

apple shape

STYLE GUIDE



the everyday
RUNWAY

apple shape



TRAITS:

- You have a less defined waist
- Chances are you have a full bust
- Your shoulders are broad & slope downwards
- Your lower hips are more narrow than your upper body
- You probably have a flat bum

ASSETS:

- Nice stems! (Clueless reference anyone?)
- Great arms
- Bodacious bust

GOALS:

- Elongate silhouette
- Create illusion of a defined waist
- Accentuate your runway-worthy legs
- Emphasize your slender shoulders & arms
- Flaunt those girls! Appropriately and with taste, of course.

Angelina Jolie

American Actress, Filmmaker,
and Humanitarian





HOW TO ELONGATE YOUR SILHOUETTE WITH A *dress*

- The sheer spaghetti straps show off her shoulders
- Notice how the marabou feather neckline draws the eye upward to her face
- A skinny monotone belt cinches in her broad torso to create a more defined waist
- The thigh high slit accentuates Angelina's long, lean legs and further elongates her silhouette
- Her bare shoulders and leg peeking out draw attention away from her midsection

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Drew Barrymore

American Actress, Author,
Director, and Producer





HOW TO ELONGATE YOUR SILHOUETTE WITH *pants*

- The generous knit top falls at her natural hip camouflaging her midsection
- The blazer's length is key here; hitting her upper thigh it creates a longer body line making her look taller and more slender
- The straight leg jean showcases her shapely legs.
- Notice how subtly the fading on the denim highlights her hips to create the illusion of a natural curve

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Amber

Blogger & Plus Size Influencer
StylePlusCurves.com



<http://stylepluscurves.com/2017/06/get-bikini-body-step-one-put-plus-size-bikini/>



HOW TO ELONGATE YOUR SILHOUETTE WITH A *skirt*

- The small horizontal stripes on Amber's scoop neck top minimizes her chest, giving the illusion that her upper body is more narrow
- The a-line skirt nips in her waist and falls freely over her hips & thighs, taking the focus off of the widest part of her body
- The mini length of the skirt elongates the line of her body, making her appear taller & slimmer
- Her over-the-knee boots do a good job to elongate her silhouette, creating a seamless line down her entire body

WEAR THIS TO *create* A DEFINED WAIST:



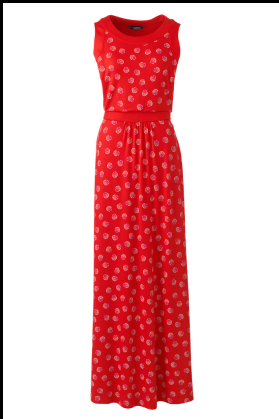
wrap blouse



belted blouse



faux wrap
sleeveless blouse



sleeveless maxi dress
with waistband



sheath dress



a-line skirt

WEAR THIS TO *camouflage* YOUR MIDSECTION:



v-neck tunic



generous
button-up



empire waist
top



sleeveless
trapeze dress



poncho



empire waist
dress

WEAR THIS TO *elongate* YOUR SILHOUETTE:



hip length
blazer



hip length
camisole



feminine cut
fashion sweatshirt



cigarette pant
trousers



straight leg trousers



above the knee
pencil skirt

WEAR THIS TO *flaunt* YOUR ASSETS:

(shoulders, chest and legs)



choker neck
a-line dress



caged v-neck
tank top



a-line
mini skirt



spaghetti strap
v-neck tank



high slit
wrap dress



over the knee
boots

BUILD AN OUTFIT:

glam



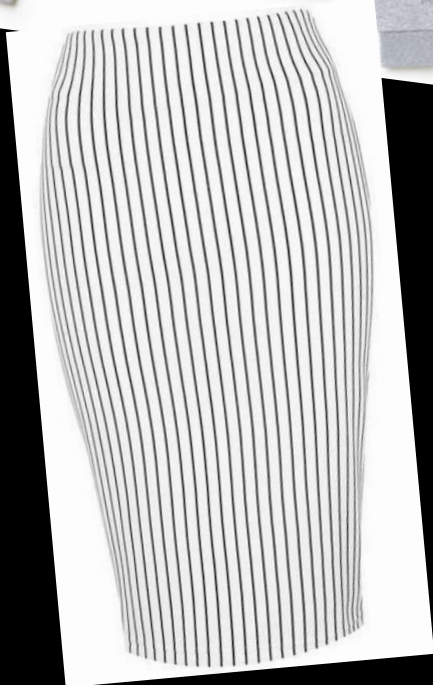
BUILD AN OUTFIT:

boho



BUILD AN OUTFIT:

weekend



BUILD AN OUTFIT:

work



**BUILD AN
OUTFIT:**

*special
occasion*

