

# WHAT SHAPE AM I?



## Hourglass

- Curvy bust & hips
- Narrow waist
- Medium width shoulders
- Slim or shapely thighs

## Self Styling Tips

• Show off your slender waist.  
• Look for styles that fit to your curves, avoid anything that is roomy in the waist.  
• If you have a fuller bust or are a larger size keep the look streamlined with tailored panels or simple silhouette.  
• Lean pencil or A-line skirts are flattering.



## Pear

- Small shoulders
- Neat bust & waist
- Wider hip & curvy thighs
- Shapely calves

## Self Styling Tips

• Emphasise a slim upper body.  
• Create a wider shoulder line using sleeve detail or bare shoulders in a strapless or halter style to balance out the hip.  
• A-line skirts that skim hips & thighs are best.  
• Hem length should be on knee or below calf.



## Apple

- Broad Shoulders
- Prominent Bust
- Bigger Tummy
- Slim hips & thighs

## Self Styling Tips

• Accentuate your great bust line.  
• Choose garments with open necklines to draw the eye to your face.  
• Use soft draping & ruching that skims not clings to the tummy.  
• Go for clean tailored lines to streamline your body & show off your slim legs.



## Column

- Shoulder & hip same width
- Thicker waist, flat tummy
- Small to medium bust
- Slim legs & arms

## Self Styling Tips

• Show off your lean limbs.  
• Focus on styles that can be wrapped or tied to create a waistline.  
• Styles that have wider shoulder lines make the waist appear narrower.  
• Skirts can be lean pencil shapes or A-line.



## Pregnant

- Tummy is the most prominent feature
- Bust size & expansion in hip & thigh will vary for each individual

## Self Styling Tips

• Show off your belly but stay comfortable.  
• Keep a feminine silhouette by creating shape under the bust.  
• Choose open necklines & show off slim legs to ensure that you are not "all belly".  
• Soft stretchy dresses are easy to wear as you grow & will also suit post pregnancy.