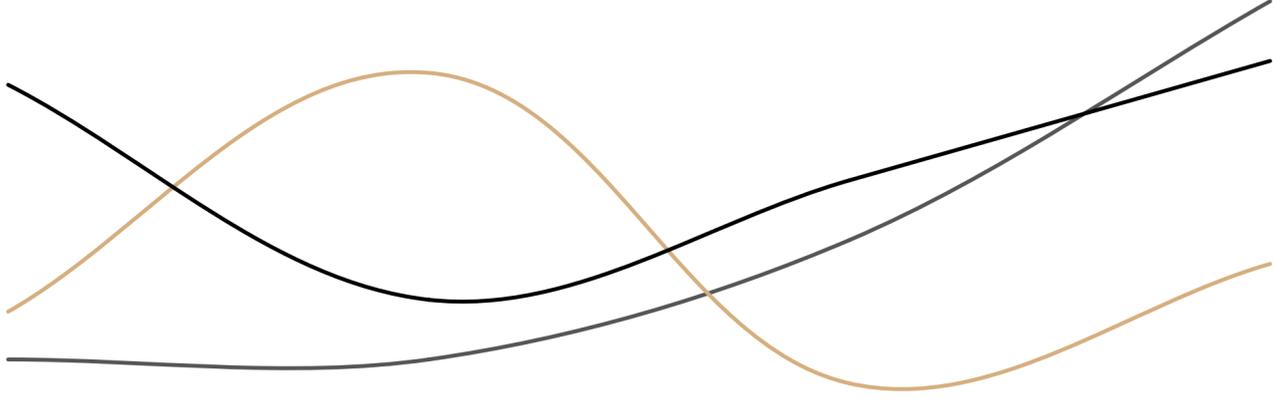


LENGTH GUIDELINES

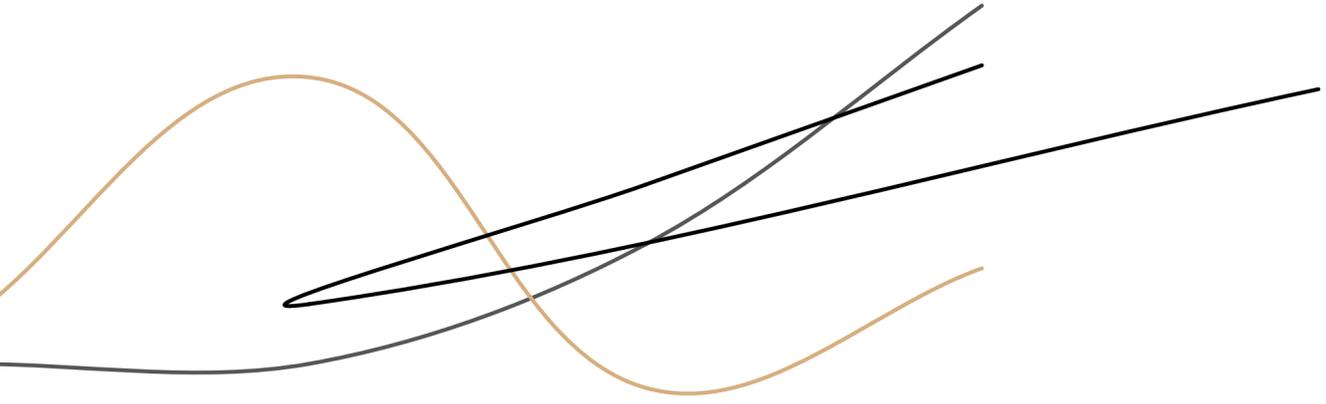
Boyfriend style pants and chinos offer a more comfortable fit with a small to large size cuff that is a bit more relaxed. They can be dressed up or down, but the fit is really quite dependent on your body shape.

Most body shapes will do well with a minimal to non-existent baggy style fit. Tall and slim profiles tend to be able to wear a very baggy style well, however, it is recommended that you select a minimally loose fit to give off the chic and casual vibe.

You want to opt for a pair with cuffs that end below mid calf or just above the ankle.



WHAT SHOES TO WEAR
WITH BOYFRIEND
STYLE PANTS



SHOE GUIDELINES

Though the pants can be loose and relaxed, you can create a more tailored look by selecting a more structured flat or heeled shoe. Oxfords create an on-trend menswear inspired look and dress up the look. Pointed toe flats and pumps can work as well.

