

The *perfect* Wedding Dress for Your Body Type

Thank *You!*

Hello!

Thank you for visiting my [website](#) and I'm glad you decided to download this free guide to "the Perfect Wedding Dress for Your Body Type".

I hope this is very helpful to you as you search for the perfect dress on your wedding day.

In the meantime, If you have any questions for me, feel free to [contact me](#).

Enthusiastically,

-BE

What is Your *Body Type?*

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Hourglass

Are you voluptuous with a well-endowed bust, curvy hips and defined waist?



Left: Jasmine Collection; Right: Kenneth Pool



Vera Wang



Monique Lhuillier

Do's

You have the curves, now you need to show them off!

Try a mermaid- or trumpet-style gown, which will have a slimming effect. A high-waist A-line dress with a low neckline will also complement your curves.

Also, an asymmetrical draped and a corseted bodice will redefine your waist and shape.

Don'ts

A slim sheath or slinky bias cut will cling and may accent any extra inches.

Also, avoid spaghetti straps because they won't provide the support you need.

Keep in Mind

Find fabrics like satin that provide structure, rather than anything too flowy.

If you love the romantic look of airier fabrics, choose a gown with a stiffer base, then add an embroidered tulle overlay.

Designer(s) to try:

Pnina Tornai and Monique Lhuillier

Pear Shape

Are you small on top but you round out toward your hips?



Alita Graham



Alita Graham



Alita Graham

Do's

An A-line gown is the perfect silhouette for you, as it will disguise fuller hips. Also consider dresses with textural and style details up top to balance out your proportions.

An off-the-shoulder neckline will keep the attention on your upper body.

Sturdier fabrics, such as duchesse satin and taffeta, are especially effective, since they won't cling to your body.

Don'ts

A sheath dress can be unflattering, and a V-neck will draw the eyes downward.

Keep in Mind

while your weight may fluctuate between the time you buy your gown and the day of your wedding, your actual body type will remain the same. So even if you're planning to drop 20 pounds before exchanging vows, choose the gown that fits your body type today.

Designer(s) to try:

Alita Graham

Boxy

Are your shoulders, hips and waist similarly sized? Or, do you have a boyish figure?



Left to right: Oscar de la Renta;
Reem Acra; Monique Lhuillier



David Tutera



Vera Wang

Do's

Looking to add some curves? If so, empire-waist gowns are made with you in mind.

Also, ball gowns with a V-shaped dip in the front, will give your waist a nipped-in look for more shape.

Lastly, go for gowns with added volume (embellished bodices, defined waists and lavishly layered skirts)

Don'ts

Steer clear of sheaths and dropped-waist styles, which will make you appear boxier.

Keep in Mind

Be weary of dresses with a dropped waist, which will make your legs seem nonexistent, and ball gowns—it's easy to get lost in their voluminous skirt.

Also, avoid anything calf-length, which will make your legs look short.

Designer(s) to try:

Amsale and Pnina Tornai

Broad Shoulders

Are you built like a swimmer with wide-set shoulders?



Lela Rose



Monique Lihillier



Lela Rose

Do's

Highlight your toned shoulders with a halter neckline, or go for drama in a gown with long sleeves worn off the shoulder.

You should also look for dresses with a bodice that highlights your waistline to offset your shoulders and create an hourglass shape.

Don'ts

Trying to conceal your shoulders is not recommended, as it sometimes produces the opposite effect.

Stay away from cap sleeves, which can add width to the shoulder area.

Keep in Mind

How you wear your hair is also important. Consider wearing your hair down or to one side.

Designer(s) to try:

Lela Rose

Are you petite, plus size or average size and have a full bust?



Left: Hayley Paige; Right: Watters
Bride



Larazo



Anne Barge

Do's

A defined waistline is a must for your shape. Look for built-in corsets for needed support.

Also, minimize your curves by balancing your top with a full skirt.

If you love the look of strapless gowns, choose one that has a slight dip along the neckline, like a sweetheart, rather than a style that goes straight across (which will make your bust appear even larger).

Don'ts

Be careful that your dress isn't too revealing -- you want the focus to be on your face.

Don't forget to move around in your gown during fittings to make sure everything stays in place.

Keep in Mind

Fabric on the bodice that has a sheen to it (such as organza, satin, or silk) will add volume and call attention to your chest. Material that is ruched will have the same effect.

Designer(s) to try:

Dennis Basso

Small Chest

Are you petite, plus size or average size and have a small bust?



