



LET'S TALK ABOUT

BODY SHAPE

UNDERSTANDING HOW TO DRESS
FOR YOUR BODYSHAPE

BY CELEBRITY STYLIST
JESSICA REA

WWW.JESSICAREAMILLINERY.CO.UK

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WHO IS JESSICA REA



Stemming from a Creative background, Jessica has Designed, Styled & Consulted – over 8,000 individuals. She won her first Award at the age of 21 for ‘Best New Business’ when opening up her first boutique and went onto winning the ‘Entrepreneur of the Year Award’ with the Epsom & Ewell Business.

Her background in the creative industry started from when she made her first hat at the age of 17, to her furthering her education at Art College, to then specialising in Millinery and training with the UK’s leading milliners and designers who designed and created for the likes of the Royal Family as well as high end Fashion Houses.

Jessica’s love of design and creativity led her to opening her first boutique at the age of 21, her vision and passion allowed her to create unique looks for women making them feel confident and happy. She worked with them to style their complete outfits for events to the fashion industry, races, weddings and special occasions.

Being recognised for her work, this led Jessica to becoming Racing TV’s, Race Day In house Fashion Expert as well as appearing on Cheltenham Race Course TV for fashion & lifestyle live throughout the Raceday, and becoming the go to lady for styling within the media industry.

JESSICA’S TRUSTING APPROACHING KNOWLEDGE ALLOWS HER TO WORK WITH WOMEN TO HELP THEM TO FEEL CONFIDENT IN THEIR CLOTHES, UPLIFT THEIR IMAGE AND RE DISCOVER THEIR STYLE FROM A PROFESSIONAL WOMAN, A MUM AND WOMEN IN THE MEDIA INDUSTRY HAVING HER FASHION STYLING LOOKS APPEAR ACROSS NATIONAL TV SUCH AS ITV, SKY SPORTS, DISCOVERY, EURO SPORTS TO THE BBC.

INTRODUCTION TO YOUR BODY SHAPE

WHY IS IT CRUCIAL TO UNDERSTAND YOUR BODY SHAPE?

Understanding your body shape is crucial for several reasons in the context of fashion and personal style:

1. ***Flattering Outfits:*** Knowing your body shape helps you choose clothing that complements your proportions. This can enhance your appearance and boost your confidence as you feel more comfortable and attractive in what you wear.
2. ***Personal Confidence:*** Dressing for your body shape can help you feel more confident and self-assured. When you know you look good in your clothing, it positively impacts your self-esteem and how you present yourself.
3. ***Efficient Shopping:*** It makes shopping more efficient. You can focus on styles and silhouettes that you know work well for your body type, saving time and reducing frustration during shopping trips.
4. ***Versatility:*** It allows you to experiment with different styles while staying within the boundaries that suit your body type. You can still have a unique and diverse wardrobe while adhering to what looks best on you.
5. ***Personal Style Development:*** Recognizing your body shape is a fundamental step in developing your personal style. It helps you define your fashion preferences and build a wardrobe that reflects your individuality.
6. ***Adapting Trends:*** While fashion trends come and go, understanding your body shape allows you to adapt these trends to your unique physique, ensuring you look fashionable without sacrificing comfort.

In essence, understanding your body shape is a valuable tool for making informed fashion choices that align with your individuality, enhancing your self-image, and presenting the best version of yourself.

PEAR SHAPE

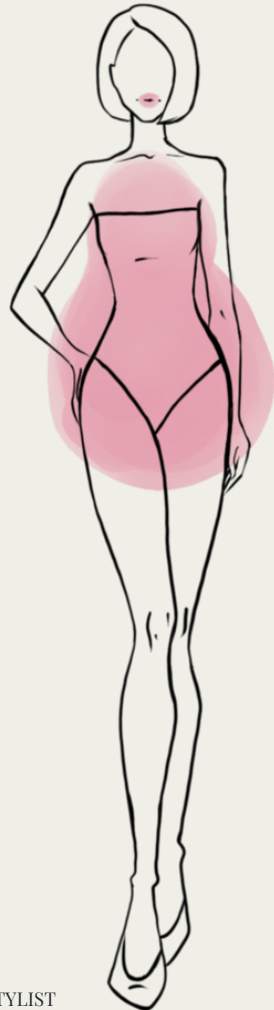
HOW TO IDENTIFY IF YOU ARE A PEAR BODY SHAPE

The pear body shape characteristics are as followed;

- Wider hips than the bust and shoulders
- Smaller on your top half with a curvier bottom half
- Small defined waist

This makes the body appear like a pear shape. The pear body shape is heavier on the bottom which creates an imbalance with the top half of the body. The key here is to draw the attention away from the hip area and instead draw the eye to the upper body and defining the waist.