If you are after a more sporty vibe then low sneakers, sporty brogues or heeled wedges can look really good.



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THE CORRECT HEM LENGTH FOR

CROPPED

FLARED

PANTS



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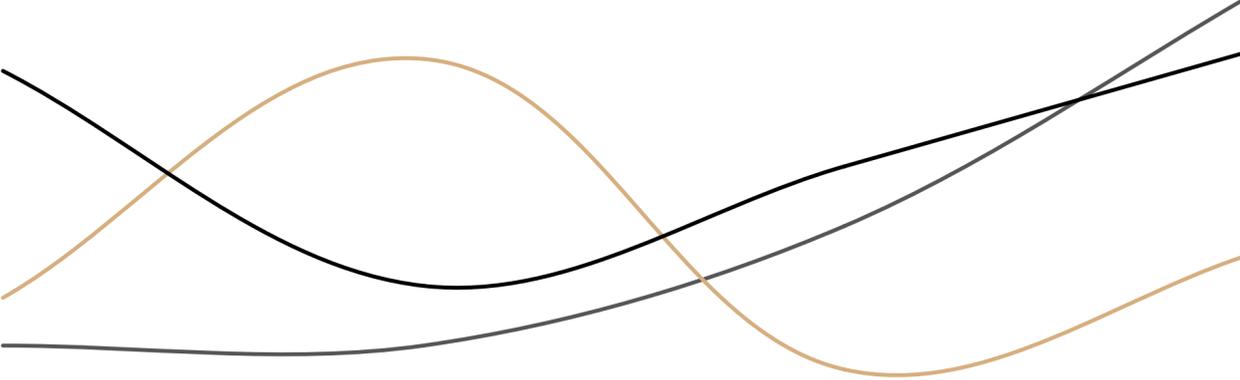




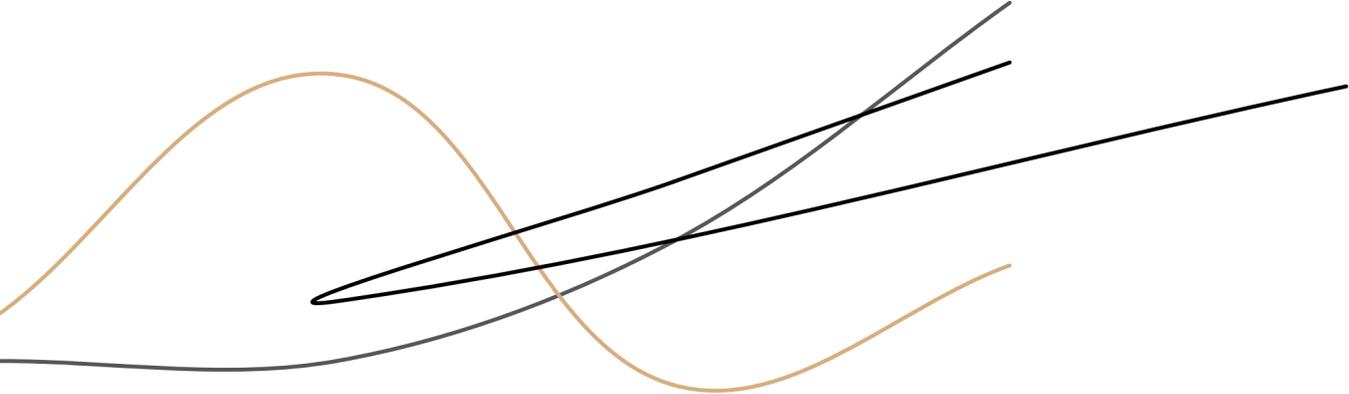
LENGTH GUIDELINES

Cropped pants with a bootcut or slightly flared leg can be a challenge to select and wear stylishly. However, they are on trend right now and can look super hip.

When selecting the right pair that is most flattering, we recommend ensuring that the hem hits anywhere from mid-calf to right above your ankle. Any longer and you look like you are wearing ill-fitting high waters (not too flattering). Any shorter and you look like you've severely outgrown your pants.



WHAT SHOES TO WEAR
WITH CROPPED FLARE
PANTS



SHOE GUIDELINES

When selecting shoes to wear with these pants, we recommend ensuring that you go with a lengthening look (best done with a monochromatic tone) and/or select a shoe that minimizes the flare to create a leaner bottom.