Kenneth Pool



Kenneth Pool



Kenneth Pool

Do's

Look for dresses with a ruched bodice. Dresses with extra fabric up top will help fill out your upper body and create the illusion of curves.

Lightly padded halter styles will also do the trick.

Don'ts

Don't choose a dress with a deep v neckline this will draw more attention to your chest and make that area appear smaller

Keep in Mind

The right bra will always provide a nice boost, but as many wedding dresses are strapless or backless, your undergarment options may be fairly limited.

Instead, try self-adhesive silicone bra cups by NuBra (available at nubra.com).

Designer(s) to try:

Any!

Arms

Are you self-conscious about your arms?



Dennis Basso



Dennis Basso



Keem Accra

Do's

Choose long or three-quarter-length sleeves in a sheer illusion fabric, or add a bolero to your look, which can be removed whenever you like.

Don'ts

Steer clear of off-the-shoulder styles and cap sleeves, which will highlight the upper arms.

Keep in Mind

With whatever gown you choose, make sure it does not restrict your arms in any way so you can enjoy the day.

Designer(s) to try:

Reem Acra, Augusta Jones, Marchesa and Oscar de la Renta

Are you 5'10 or taller?



Vera Wang



Pnina Tornai



Melissa Sweet

Do's

Taller women look great in everything from sheaths to A-line styles and full ball gowns.

A simple silhouette will emphasize your natural shape, so every aspect of the dress—the lower waistline, a floor-sweeping hem—needs to reflect your longer proportions.

You will also look fabulous in a long veil.

Don'ts

Stay away from gowns with high necklines because they'll draw the eye upward and create even more length.

Also avoid updos and headpieces that add too much extra height.

Keep in Mind

Because you are statuesque, you'll want to err on the side of simplicity when it comes to embellishments. Too many bells and whistles, like ruffles and rosettes, can come off as too cutesy.

Designer(s) to try:

Any! But make sure the length is suitable for your height

Do you have a tiny stature and attractively dainty build?



Left: Pronovias; Right: Theia White



Lazaro



Agapage Collection

Do's

The key to your dress is elongation. It's best to keep it simple.

A column-like sheath or an A-line dress works best: These will keep the eye moving and create the illusion of height.

You can also create an elongated look with a slender sheath dress. Opt for gowns with empire waists or delicate straps that draw the eye up.

Don'ts

Big ball gowns or dresses with lots of voluminous fabric may look overwhelming on your small frame.

Keep in Mind

Be wary of dresses with a dropped waist, which will make your legs seem nonexistent, and ball gowns—it's easy to get lost in that voluminous skirt.

Also, avoid anything calf-length, which will make your legs look short.

Designer(s) to try:

Monique Lhuillier and Anne Barge

Pregnant

Are you expecting? Are you anywhere from 4-9 months along?



Unknown



Unknown



Unknown

Do's

Buying a gown while pregnant can be tricky, since you can't predict how big you'll be on the wedding day.

An empire waist is your best bet for its loose structure and relaxed silhouette.

For the mom-to-be who wants to show off her belly, a soft, clinging sheath in a stretchy fabric can make a proud statement.

Don'ts

Avoid anything that's too constricting or uncomfortable, including tight bodices and ball gowns, which will emphasize your middle.

Keep in Mind

Don't be afraid to look for sexy dresses such as an open or exposed back or a high slit. Just make sure you are still comfortable.

Designer(s) to try:

Lazaro
Kenneth Pool and Lazaro

Even though certain styles work best on Specific body types, don't let the "rules" narrow your search too much.

It helps to try on all different kinds of dresses and then decide what shape and style you look and *feel* best in.

Atlanta

Bridal Salons

Sweet Elegance Bridal

1652 Church Street Suite C
Decatur, GA 30033

sweetelegancebridal.com
(404) 292-8424

Bridals by Lori

6021 Sandy Springs Cir NE,
Atlanta, GA 30328

bridalsbylori.com
(404) 252-8767

Le Dress Boutique

3255 Peachtree Road NE
Atlanta GA, 30305
Suite 6
(Corner of Peachtree &
Piedmont Rd)

ledressboutique.com
(404) 842-1955

Atlanta Bride Couture

20 Milton Avenue
Alpharetta, GA 30305

atlbridecouture.com
(404) 229-8690

Winnie Couture

3224 Peachtree Road NE
Atlanta, GA 30305

winniecouture.com
1-866-350-1348

Fabulous Frocks

48 Main Street
Senioa, GA 30276
Suite LL5

fabulousfrocksatlanta.com
(770) 599-6444