



THE T-SHIRT GUIDE

Shop Smart at Every Stage

Everything you need to find a T-shirt that works
for the woman you are right now.

A guide by Cindy Blakely | MsBStyling

INCLUDES

- Quick Reference Card — take it shopping on your phone
 - Complete Shopping Guide — read before you go
 - Construction checklist, fabric guide, price tips & more

SECTION 1 — QUICK REFERENCE CARD

Screenshot this page and pull it up while you're in the store.

NECKLINES

CREW NECK

Classic & Structured

Sits at the base of the throat. Great for layering.

V-NECK

Open & Elongating

Draws eye down. Kind to a fuller bust.

SCOOP NECK

Soft & Rounded

Mid-depth is most versatile. Very forgiving.

BOATNECK

Wide & Elegant

Highlights shoulders. Runs collar to collar.

SLEEVES

SLEEVELESS

Show Them Off

Great layering piece under blazers & cardigans.

CAP SLEEVE

Light Coverage

Can add width at shoulders — try before deciding.

SHORT SLEEVE

The Classic

Watch where it hits on your arm — it matters.

THREE-QUARTER

Universally Flattering

Skims upper arm, shows forearm beautifully.

FIT & HEM

FITTED

Close to Body

Check shoulder seam sits at edge of shoulder.

RELAXED

Room to Breathe

Not oversized — just comfortable and unfussy.

BOXY

Even Hem

Works tucked or untucked. Pairs well with high-waist.

A-LINE / CROP

Skims & Creates Waist

Try crop over high-waist — it creates a waistline.

FABRIC

100% COTTON

Familiar & Breathable

Can shrink. Check for sheerness before buying.

PIMA COTTON

Softer & Stronger

Resists pilling. Look for it on the label.

COTTON-MODAL

Drapes Beautifully

Skims rather than clings. Soft and forgiving.

SWEET SPOT

\$30 — \$45

Cost per wear beats cheap tees every time.

CONSTRUCTION CHECKLIST

- Seams hang straight — no twisting front or back
- Neckline holds its shape — not stretched or wavy
- Flip it over — look for a banded neckline inside
- Give it a stretch — it should snap back immediately
- Hold it to light — you should not see your hand through it
- Check the care label — "wash separately" means unstable dye

SECTION 2 — THE COMPLETE SHOPPING GUIDE

Read this before you go. Walk in prepared.

A note before you start. Your body has changed — and that is okay. This guide is based on who you are right now, not who you were. Use it as a starting point, not a rulebook. If something catches your eye that isn't in your plan — try it on anyway. The only rule that matters is whether it feels like you.

Before You Shop — Do This First

Pull out every T-shirt you own. Lay them out and take an honest look. Ask yourself whether each one still fits the woman you are right now. Check the seams — are they straight? Is the neckline still holding its shape? Has the fabric gone thin or lifeless?

And if you find a tee you genuinely love — study it. Look at the neckline. Notice where the sleeve hits. Check the fabric label. That tee is giving you real information about what works for your body today. Write it down. That's your starting point.

A starting point — not a rulebook. Because you might try something on and get a completely wonderful surprise.

Necklines

The neckline that worked for you before might not be your best friend anymore. And the one you dismissed might surprise you now. Go into a store and try them all — with fresh eyes.

Crew Neck

Sits at the base of the throat. Classic, structured, great for layering. Can feel closed in on a shorter neck or fuller bust — try it before you decide.

V-Neck

Opens up the chest and draws the eye down. Particularly flattering on a fuller bust. Watch the depth — too low in a thin fabric can feel exposing.

Scoop Neck

Soft, rounded and relaxed. One of the most forgiving necklines across a wide range of body types. Mid-depth is the most versatile.

Boatneck

Runs straight across the collarbone from shoulder to shoulder. Elegant and strong. Beautiful for women who want to highlight the upper body.

Sleeve Lengths

Where your sleeve hits changes how your whole upper body reads. Try them all. Move around in them. See how you feel — not how you think you should feel.

Sleeveless & Tanks

If you love your arms — show them off. That is a completely valid and beautiful choice. And even as a layering piece under a blazer or cardigan, sleeveless tees work hard in your wardrobe.

Cap Sleeves

Covers the shoulder without adding bulk. Worth knowing — cap sleeves can add visual width across broader shoulders. Try before you decide.

Short Sleeves

The classic. Where the sleeve ends on your arm matters more than you think. Look for one that falls just above or below the widest point of your upper arm.