Our top shoe selections are trendy block heels, mules, ankle boots (make sure your pants hit right at or below the top of the boots) and pointed toe heels.

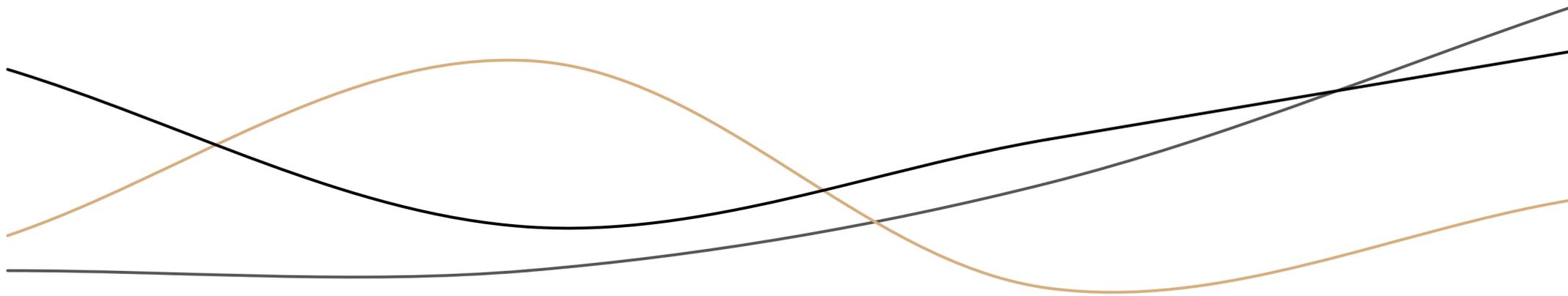
If you go with boots for this look, a matching boot (black-on-black, nude-on-nude, etc.) is the best option to create a streamlined look.



