

# HOW TO CHOOSE THE PERFECT WEDDING DRESS FOR YOUR BODY TYPE



There are so many wedding dresses to choose from.

The Key to getting it right is finding the ideal silhouette for your figure. If you get this right, then dress shopping becomes a dream!

It's a once in a lifetime moment that most women dream of their whole lives. It's a memory that you will cherish for the rest of your life and an opportunity to share this special day with your friends, family and most importantly, your soul mate. Yes, we're talking about your wedding day.

*Where do you start?*

The best place to start is with YOU! This guide will give you everything you need to find your dream wedding dress that fits your body type perfectly! All bodies are beautiful so

work with your shape, rather than against it, to find a wedding gown that will flatter your figure and have you radiating with total confidence

*What Body Type Are You?*

To find out what your natural body type is, grab a tape measure and ask a friend to measure the widest part of your shoulders, bust and hips and then the smallest part of your waist.

Once you've got your measurements, see which of these categories are most representative of you:



Book your appointment with our Bridal Designer, Kelsey Atelier at Theron's Fashion & Bridal Boutique.

She will guide you through the styles and design your dream wedding dress. She will show you different fabrics, lace and colours to suit you on your special day.

Email: [Info@theronsboutique.co.za](mailto:Info@theronsboutique.co.za)  
Tel: 012 997 7649

## Round / Apple Figure

Shoulders & Hips are in proportion with a larger waistline/tummy; or softness through the tummy. Pick gowns in sturdy fabric like taffeta or satin and styles that will accentuate your upper half and disguise your lower problem areas. The perfect dress for you is an empire waist dress, and A-line dress.

*Avoid: Mermaid, if you're not comfortable with flaunting your curves. Also, be careful this silhouette may not flatter you.*



## Hourglass Figure

If your shoulders, bust and hips are roughly the same size but your waist is at least 25% smaller than your hips. An hourglass figure is one of the most sought-after figures and you want to pick out a dress that accentuates your small waist like a body-hugging mermaid. Other shapes that look great on your figure are corset dresses, A-line, drop waist. In fact, you're one of the lucky ones as almost every style suits an hourglass shape.

*Avoid: Empire Dress will hide all your features in your figure*

## Pear figure

If your hips are wider than your shoulders and/or bust. A-line wedding dress is perfect for your body type. Since it defines the waist and the skirt skims over the hips. If you're busty, you'll love how much it balances you out.

*Avoid: Dresses that highlight your bottom (like mermaid and tiered gowns) and instead try to disguise fuller hips.*





## *Inverted triangle*

If your shoulders and/or bust are larger than your hips then you've got an inverted triangle body type. Choose a full skirt with a front split to balance your broad shoulders and show off those slim legs. Both ball gowns and fuller A-line skirts with layered satin or tulle work well.

Tea length and shorter dresses also surprisingly work well to balance the upper body of an inverted triangle figure, especially with a playful, fuller tulle skirt.

*Avoid:* Since inverted triangles have wide shoulders, it's best to avoid necklines with wide set straps or sleeves, off the shoulder necklines, and puffy and cap sleeves as these make your shoulders appear wider

## *Column / Rectangle Figure:*

If your shoulders, bust and hips are roughly the same size and your waist isn't much smaller. The sheath silhouette is a formfitting style that follows the body's natural line and doesn't flare out and will work with your figure

For slim, straight figures create the illusion of curves by picking out voluminous dresses such as a ball gown which typically has a fitted bodice and a full skirt or a sheath dress and mermaid. Dresses with contouring or strategic embroidery will also flatter.

*Avoid:* Drop waist, you might find you look a little boxy if you don't have a lot of curves.



## *Petite Figure:*

Short in height generally below 158cm. If you have a petite frame you want to avoid dresses that are too detailed. Instead go for simple, fitted dresses devoid of ruffles or full skirts as this will drown your small frame in the fabric.

A trumpet style, column dress or one with an empire waistline will create the illusion of height.

*Avoid:*

*You may feel "swallowed up" by a super-voluminous dress like a ball Gown.*

## *Plus Size Figure*

Above size 16, If you have a plus size frame you can choose to do one of two things, accentuate and show off your curves, go for a dress that creates a slimming effect. Some of the most flattering styles for a fuller figure include asymmetrical pleating, dresses with ruching and detailed waistlines.

Choose scoop and V necklines to flatter the top part of your body and draw the eye upwards.

*Avoid: Sheath style if you pear shaped, or extra curvy. You risk looking a little unbalanced.*

