



# rock *the* frock

ESSEX | BERKSHIRE | PLYMOUTH

## BODY SHAPES

need some help choosing the right  
style of dress for your body shape?

whether you are pear or apple shaped or  
have that quintessential hourglass figure...  
we've literally got your back...

# Pear Shaped

*"Dressing well for a pear shaped body is all about finding the right balance"*

A wider strap will broaden your shoulders & give the illusion of a more balanced shape whilst a cinched waist & a-line skirt will draw the eye to your smallest area & away from your hips.

You might not think you can wear a straighter shaped dress but the right detail can work wonders.

Our Wendy dress by SAJA looks great on pear shaped girls because it gives focus on widening your shoulders with a soft skimming of the hips and a natural waistline to accentuate the smallest part.



# Straight up n' down

*"A dress for women who are straight shaped should focus on making the waist look narrower."*

A wide belt & A-line skirt will draw focus to the middle & create the illusion of a more hourglass silhouette.

Separates also work well for this body shape as they create a smaller middle by separating the top from the bottom.

Boat necklines & gathering around the waist create the illusion of wider lines at the shoulders & hips.

Our Heloise dress from designer Leanne Marshall gives shape through its wide neckline, cinched waist & gather chiffon on the skirt.



# Apple Shaped

*"Inverted triangular shaped bodies are the reverse of pear shaped but, essentially, the same principles apply."*

You need to create a wider bottom half to balance out a broader shoulder & this can be achieved by opting for a fuller skirt.

Our Maria body or crop top's v-neck will draw the eye downwards & pairing with a skirt such as that from Hazaar London balances the apple body shape perfectly.



# The Hourglass

*"Definitely the easiest shape to dress as the hourglass woman is already evenly balanced."*

For a bigger bust, opt for a v or scoop neck, draw in the waist with focus on this being the smallest part & opt for hip skimming skirts which show off your beautiful curves.

Our Francesca dress by Muscat Bridal is the perfect match for this body shape, accentuating all the right places with the body skimming silhouette in beautiful crepe silk.



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