

Dressing for your shape

The clocks have changed and British Summertime has begun, although looking out of my window right now I see grey skies and relentless rain! Here's hoping that this year will be kind to us and we will enjoy a half decent summer (and one that isn't too far away!).

Body Shapes

Would you like to understand why certain clothes make you feel fat and frumpy, when others make you feel surprisingly slim and confident? It is often to do with the shape of the garment. Being able to choose clothes in the right shape for your figure type is just one of the many factors to take into consideration when thinking about your image. (there are 7 other equally important things, but this is a good start!).

This is part one of a two part newsletter which will help you to unravel the mystery of what will be right for you. Here I will help you to identify which body type you are and the next StyleStep newsletter will give you some examples of shapes to go for, and those to avoid.

1. Hourglass

If your shoulders and hips are in proportion and you have a well defined waist, you are likely to be an *hourglass*. When you gain or lose weight you do so evenly all over your body and

whatever your size you will always have a proportionally smaller waist.

2. Heart

You are *heart* shaped if you tend to hold weight on the top half of your body, particularly on your chest and the tops of your arms. This is where you notice any weight gain. Your lower half will be proportionally smaller than your top.

3. Angular

Your defining feature is your shoulders which are broad and you don't have a defined waist. This makes you an *angular* body shape. You are likely to be a dress size smaller on your bottom half to allow for your shoulders. Any extra weight you carry will be on your torso.

4. Rectangle

Rectangles have shoulders and hips that are in proportion and do not have a defined waist. You hold extra weight on your torso and you have slim hips.

5. Pear

You are a *pear* shape if you have a neat top half and quite possibly a slim waist and you hold your excess weight on your hips, thighs and/or bottom.

6. Ellipse

Your problem area is your tummy and it is larger than your bust. Quite often an *ellipse* started out as a heart shape. You may still have relatively slimmer hips and bottom.

It is important to understand that not everyone falls neatly into one of these categories. I fall somewhere between an angular and a rectangle. The most important thing is that you understand the "rules" for dressing the types you fall into and use them to your advantage when putting outfits together. It is all about looking your best so that you **feel great!**

Watch out for your "rules" in the next newsletter!

Apr/May2010 Newsletter from StyleStep



StyleStep gives style advice at Charity Lunch.

*Around thirty women gathered for a delicious lunch at **Hangleton Manor**, Hove last month and Helen at StyleStep delivered a talk on "dressing for your body shape." Just under £400 was raised for Wellbeing of Women. The national charity improves women's health through research, education and information.*

www.wellbeingofwomen.org

BBC 2 Documentary

Would you be willing to either speak anonymously to a researcher from the BBC or volunteer to be filmed for a 3 part series about "attitudes to spending in 21st Century?" Please call Helen 07773 800168 for more information.

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Stop Press:

StyleStep is now selling a fantastic new scarf and make-up range to suit your individual colouring. For more information or to book a make-up lesson please call Helen on 07773 800168

