

**E**mpowered Styles   
*by Teri Riley*

# EVERY BODY IS UNIQUE AND BEAUTIFUL

Learn how to dress your body to look and feel fabulous



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# DO YOU KNOW YOUR BODY SHAPE?

Knowing your body shape is an important first step in finding clothes that will look best on you.

Are you a rectangle, hourglass, triangle, inverted triangle, or oval. All body shapes have amazing attributes and depending what features you want to emphasize or deemphasize, we always start with your shape.

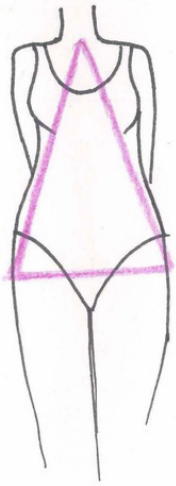
It's determined by the relationship of your shoulders and chest to your waist and hips. This will tell us which shape you have. Every body is unique and beautiful and you don't need to lose weight or change anything about yourself to be stylish and fashionable!

Knowing your body shape will help you select clothes that look the best on you. If you are unsure of your body type then you will need the measurements of your waist, hips, bust and shoulders to determine your body type.

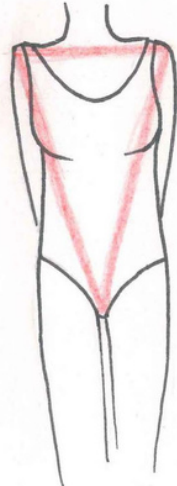
*Knowing your body shape is an important first step in finding clothes that will look best on you.*



# 5 BEAUTIFUL BODY SHAPES



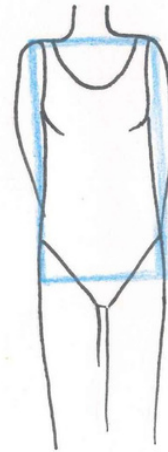
Triangle



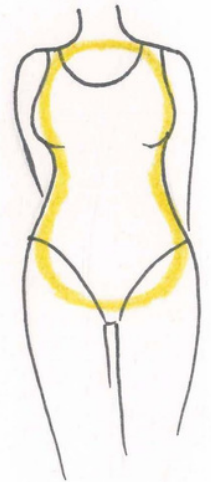
Inverted Triangle



Oval



Rectangle



Hourglass

*The most coveted body shape is the hourglass.*

*However... only 8% of all women have this shape.*

*All shapes have unique strengths.*

**TRIANGLE:** You have a triangle body shape if you have a very narrow waist and your hips are noticeably wider than your chest and shoulders.

**INVERTED TRIANGLE:** You have this shape if your shoulders are wide and your hips are narrow. You likely have great legs!

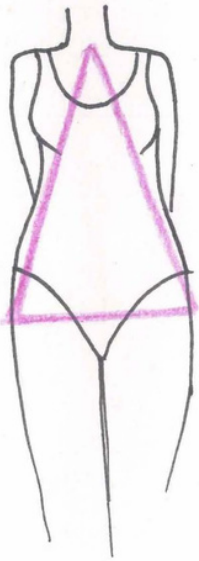
**OVAL:** You have this shape if you have thin shoulders, hips and legs and you carry extra weight in your tummy.

**RECTANGLE:** Your shoulders, waist and hips are basically the same dimensions.

**HOURGLASS:** You have a significant waist while your shoulders and hips are even. This is the coveted shape of our time. However only 4% of women have this shape.

# WHAT SHOULD YOU WEAR?

**TRIANGLE:** To create symmetry balance your upper and lower body, emphasize your waist while minimizing your hips.



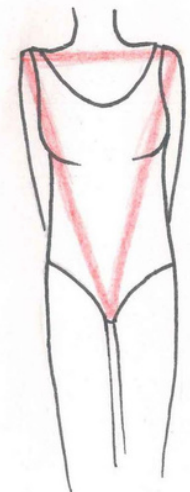
To accomplish this you should wear:

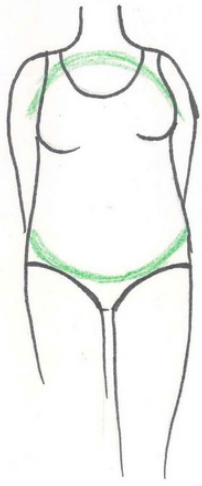
- Slim, fitted tops.
- Cap sleeves, sleeveless dresses, scarves and jewelry.
- Boot or flare trousers that are not too tight.
- A-line and fit and flare dresses.
- Patterns and bright colors above your waist and solid colors below your waist.

**INVERTED TRIANGLE:** To create symmetry in your body shape think about minimizing your upper body and emphasizing your lower body.

To accomplish this you should wear:

- Solids colors on top avoiding, cap sleeves, and shoulder pads.
- Synched, ruched and belted waistlines to create the illusion of a waist.
- Patterned skirts and pants to add visual volume to the bottom half of your frame.
- Boot-cut trousers, flare or wide-leg slacks.
- Short shorts and short skirt to show off your thin legs.





**OVAL:** To create symmetry in your body shape think about emphasizing your shoulders and legs while minimizing your midsection.

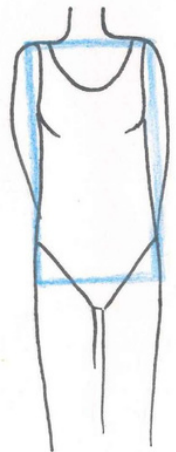
To accomplish this you should wear:

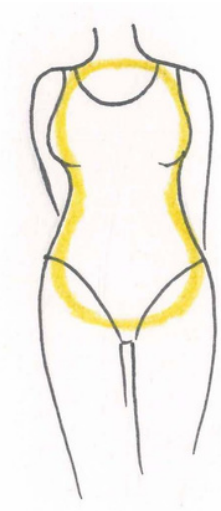
- Scooped and v neck tops and adorn with a statement necklace to bring attention upwards.
- Tops and dresses that gather beneath your bra line.
- Tops that will bypass your waist with fabrics that are not too tight, short nor too loose and baggy.
- Jackets that bypass your waist and have diagonal or curved lines.
- Boot-cut trousers with straight, loose-fitting legs or flared legs add contrast with your middle and make you look balanced.
- Loose waisted skirts.
- Shorts and short skirts and dresses to show off your legs.
- AVOID skinny pants or leggings.

**RECTANGLE:** To modify your natural silhouette you will want to add curves by creating the illusion of a waist.

To do this, look for:

- Belts.
- Peplum tops.
- Bolero sweaters and jackets.
- Pants with a flare.
- Tops and dresses with built-in waistbands and
- ruching.





**HOURGLASS:** Showcase your waist and curves by wearing the following:

- Snug, tailored pieces that nip in slightly at the waist.
- Stretchy materials that hugs your curves especially if you have a flat stomach.
- Short jackets and belted jackets and coats.
- Wrap tops and dresses.
- Peplum tops.
- Pants that have a slight flare.
- Sheath dresses.
- Elastic belts.

***No matter your size or shape you can always dress with confidence. The goal is simply to create balance and symmetry so you feel beautiful in your clothes.***

*When you know your body shape - you know what to wear!*





Teri Riley is an Image Consultant and Personal Stylist dedicated to the empowerment of woman and girls and believes all are beautiful and created with value and purpose.

Discover your personal style and the confidence that comes with it!

Book a Discovery Call:  
[www.empoweredstyles.com](http://www.empoweredstyles.com)