

# IT'S NOT YOU, IT'S THE CLOTHES

How to Discover  
Your Unique Body  
Shape and Finally  
Find Clothes That Fit  
(and Look Fabulous)

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♡,  
Leila



# Girl, I *get* it!

Shopping is hard. No matter what you do or where you go, all those cute outfits on Pinterest seem totally out of reach. Or when you try them, you end up looking like a sausage or an overstuffed throw pillow.

Not a good look for anyone, especially someone as beautiful and fabulous as you.

There's a reason those outfits don't look right on you. And it has nothing to do with anything being wrong with your body. It's not you... It's the clothes.

It's time to stop blaming your body, start making peace with it, and know it inside and out so you can choose the clothes that will love it and make it look amazing.

In this ebook you'll learn how to discover your unique body shape as well as the styles of clothes that are most likely to look totally amazing on you.

So say buh-bye to shopping frustration and the body blame game. Read on to break up with your not so fab clothes. Say it with me now:

It's not me, it's you!

♥,  
Leila

# The 5 Main Body Shapes

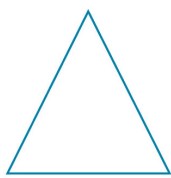
There are 5 basic body shapes: hourglass, triangle, inverted triangle, rectangle, and oval.

These shapes have NOTHING to do with size. Super thin people can have an oval shape, and larger people can have an hourglass shape.

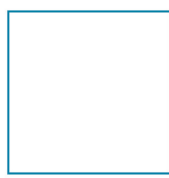
Size DOES NOT MATTER.



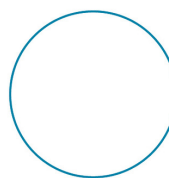
Hourglass



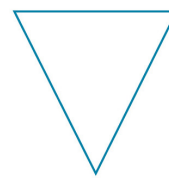
Triangle (Pear)



Rectangle



Round (Apple)



Inverted triangle

# What's Your Body Shape?

Figuring out your body shape is super-simple.

Wearing form-fitting clothes, look at yourself straight on in a full length mirror. It's OK, really. All bodies are good bodies.

You're looking for proportions. The size of your shoulders compared to your waist compared to your hips.

**Hourglass** - Hips and shoulders about the same, smaller waist.

**Triangle** - Shoulders narrower than waist, which is narrower than hips.

**Rectangle** - Shoulders, hips, and waist all about the same size.

**Round/Oval** - Shoulders and hips about the same size, waist wider than both.

**Inverted Triangle** - Shoulders are the widest point, then waist, then hips are the narrowest.

## My Body Shape

Write your body shape here \_\_\_\_\_

Then keep reading for what to wear for your body shape...



# What Am I Supposed to Wear?

Before I go into what to wear for each body shape, I want you to keep something in mind.

These are SUGGESTIONS. If something doesn't feel right to you, don't wear it. If you don't want to minimize your butt, DON'T. OK?

## Hourglass



The hourglass is a proportional body shape.

There isn't much need to "correct" any part of the shape.

But what looks best on an hourglass figure is typically clothes that emphasize the small waist. Think belts, fitted dresses, and tailored jackets.

Fabrics that work best for an hourglass have movement to them. High-quality jersey, flowy crepe, lightweight knits and sweaters. These fabrics move with the body, giving glimpses of your shape.

Avoid stiff fabrics like cotton shirting material, taffeta, or watered silks.

One last tip: it's difficult to find clothes that will fit your waist and your hips right off the rack. I recommend taking into account \$15-\$20 for alterations when you're buying pieces like pants and dresses.

## Triangle



The goal with a triangle body shape is typically to widen the shoulders and minimize the hips.

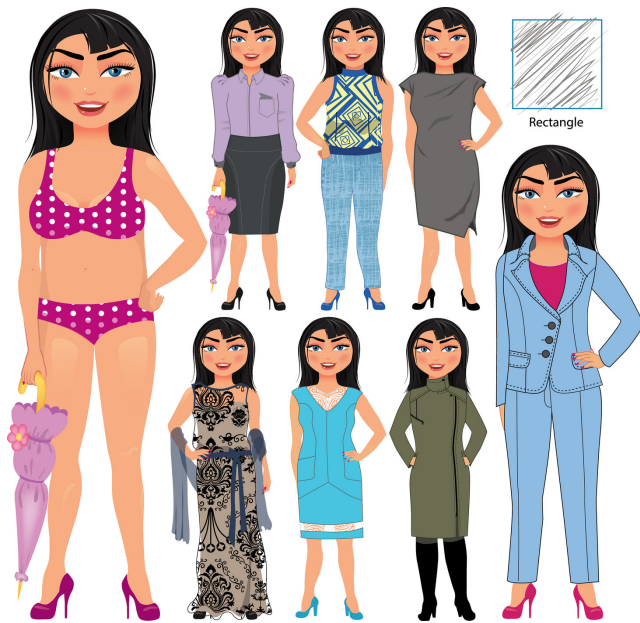
One of the easiest ways to do that is to wear a print on your top half, and neutral colors on your bottom half. The print draws attention to your top half and shoulders, and the neutral bottom doesn't attract attention.