5

THE CORRECT HEM LENGTH FOR

CROPPED WIDE LEG PANTS

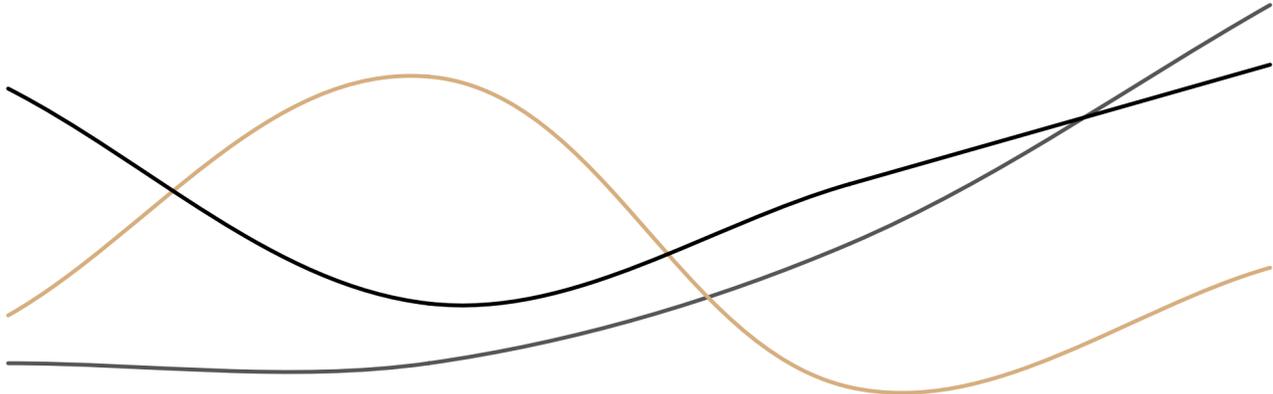




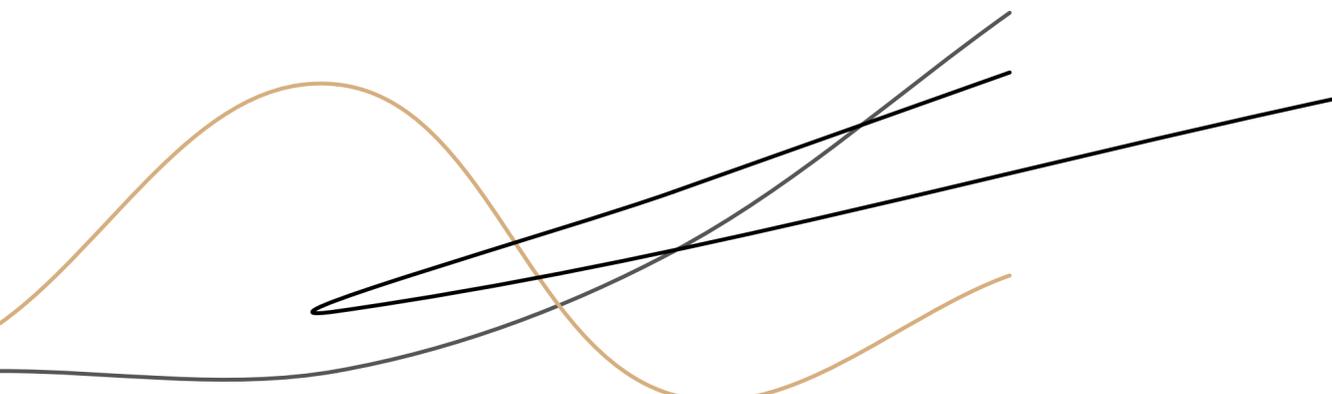
LENGTH GUIDELINES

You do not have to feel nervous about attempting the cropped wide leg pant look. It can be flattering, as long as you pay close attention to fit, precise tailoring and combining them with the right (shorter) tops.

The general fashion insider perspective for the right length is generally 1 inch above the ankle.



WHAT SHOES TO WEAR
WITH CROPPED WIDE
LEG PANTS



SHOE GUIDELINES

The goal is to avoid adding more volume to your bottom.

We do not recommend wearing ankle straps with this pant style, as you can bring too much focus on one part of your body.

Select more dainty looks, such as structured pointy toe pumps, a loafer, and minimal mules or open scrappy & fashionable shoes like the ones shown in the previous images.



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THE CORRECT HEM LENGTH FOR

SKINNY LEG PANTS



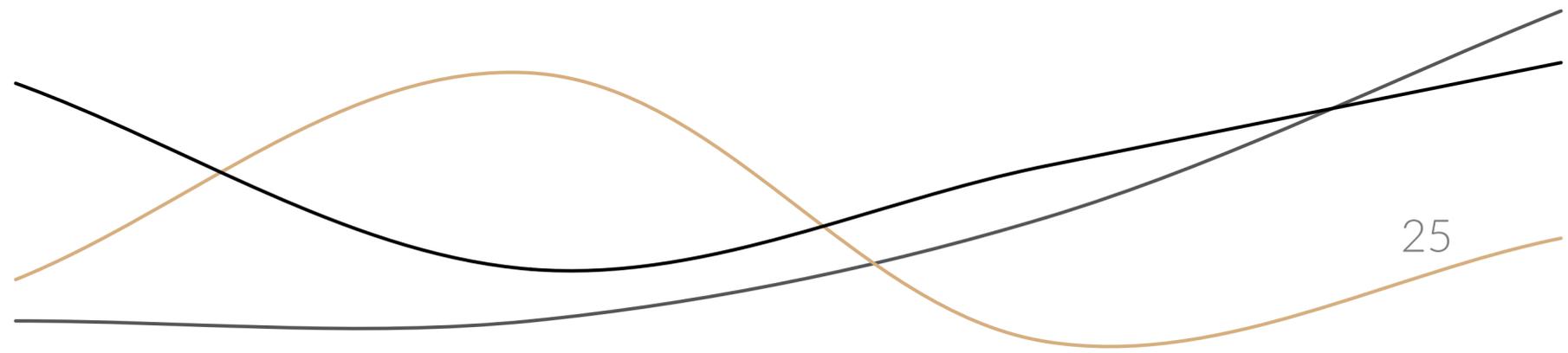
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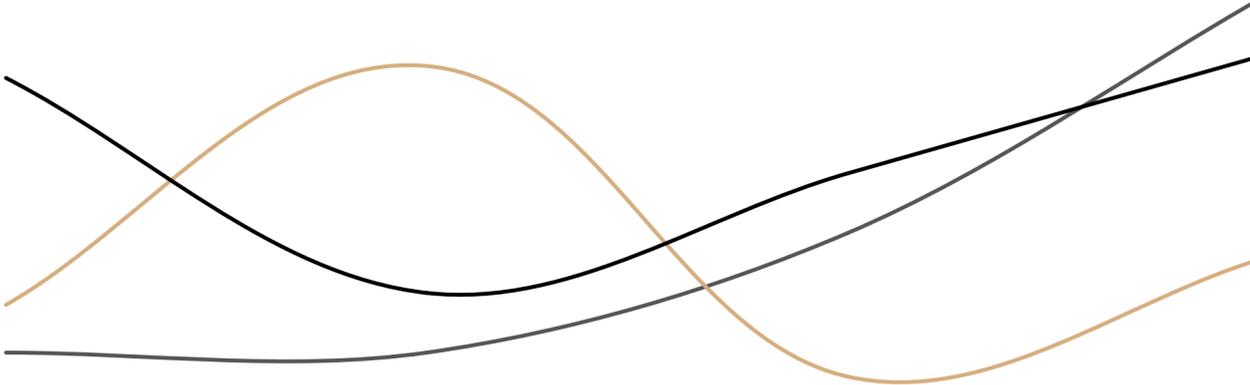


