

STYLE *fix*

*Monique
Bradley*

FOOD | LIVING | LIFESTYLE

DRESSING FOR YOUR SHAPE



ISSUE NO. 02

HOW SHOULD YOU DRESS
FOR YOUR SHAPE?

WHAT'S THE ONE THING
EVERYONE CAN WEAR?

HOW TO ADD SIMPLE STYLE
TO YOUR WARDROBE



Hello

*I'm web TV host and TV presenter
Monique Bradley and thanks
for downloading this*

I'm a huge advocate for living a healthy and happy low carb life and through my journey of losing more than 40 kilos' in weight, I've literally been every body shape you can imagine! How did I deal with that? It was like learning a new language every time.

Over my 25 years of working in theatre, TV, in films and commercials, I've ended up being styled by, and working with many stylists who taught me tricks on how to deal with my body shape and size as it was changing.

Some of the advice was a bit hit and miss to be fair, so I've put together some tips for you on what worked for me when I was the hourglass, the triangle, the inverted triangle, the apple and the rectangle. I've literally been a work in progress....Most importantly, I want you to feel comfortable and confident, so here's some tips to get you started.....and it has very little to do with clothes.

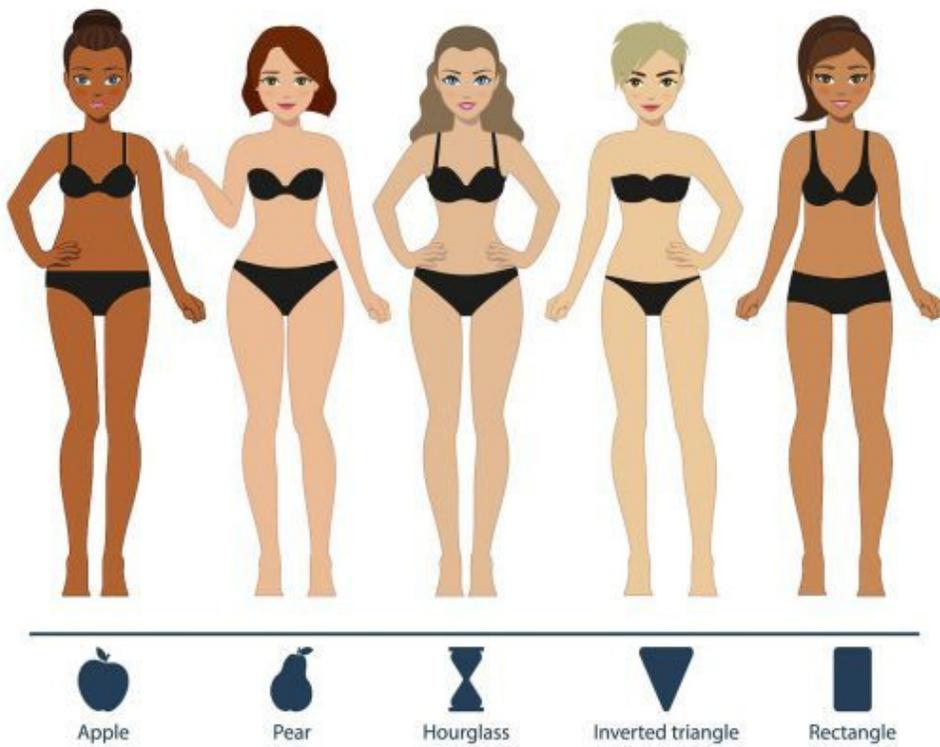
- As they said in the musical 'Annie', "you're never fully dressed without a smile!"
- Happiness looks good on everyone of every body shape. Work daily towards being joyful!
- Genuine happiness is the number 1 most attractive quality across every culture
- Happiness is subjective. It comes from the way you view the world and view yourself. It's an inside job. Does what you wear and how you present yourself to the world show how you feel about you? Do you like it? If not, what do you want to change and how do you wish to be perceived?
- Decide which part of your body is your 'feature'. It could be your hair, your eyes, your legs, your booty or your boobs! Whatever it is, love that part of your body and dress to showcase your feature in a way that enables you to feel confident and powerful!