Three-Quarter Sleeves

One of the most universally flattering lengths — skims past the upper arm and shows off the forearm beautifully. A lot of women discover these and wonder where they've been all their life.

Fit & Hem

Two tees. Same fabric. Same neckline. Completely different results. The difference is often the cut. Try them all with fresh eyes.

Fitted

Clean lines that follow your shape. Check that the shoulder seam sits exactly at the edge of your shoulder — not sliding down the arm.

Relaxed

Not oversized — just comfortable and unfussy. Look for a hem that falls evenly around the hips without pulling or bunching.

Boxy / Straight

Even hem all around, straight sides. Works beautifully tucked or untucked. Pairs especially well with higher-waisted bottoms.

A-Line

Fitted through the shoulders and chest, then gently flares toward the hem. Skims past the midsection without drawing attention to it.

High-Low

Longer in the back, shorter in the front. Creates visual interest and movement. Works beautifully over leggings or straight leg jeans.

Crop

Hear me out — a cropped tee over high-waisted jeans or trousers creates a waistline in a way a longer tee simply cannot. Try it before you write it off.

Fabric

If T-shirts have felt frustrating, this is often why. Feel the fabric before you try anything on. Pick it up. Stretch it. Does it snap back or go limp? Does it feel substantial or almost see-through?

Regular 100% Cotton

Familiar and breathable — but can feel stiff, cling in the wrong places, and fade faster than you'd like. Check for sheerness before buying. Size up slightly to account for shrinkage.

Pima Cotton

A natural fiber upgrade. The fibers are longer and finer — which means softer feel, better durability, and much more resistance to pilling. If you've experienced pilling where your arms meet your body, Pima is often the answer. Look for it on the label.

Cotton-Modal Blend

Incredibly soft with a gentle drape. Skims rather than clings. Feels very forgiving and gets better with every wash. A wonderful option for women who want that effortless, relaxed fit.

Construction — What to Look For

The Seams

Hold the shirt up and look at how it hangs. The seams should run straight — not twist to the front or back. If it twists on the hanger, it will twist on your body. Nothing will fix that.

The Neckline

A well-made neckline holds its shape. If it already looks stretched or wavy before anyone has worn it — put it back.

Inside the Neckline

Flip it over and look inside. A well-made tee has a band of fabric running all the way around. That band is what keeps the neckline structured wash after wash. No band means no staying power.

The Stretch Test

Give the neckline a gentle stretch. It should snap back immediately. If it stays pulled out or goes limp — that fabric is already done.

The Transparency Test

Hold the tee up toward a light source. If you can see your hand clearly through it, it will be sheer on your body.

Price — What You're Actually Paying For

A \$10 T-shirt isn't really \$10 — not if it goes thin after two washes and you're replacing it next season. That's cost per wear. A \$38 tee you wear 30 times costs about \$1.25 per wear. A \$10 tee you replace three times a year costs \$30 — plus the frustration of nothing ever feeling quite right.

The sweet spot is \$30 to \$45. That's where better fabric, better construction, and a neckline that holds its shape after a dozen washes starts to show up consistently.

Where to Shop

Banana Republic, GAP, J.Crew, Madewell, LOFT, J.Jill and Nordstrom are all worth your time. Ralph Lauren and Rag & Bone for a longer-term investment. Target and Walmart genuinely come through at an accessible price point — go in knowing what you're looking for and you'll be fine.

Factory stores and off-price retailers like Marshall's, Ross and TJ Maxx can be hit or miss. Now that you know what to look for, you have the eye to shop there smartly.

Care — Protect What You've Invested In

White Tees — Stains & Yellowing

Try baking soda and peroxide worked into the underarm area before you toss it. Let it sit before washing. Sometimes you can bring it back.

Any Color — Fading

Check the care label in the store. "Wash separately" means the dye isn't stable. Once home — turn it inside out before every wash.

Washing & Drying

Cold water, gentle cycle, skip the dryer when you can. Hot water breaks down dye and fabric faster than almost anything else.

The women who get years out of their clothes aren't buying differently than you. They're just caring for them differently.



Have you taken the T-Shirt Quiz yet?

If not — it's free and takes about 2 minutes. You'll walk away with a personalized shopping guide: your neckline, your sleeve, your fabric, your fit. All in one place to screenshot and take shopping. If you've already taken it — go find her.

msbstyling.com/white-tee-quiz

Find more style guidance at

msbstyling.com

Follow along on Instagram @msbstyling

This guide applies to any color tee — not just white. The principles work wherever you shop and whatever you choose. You have everything you need. Now go find her.

— **Cindy**