LENGTH GUIDELINES

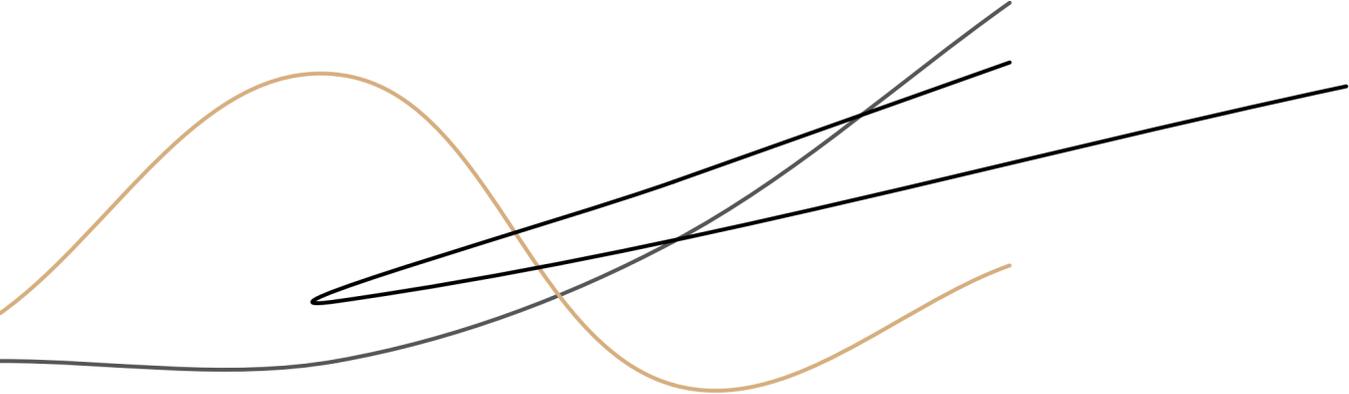
The goal of skinny pant legs is for a clean, ankle bone length look.

Any longer and they bunch (which is hard to recover from) and too much shorter and you don't get the flattering clean and streamlined look.





WHAT SHOES TO WEAR
WITH SKINNY LEG
PANTS



SHOE GUIDELINES

The key to selecting the right pair of skinny leg pants is to remember that the less they bunch around the ankle, the easier it is to create a well-tailored look.

Go for a pair that hits right around or slightly above the ankle bone.

Some of our favorite shoe options are strappy sandal heels, pointed toe heels, flats, shorter ankle boots (make sure they fit a bit snugly around the ankle, and knee high boots).



