



HOW TO MAKE THE MOST OF YOUR BODY SHAPE

Your weight may vary between your fittings and the day of your wedding, however, your body shape will always remain the same. So even if you're planning to lose weight before walking down the aisle make sure you choose the style that fits your body.

Broad shoulders

Emphasise your toned shoulders with a halter neck, or a dress with long sleeves carried off the shoulders. Highlight your waistline with a corset to create an hourglass shape. Don't try to hide your shoulders as more often than not it will just create the opposite effect. Don't use cap sleeves, this will only add width.

Arm Issues

Wear sleeves! Whether they are long or three-quarter length sleeves – they will do the trick. You can also add a bolero which you can take off when you feel like it. Stay away from off-the-shoulder and cap sleeve styles as this will only highlight the upper part of your arm.

Skinny

Both sleeveless gowns and bateau necklines will look good on you. To create a balance of your overall figure and visually create curves, the ball gown's feminine shape is perfect. Consider adding a cut-out back feature for wow-factor. If you feel your collarbone is too bony – the do not wear halter necklines or off-the shoulder. For flat-chest figures, don't go for a corset with pre-designed cups.

A Full Figure

To create a slimming effect, try a fishtail or mermaid style dress. The Princess style with a high waist and a low neckline will also complement curves. Avoid spaghetti straps as they won't give you the necessary support.

Pear-Shaped

A ball gown or a dropped-waist gown will highlight the top and cover your bottom half gracefully. Choose a neckline which will keep the focus on your upper body, like an off the shoulder style. Avoid using a V neck as it draws the eyes downward.

Very Tall

Usually your shape will look great in everything from Column style to Ball gowns. You can also carry off a long veil which will look great on you. Avoid up do's, headpieces and high necklines as they will create even more length.

Petite

The best dress style for you is the one which will elongate your figure. The Column style and the Princess style will be the two style which works best for you as they will create the illusion of height. You will look good in almost every style but a dress with large fabric or a big ball gown may be too much for your small figure.

Busty

Highlight with an uplifting and good bra or a corset. Minimise your curves by balancing with a full skirt. Be careful that your dress isn't too revealing so the focus is on your face, and ensure you move around a lot in your dress during fittings to make sure everything stays where it should.

Boyish Waistline

The Empire style is a match-made in heaven for you. A ball gown style with a V shaped dip at the front of your



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waistline will also give your body more shape. Stay away from low waistline styles as this will only emphasise your boyish waistline.

Pregnant (from 4 months and up)

This can be hard, as it's impossible to foresee how big you will be on your wedding day. Your best bet will be the Empire style as its loose fit and relaxed shape will work well. If you want to show your bump, then a dress with soft and stretchy fabric will allow for a nice and proud bump. Don't go for anything too uncomfortable and restraining (of course), especially tight corsets and ball gowns which will highlight your middle.

Whatever your figure and shape, there IS a dress for you which will emphasise and accentuate all the right places and give you the wonderful aisle look you want. Hopefully the above tips will help you get started on your search and we would love to see a photo of you in your final dress if you want to share.

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