Lighter colors draw the eye, so if you're looking to minimize your hips, stay away from lighter colors on your bottom half.

Fabrics and clothing designs that add volume on your top half are good options, like jackets with a lot of structure and details around the shoulders.

On the bottom half, keep the fabrics lightweight, and make sure your clothes fit you well. It's a good idea to budget \$15-\$20 for alterations, especially to the waists of your clothes.

# Rectangle



The goal with a rectangle body shape is to create a more feminine look.

So emphasizing the hips and shoulders makes the waist look narrower. Also, avoid details at the waist, which detracts from the creation of that curvier shape.

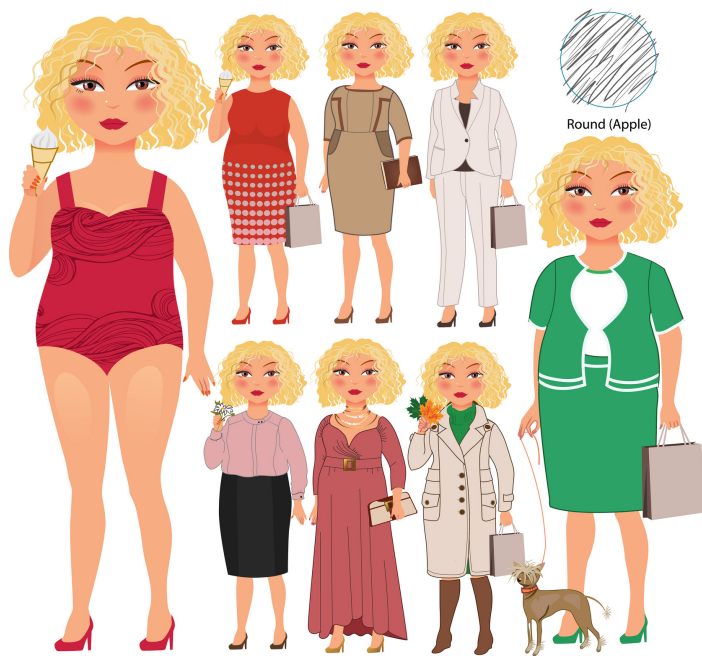
Structured jackets, simple tops (no frills, gathers, etc), shift dresses, and coats with emphasis on the waist. One of the awesome things about the rectangle shape is that pretty much any style of pant will work.

Crisper fabrics work well for a rectangle shape, especially at the shoulders and hips. If you've got bigger boobs, though, keep the fabrics a little less than totally stiff.

# Oval/Round

The usual goal with an oval/round body shape is to draw attention either up to the shoulders/face or down to the lower legs or feet.

A super-fun way to do this is with bold accessories.



Statement necklaces, brooches, fun beading at the neckline of your tops... SO fun. And if you're taller, have fun with printed pants, since you can afford to look a bit shorter.

The best shape clothes for an oval/round body shape hang from the shoulders. I'm not usually one for hard and fast rules, but I WILL say that with this body shape, don't wear clothes that cling at the waist. Go for the bigger size. It's OK.

Look for softer fabrics that will move with you and that don't create extra volume. Jersey is awesome for you, but it's GOT to be good quality.

## Inverted Triangle



The inverted triangle body shape has AMAZING shoulders. So totally show them off in halter tops if that's your thing!



The main thing with this body shape is keeping details at the shoulders to a minimum. Your shoulders themselves are all the decoration you need.

Clean, sharp clothing lines in crisp fabrics work best for you. Those super chic, modern, clean jackets with the unconventional lapels? Totally amazing for you.

To balance out your amazing shoulders, put the emphasis on the bottom half of your body. Lighter colored fabrics on your lower half, fun patterns, pockets and details on your pants will all balance out the top half of your body.

## BONUS TIP!

### Wear what feels good to you...

As a stylist, it's my job to push you a bit out of your comfort zone. But if something feels TOO strange to you, don't wear it. While wearing the "right" clothes makes a massive difference in your appearance and your life, it all means nothing if you're super uncomfortable.

♥,  
Leila

Check out my blog for style, beauty, and confidence tips and to learn how to work with me to create your own unique style and unshakable confidence.