

DRESSING YOUR BODY TYPE

**Hourglass Body Type** - If your bust and hips are approximately the same measurement (within an inch or two) and your waist is smaller than either of these by at least a four inches (the more the better though) then you are an hourglass shape. This classic old-Hollywood shape (think Marilyn Monroe) can wear any style of dress as most styles are flattering. The mermaid though will really highlight your curves and you'll even be able to pull off a sheath.

**Pear Body Type** - If your hips are larger than your bust then you have a pear shape. Many women fall under this category! An a-line dress is the most flattering because it is full in the skirt, hiding the bigger hips on the bottom. An a-line gives a balanced appearance of an hourglass and even works with an upside down pear, which is when your bust is larger than your hips.

**Round or Square Body Type** - If all your measurements are similar then you are a square or round body type. To add definition and the appearance of an hourglass shape you'll want to select dresses with gathers or other details on the hips and bust. This will highlight those areas and give you a feminine shape. Generally an a-line dress will be the most flattering and have the most options for you.

**If You Are Short and Petite (5'4" and under)**, look for salons which carry petite sized dresses. To create an illusion of height, you will want a dress with seams or lace which run up and down lengthwise. You may want to consider a high neckline, A line, empire, or princess silhouettes, small collars and cuffs, short sleeves or sleeveless with long gloves, or dresses that are trim at the neckline and shoulders to draw the eye upward. You should stay away from a belt, unless it is a very narrow one. Also, consider a chapel train with a floor length veil. Try to avoid frills and excessive detailing.

**If You Are Tall and Slender (5'9" plus)**, you will want to look for dresses with trims that wrap completely around the gown and veil, wide midriiffs and sashes, large collars, big cuffs, raglan or butterfly sleeves, flared or tiered skirts and low necklines.

**If You Have a Thick Midriff and Waist**, choose the slimming effect of a lifted waistline and A-line skirt. Avoid tight waists, belts and cummerbunds, and shaped midriiffs in contrasting colors.

**If You Have a Very Slender Midriff and Waist**, accentuate your features with a dress featuring a well defined midriff, a gathered or pleated skirt, and a natural or sashed waistline.

**If You Have Narrow Shoulders**, drape them with cape collars. Accentuate them with sleeves that gather at the top, necklines that are bare or widely curved, and shoulder pads built into the dress.

**If You Have Broad Shoulders**, look for dresses with smooth set in sleeves, low V necklines or high, covered necks. Avoid puffed or leg of-mutton sleeves, bare necklines, broad collars, haltered tops and shoulder pads.

**If You Are Big Busted**, you may wish to stay with elongated bodices and necklines that are V-or U shaped or high with a keyhole yoke. Avoid cinched waists, empire styles that come up high under the bust, and clingy fabrics that accentuate your fullness. Choose instead full, billowing skirts with lots of ornamentation, which will create a curvier lower body. Keep sleeves simple with a natural shoulder line, and avoid adornments on the bodice.

Fitting Appointment -

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 Time: \_\_\_\_\_  
 Date: \_\_\_\_\_

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 Date: \_\_\_\_\_

My body type is: \_\_\_\_\_

COMMONLY ASKED QUESTION:

**Q:** I heard that my wedding dress size will be larger than my pant and shirt size. How do I know what size I really am?

**A:** Go try on dresses! Call your nearest bridal shop and set an appointment. If you wear a size 2 you may find that you wear a size 6 in one designer, a size 4 in another and a size 2 in yet another."

**A:** Let the bridal shop know what your budget is. They don't charge extra to measure you (not the good ones). I wear a size 4 or 6 in pants, but my dress is a size 10. It depends on the person and the dress. I could have worn an 8, but I have C-cup. I had to buy a dress to fit my chest and then had the waist taken in.