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THE CORRECT HEM LENGTH FOR

STRAIGHT LEG PANTS



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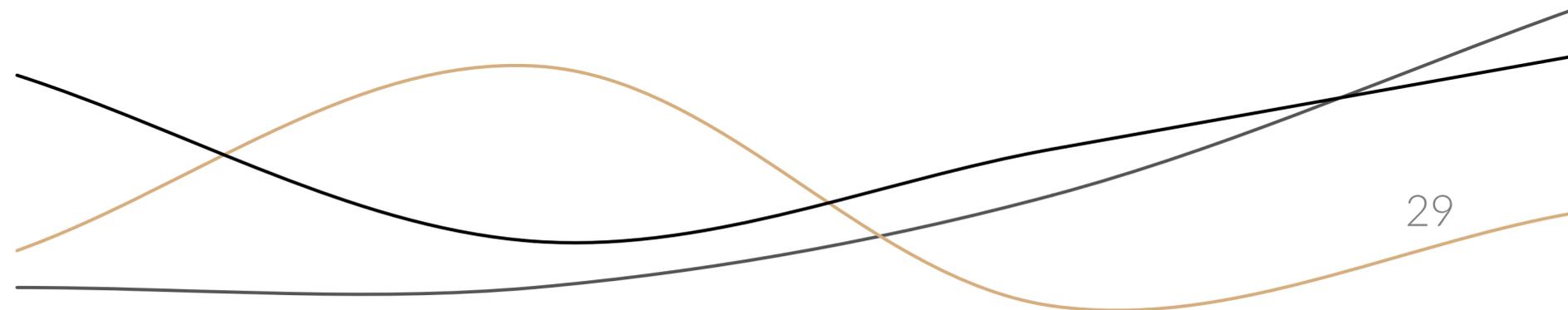


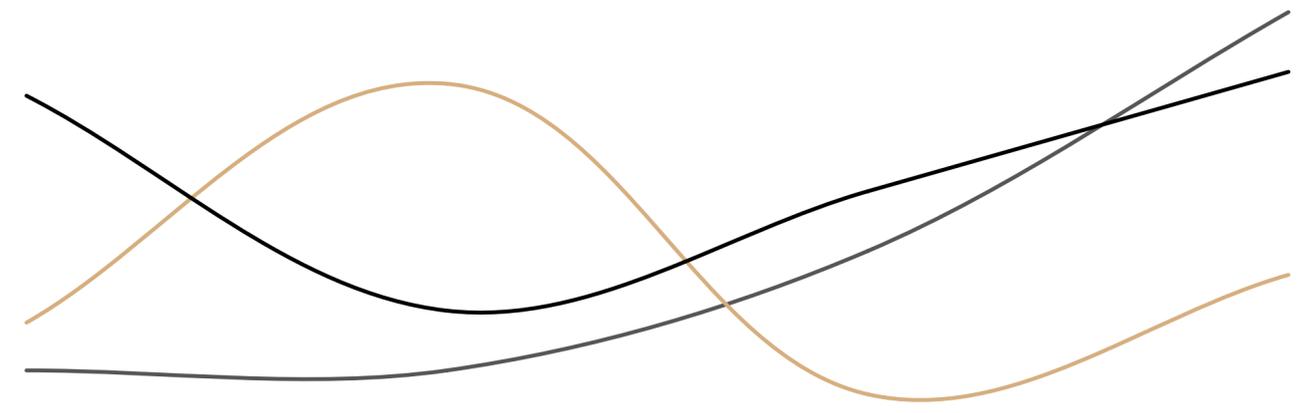


LENGTH GUIDELINES

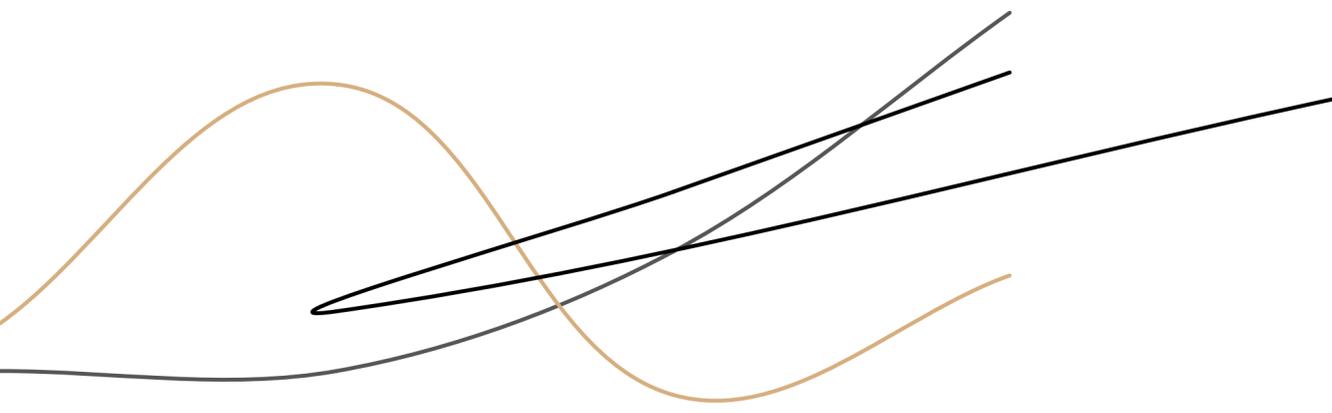
Too often women attempt to turn straight leg pants into a skinny leg style. These are two very different styles for a reason and straight leg pants look the most flattering when they are worn below the ankle bone.

