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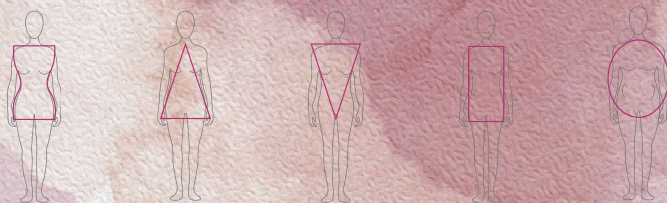
THE

ULTIMATE STYLE GUIDE

TO THE PERFECT DRESS FOR
YOUR BODY SHAPE

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Whether you're preparing for a wedding, gala, or any special event, finding the perfect dress is key to feeling confident and looking your best. This guide will help you identify your body shape and choose dress styles that flatter your natural silhouette.



Step 1: Determine Your Body Shape

1. Hourglass

- Characteristics: Balanced shoulders and hips with a defined waist. Your bust and hips are roughly the same width.
- Celebrities: Marilyn Monroe, Kim Kardashian.

2. Pear (Triangle)

- Characteristics: Hips are wider than your shoulders, with a defined waist and smaller bust.
- Celebrities: Jennifer Lopez, Beyoncé.

3. Apple (Inverted Triangle)

- Characteristics: Broader shoulders, fuller bust, and a less defined waist, with slimmer hips and legs.
- Celebrities: Catherine Zeta-Jones, Mindy Kaling.

4. Rectangle (Athletic)

- Characteristics: Shoulders, bust, and hips are similar in width, with minimal waist definition.
- Celebrities: Cameron Diaz, Natalie Portman.

5. Oval (Round)

- Characteristics: Rounded shoulders, fuller bust, a gentle curve at the waist, and slimmer hips.
- Celebrities: Oprah Winfrey, Adele.

Step 2: Dress Styles for Each Body Shape

Hourglass

Goal: Accentuate the waist and balance curves.

Best Styles:

Wrap Dresses: Enhance waistline and show off curves.

Fit-and-Flare: Cinches the waist and flows over hips, emphasizing curves.

Mermaid: Highlights your natural shape with a snug fit around the waist and hips.

Pear (Triangle)

Goal: Balance lower body by adding volume to the upper body.

Best Styles:

A-Line Dresses: Skims over hips and adds balance.

Off-the-Shoulder or Cap Sleeve: Draws attention to shoulders.

Empire Waist: Draws attention up while flowing over hips.

Apple (Inverted Triangle)

Goal: Balance broader upper body by defining the waist and adding volume to the lower body.

Best Styles:

V-Neck or Scoop Neck: Lengthens the upper body.

A-Line or Wrap Dresses: Define waist and create balance.

Empire Waist: Flows over the midsection, creating a flattering line.

Rectangle (Athletic)

Goal: Create the illusion of curves and define the waist.

Best Styles:

Peplum Dresses: Add shape at the waist.

Sheath Dresses: Create a streamlined silhouette, adding feminine shape.

Belted Dresses: Emphasize the waist to add curves.

Oval (Round)

Goal: Lengthen and define the waistline.

Best Styles:

Empire Waist: Flows away from the waist, creating a balanced shape.

A-Line Dresses: Skim over midsection and hips.

V-Neck or Wrap Styles: Elongate the torso and add definition.

Step 3: Tips for Enhancing Your Look

Add Statement Accessories: A necklace, earrings, or bracelet can draw attention upward and complement your dress.

Consider Color and Patterns: Darker shades can create a slimming effect, while prints can add volume or emphasize areas.

Balance with Layers: Adding a shawl, bolero, or jacket can change proportions and add structure where desired.

By using this guide, you'll be well-prepared to find a dress that suits your shape and makes you feel radiant for any special occasion. And if you cannot find the ideal dress... you can simply create it with Calliste!