

Your style This week... Dressing for you



Are you dressing to your true potential? Everyone has unique features, but are those flares really doing you any favours? Understanding your body shape is crucial to feeling more confident in the clothes that you wear. Here are some styling tips from stylist, Stefania Bartolomei (oneofastyle.com) to help you have a wardrobe that fits to perfection...

FULL HOURLASS

A full hourglass body shape is rarely talked about. Similar to the neat hourglass, characterised by a defined waist and bust, a full hourglass differs in the sense of a full bust with a rounded bottom and hips. It's important to wear clothes that follow your body line and curves, instead of those that are straight and constricting. Opt for soft fabrics like waterfall jackets, cardigans, crossovers, or wrap tops and dresses. Avoid geometric patterns and choose shapes like spots and paisleys.



Floral drawstring waist dress, £45, Kaleidoscope

Wrap cardigan, £32, Very

Waterfall cardigan, £45, Monsoon

Light green scalloped cardigan, £12.50, George at ASDA

Animal pleat wrap dress, £55, Kaleidoscope

OVAL (SO-CALLED APPLE)

An oval body type is distinguished by a rounded or sloping shoulder line, curved back, flattish bottom, and fullness around the central torso. To create the impression of a slimmer body wear coats, jackets, or cardigans which are longer than the hip line. Fabrics should be soft to avoid unnecessary bulkiness. Draw eye attention to the area above your bust with accessories such as scarves, necklaces, earrings, and hats.



Baker boy hat, £21, Joe Browns

Heart statement earrings, £14, River Island

Relaxed edge to edge coat, £55, Very

Curve black satin cowl neck top, £29.99, QUIZ

Curve black snake print blazer, £29.99, New Look

TRIANGLE (SO CALLED PEAR)

As the name suggests, the bottom part of the body is wider than the top. Triangles need to focus the attention on the top part of their body, through shapes, volumes, details, patterns, and colours – creating the illusion of wider shoulders. Attention should also focus on enhancing the waist with belts and waist cuts. Soft fluid fabrics work best for the bottom half whilst volume is recommended on top.



Bamboo buckle belt, £25, Joe Browns

Aztec feather frill detail top, £45, Freemans

Frill check top, £39, John Lewis

Poplin daisy button shirt, £23.99, New Look

Stripe shirt, £29, Sweater vest, £32.99, Boyfriend jeans, £27.99, Damart

RECTANGLE

With a rectangular body shape, hips and shoulders are balanced, but the waist is straight and undefined. The main aim when styling is to soften the straight edges to create the appearance of curves. Use details on the hips to create shape and avoid items like belts at the waist. Most rectangles can wear crisp fabrics and geometric patterns normally work best.



Black and white print dress, £34.99, M&Co

Blue wave top front, £39.99, Damart

Bootcut mid wash jeans, £18, Matalan

Wide leg trousers, £25.99, New Look

Lilac shirt, £14.50, Matalan

MIRROR MIRROR...

Stand in front of a mirror in clothes that show off your shape. Look at your shoulders, are they straight or do they slope down? Then stand sideways, still looking into the mirror. Do you have a straight back and flat bottom? Or a curved back and curvy bottom? Once you have determined which bits of you are straighter or curvier, you need to consider the actual construction of your clothes. Angular bodies need straighter style clothes and curvier bodies need much softer constructions.