You want to cover the top of your feet. However, you also do not want to veer into the territory of a wide leg cut. Bunched straight leg pants are not flattering and can create an unfinished look.





WHAT SHOES TO WEAR
WITH STRAIGHT LEG
PANTS



SHOE GUIDELINES

Most shoes will flatter the straight leg, so the choice ultimately falls on the tone of the look you're going for and the type of top you are wearing.

Our favorite looks are strappy sandals, pointed toe pumps, boots (keep the shaft a bit more tall to avoid a bunching look), and low key sneakers.



8

THE CORRECT HEM LENGTH FOR

WIDE

LEG PANTS



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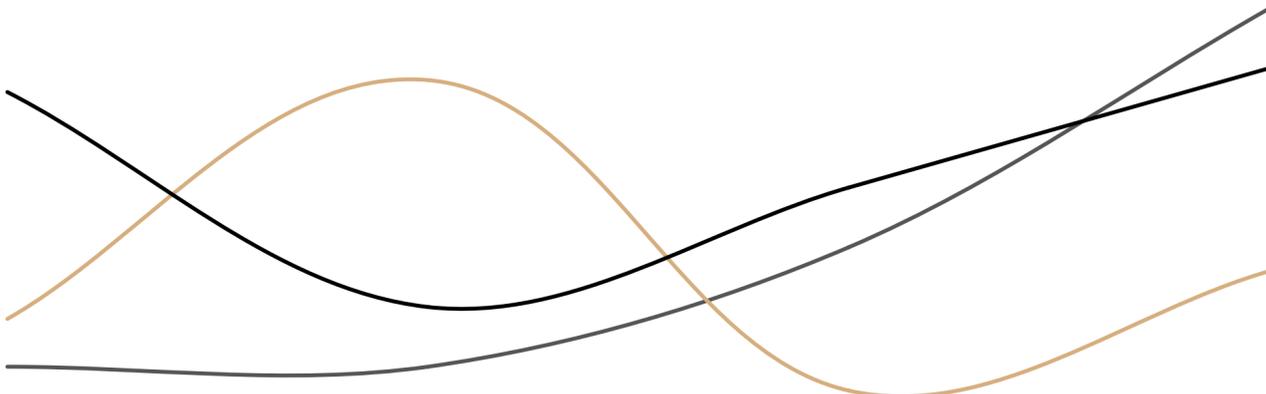




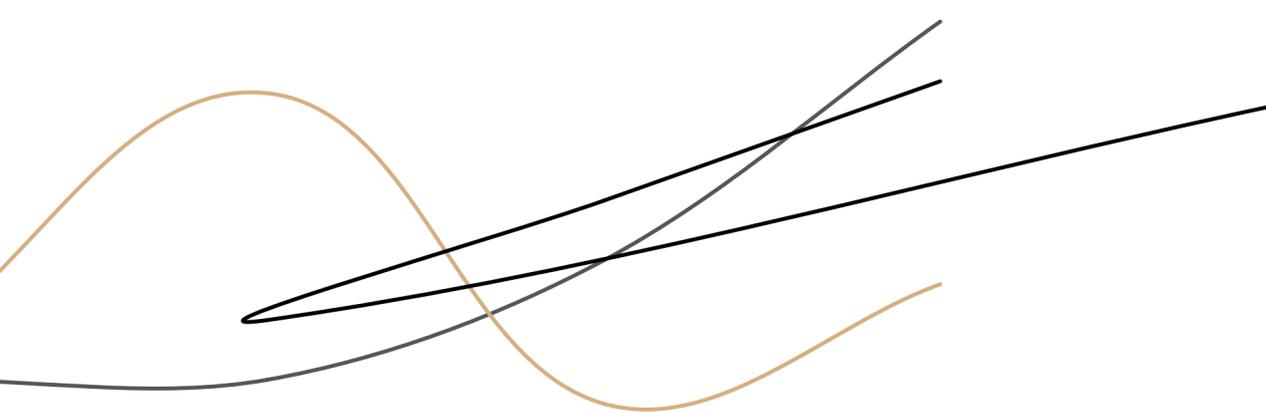
LENGTH GUIDELINES

When wearing wide leg styles, you want to go for a longer look. The goal is to have as much of your shoe hidden by your pant leg as possible, without dragging on the floor (which can both shorten your entire length and the life of your investment). The length at the image at

When trying them on without shoes, the hem of your pants should rest comfortably on the floor. This will give you a good indication of how long they will be when you put your shoes on. Of course it would be best to try these pants with the shoes that you plan to wear them with. Higher shoes are nicest.



