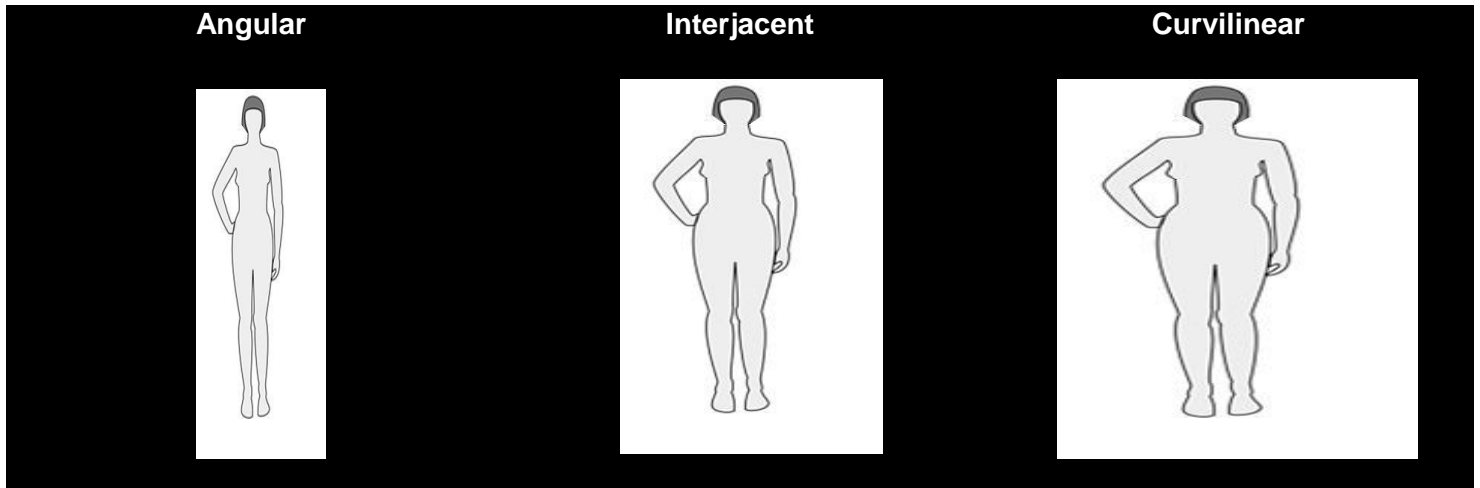


How to dress for your *Body Shape*

No matter what your shape or size, you can always 'look and feel good' knowing how to dress for your body shape. This brief guide should help steer you in the right direction.

The 3 Body Shapes



Angular

Angular body shapes are made up of mainly straight lines (think elongated). This is one of the easiest shapes to dress as almost anything can be worn and the use of layers is endless. The only thing to consider is making your lines appear softer and the ability to add curves with, fabric, patterns and print. This shape in general, prefers smaller details, unless making a statement.



Lazy Lu - Sheath Dress £65



Jacques Vert - Spot Dress £179



Heine - Tweed look £59

Curvilinear

Curvilinear body shapes are made up of mainly of curved lines (think voluptuous). Balancing body proportions is very important with this body shape so that symmetry in the top and bottom half is achieved, drawing in the mid section helps to achieve this balance. Support underwear is very important to create smooth lines. This shape prefers larger prints and patterns.



Patrizia Dini - Wrap Over Dress £69



Alexon - Rose dress £125



Minute Petite - Rose print £89

Interjacent

The Interjacent body shape (think hourglass) is made up of both straight and curved lines and is the body shape of the majority of women. Creating symmetry and fluidity is key, again if you are concerned about your mid area, support underwear will help create a smoother silhouette; Spanx do one of the best ranges I have seen.



Joe Browns – versatile knit dress £30



Singh Madan – Detail neckline dress £99



Jacques Vert – Chiffon dress £169