Happiness is the one body shape that looks good on everyone, so start with loving YOU FIRST, just as you are.

www.moniquebradley.tv

Monique xx

SO WHO ARE YOU?



You are an hourglass if:

you have an ample chest, a narrow waist, and full (but not wide) hips. Dresses that cinch at the waist will be your best fit. V or plunge V and sweetheart necklines help you flaunt your upper body. To flaunt your waistline, go with a belt at your natural waistline or below the belly button—either way it only looks great.

A-line dresses or similar cuts take care of working on the lower part of the body and needless to say; body hugging dresses are your thing, because, why not?

You are an inverted triangle if

have hips that are narrower than your shoulders.

Add definition to your hips and focus on creating a balance. Straight-cut jeans and dresses that naturally have an inverted V-look to them are all clothes that will suit your body. Since your hips are much narrower than your shoulders, pencil cut skirt, skinny jeans, etc. with any tops will look great

You are a rectangle if:

you little definition at the waist. Rectangle shaped body is usually balanced from the shoulders to the hips. So, there is not too much of a definition to your silhouette. Your arms and legs are the assets so focus on enhancing that.

Choose A-line skirts, ruffled and layered tops. Dresses that add definition to your bottom and necklines that have a little fun! Sleeveless, strapless and sweetheart lines are your thing. Blazers, long jackets and capes add the much-needed drama here.

You are an apple if

most of the weight and concentration is above the hips, so the mid-riff appears heavier than the remaining body with a minimal waistline.

So, the idea here is to take the attention away from that part of the body and highlight your strengths.

Flaunt your legs or wear the dress with V or deep V necklines that created an elongated illusion of the torso.

You are a pear if

your shoulders are narrow, and hips are wide.

You can create an illusion of an hourglass figure by finding balance or wear outfits that enhance your lower body, either way, works well.

Wide legged pants, A-line skirts or dresses with patterned or ruffled tops that add definition to the upper body look great. Skinny jeans with loose tops help create an hourglass illusion

Each individual woman's body demands to be accepted on its own terms

Gloria Steinem

QUICK TIPS

*Happiness
looks good
on every
body shape*

- Understand your best and favourite features and play them up!
- You don't need a LOT of clothes. You just need the right ones.
- Embrace your body shape and the styles that look best on you
- Get tailored! If it doesn't fit right, it can make you look bigger than you are!
- Embrace undergarments as they can flatter your body shape and your style
- Ask yourself what kind of image you want to project and what makes you feel the most confident
- Look to iconic references in film and pop culture for inspiration
- Structured jackets are always great with every shape
- In order for you to change your long term image, you need to change your lifestyle. Eat well, exercise, get some sleep, get rid of stress, find joy
- Don't become a prisoner to society's depiction of perfection: LOVE YOU!

My must haves



Blazer or cropped jacket

Classic earrings



High low top or dress



Support garments



Kimono





BE-YOU-TIFUL

The most important thing I've learnt about dressing through every body type is this: Keep it simple. Be bold with your colours only if you feel comfortable doing so. Go for classic pieces and choose QUALITY pieces or cheaper seasonal items to compliment your classic wardrobe. Be mindful when buying prints. Petites, go for more delicate prints and curvilinear babes, go for BOLD! I personally only buy prints as accessories or single feature pieces.

Most importantly: BE-YOU-TIFUL

WWW.MONIQUEBRADLEY.TV



Still not sure how to turn your life, or your wardrobe from

DRAB to *Dazzle*

then email me and let's do a makeover! I'll show you how to make the most of what you've already got, what's missing and how to create the perfect outfit every time!

Email me to find out more:
monique@moniquebradley.tv

*Monique
Bradley*