- Emphasize the waist by choosing A-line skirts or dresses that flare from the waist down.
- Opt for tops that highlight the shoulders and bust.
- Wear darker colors on the bottom and brighter or patterned tops to balance the overall look.
- Avoid clingy fabrics around the hip area.



INVERTED TRIANGLE

HOW TO IDENTIFY IF YOU ARE AN INVERTED TRIANGLE BODY SHAPE

The pear body shape characteristics are as followed;

- Shoulders wider than hips
- Undefined waist
- Large bust

This makes the body shape look like an inverted triangle shape. The Inverted Triangle characteristic have broad shoulders or bust that narrows down to the hips.

- Balance broad shoulders by choosing clothing with details around the hips and waist.

- Opt for A-line skirts or dresses that add volume to the lower body.

- V-neck tops or dresses can help create the illusion of a narrower upper body.

- Avoid shoulder pads or tops with heavy embellishments on the shoulders.



RECTANGLE SHAPE

HOW TO IDENTIFY IF YOU ARE A RECTANGLE BODY SHAPE

The Rectangle Body shape characteristics are as followed;

- Straight shoulder line and ribcage
- Very little to no waist definition
- Straight hips and bottom

This makes the body shape look like a Rectangle shape. The Rectangle characteristic tend to be tall and lean. Not particularly curvy, the waist is not well-defined, and the bottom is rather flat

- Create curves by adding volume to the bust and hips.
 - Opt for tops or dresses with ruffles, layers, or embellishments.
 - Try high-waisted skirts or trousers to define the waist.
 - Avoid shapeless or boxy clothing that lacks definition.



HOURGLASS BODY SHAPE

HOW TO IDENTIFY IF YOU ARE A HOURGLASS BODY SHAPE

The Hourglass Body shape characteristics are as followed;

- Bust and hips are of the same width
- Small and defined waist
- Bigger thighs

This makes the body shape look like Hourglass shape, or as I like to call it the Marilyn Monroe! The characteristic tend to be characterised by hip and bust measurements nearly equal in size (put one arm straight down finger tips facing the ground then with the other hand follow from you armpit to your hips) with a narrower waist measurement.

This makes the body appear like an hourglass shape.

- Highlight the waist with belts or fitted clothing.
- Choose clothing that accentuates your curves without being too tight.
- Wrap dresses or tops can flatter your figure.
- Avoid shapeless or baggy clothing that hides your curves.



APPLE BODY SHAPE

HOW TO IDENTIFY IF YOU ARE AN APPLE BODY SHAPE

The Apple Body shape characteristics are as followed;

- Full bust/tummy
- Minimal waist
- Rounder, wider shoulder line and flattish bottom
- Great legs

This makes the body shape look like a Pear shape. The Pear Shape characteristic tend to be large bust, narrow hips and a full midsection.

This makes the body appear like an apple shape.

- Look for clothing that cinches at the waist to create definition.

- Choose tops with V-necks or open collars to elongate the torso.

- Opt for A-line or empire-waist dresses that flow over the midsection.

- Avoid high-waisted bottoms or belts that draw attention to the waist.



THIS IS JUST THE START OF YOUR STYLE JOURNEY

WHY IS IT CRUCIAL TO UNDERSTAND YOUR BODY SHAPE?

I believe that understanding your body shape really is setting the foundations with your style journey, it's the first step towards embracing and celebrating YOU!

I hope that in this ebook, it has helped you to identify which body shape you are and gain the confidence and understanding on how to dress your beautiful body. Following these basic body shape tips plus styling secrets will help to kick start you in your style journey!

Thank you for embarking on this exploration of body shapes with me, the first steps in your style journey. Please do soak up everything in this ebook and read over again to familiarise yourself with the guidance. This is a tool to enhance your confidence and create a wardrobe that makes you feel amazing.

Embrace your body, love who YOU are.

So what happens next now that you know your body shape? It's time to root around in your wardrobe and start exploring your clothes with fresh eyes, trying out different ways to wear and style your garments!

It's been an absolute pleasure to be apart of your style journey, I'd love to help you further so please do reach out to me to take the next steps!

With love always,

Jessica Rea