WHAT SHOES TO WEAR
WITH WIDE LEG PANTS
AND TROUSERS



SHOE GUIDELINES

Wide leg pants will always look best below the ankle bone and/or skimming the floor. Completely flat shoes can be paired with this pant style, but we definitely recommend ensuring that if you go that route you keep it well tailored.

A very slouchy look is not flattering on all body types, and the casual chic vibe can quickly turn into a sloppy and unflattering look. Whether you select a very minimal 1 inch heel or 3 inch heels, a bit of height will help create a longer silhouette.

For this look we recommend block style heels, chunky heels, wedges, and strappy sandals. Pointed toe pumps can work great, as well, just make sure the pants are not so long that the toe of your pump continuously gets caught on the material.

Try wedges or chunky heels



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HAPPY STYLING!

Now go and create some wonderful outfits.

If you like you can show your outfits in [our private Facebook group](#) and get feedback from our wonderful community of women!

40+ Style Community
Helping you feel amazing every single day!

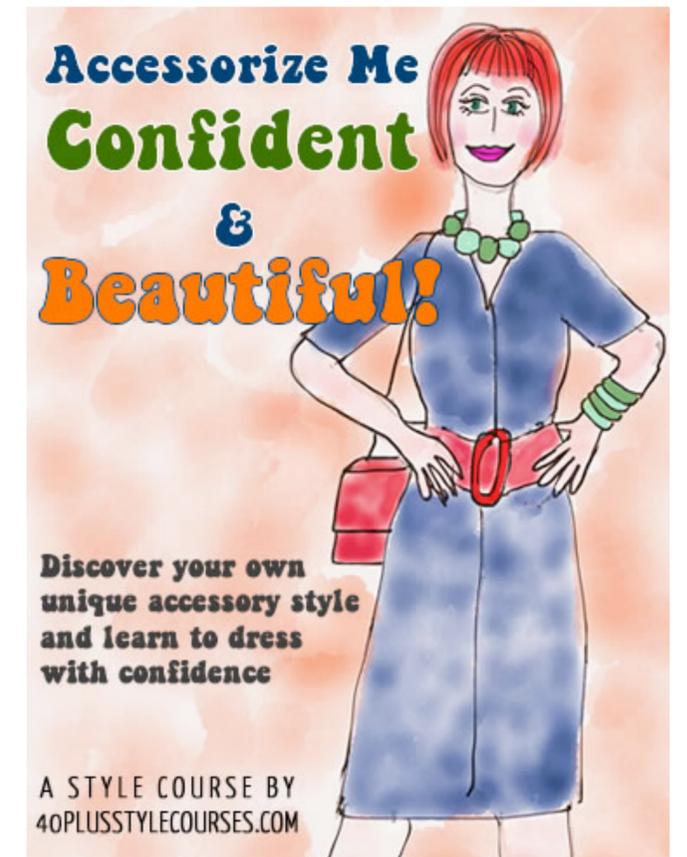


Do you want to discover **your unique style** and learn how you can create the most fabulous and flattering outfits **every single time?**



If you like more help finding or finetuning your style in a fun and structured way, you will love our [style course: 21 Steps to a More Stylish You.](#) Learn about creating the most flattering silhouette and other key style elements such as hairstyle and makeup.

Our second course [Accessorise Me Confident & Beautiful](#) is the ultimate course on accessorising and taking your outfits to a new level. Discover that you don't need a lot of clothes to look amazing every single day, using the power of accessories!



Happy
styling and
have **FUN**
with fashion!

I hope you enjoyed this guide and that you will put it to good use!

I'd love to connect with you at the site, our courses or one of the social media channels below.

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Instagram, Facebook, Twitter or
Pinterest!

Sylvia

