



FLATTERING YOUR

Figure

REFINED GUIDE TO DRESSING FOR YOUR BODY

A woman with dark, wavy hair is smiling and looking out of a window frame. She is wearing an orange top and has her hands resting on the frame. The background is a bright, slightly blurred interior space.

Accentuate the *Positive*

When you look in the mirror, what do you like best?

Before we begin, take time to ask yourself, "What do I love about my body?" This is an incredibly important part of discovering and developing your style. Finding clothing that accentuates your best features is an important step in building confidence. Knowing what you love about yourself will make it easy to select styles that will not only make you look good, but feel even better.

Confidence

Easy to talk about, hard to achieve.

Maybe you're already a confident person. That's amazing; you get to fast forward through a major step in the styling process. But, if confidence doesn't come as naturally to you, finding just one thing you love about yourself can be the first step to making major style progress. If you're still struggling to name your favorite feature, take a look at the following checklist and pick a few that fit you!





What do I *love?*

- My collarbone is pretty killer (6)
- Narrow waistline (7-10)
- I got a booty (11-12)
- Legs for days (13-15)
- Boobies baby (16-17)
- I'm serving face (18-19)
- These arms though (20-22)
- My tan is always on point (23)
- My curves (24-26)
- Honestly, I love it all

Selecting the Styles for You

Next, it's time to select styles that highlight your best features. The following is a guide to choosing clothing with your body type in mind. Here we'll focus on drawing attention to your best assets, as well as accentuating the things you love most about your body.

Leaving Your Comfort Zone

If you purchased a styling package, you are probably looking to make a change to your style. That means stepping outside of your comfort zone and trying something new. Now is the time to explore looks that you may not have tried in the past, so have fun with it!

Styles that accentuate collarbones *Wide Necklines*



The best way to highlight your sexy collarbone is by choosing the right neckline. Off-the-shoulder styles, sweetheart, and square-cut necklines are all excellent options. If you also love to show off your arms, you can opt for strapless styles as well...

*Bonus Tip: Your posture plays a major role here. Straighten up and you may be surprised by the definition of your collarbone.

Styles that accentuate the waist

Belts



If your waist is your favorite feature, make it more defined by adding a belt to your look. You can add a thick belt to a jacket to add layers but still maintain definition in your shape.

You can also add a thin belt to a boxy dress to create an hourglass shape.

Styles that accentuate the waist *Cinched-Waist Tops*



Even if you don't want to wear something fitted, tops with an elastic cinched waist, or smocking detail around the mid-section are an easy way to make sure your smallest point is highlighted. Opt for styles with ruffles to create some contrast between your bust and your waistline.

Styles that accentuate the waist

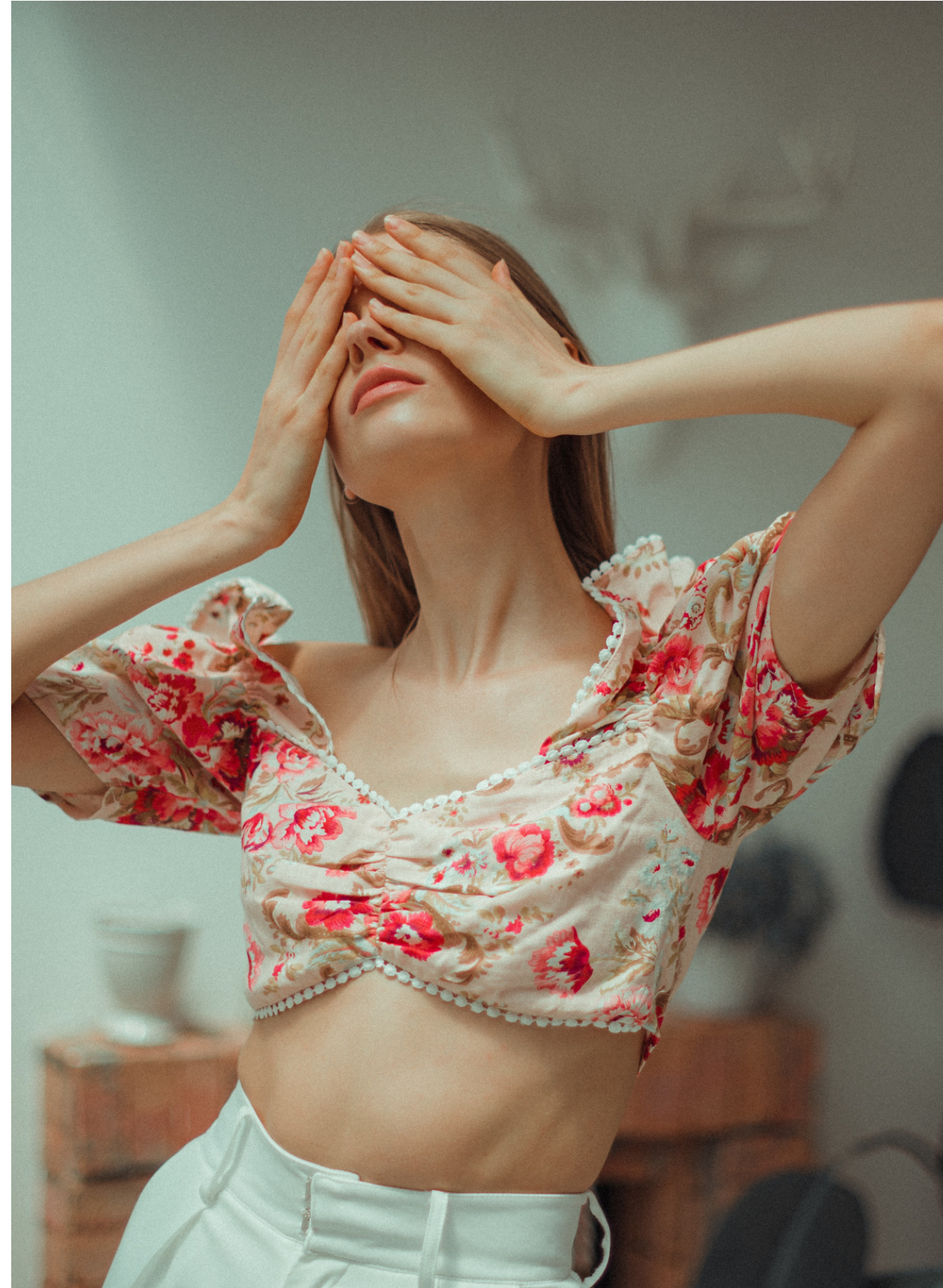
Contrast



A high waisted skirt or pair of pants brings attention to your waist. However, to really highlight your favorite feature, wear tops and bottoms with high contrast. By creating this clear line, you put a spotlight on your waist further accentuating it.

Styles that accentuate the waist *Crop Tops*

Love your waist? Show it off! Crop tops are the perfect pairing with a high-waisted bottom. They come in all shapes and sizes, some that stop just below the bust and others that meet the top of your pant line. A nice bonus is that they give the illusion of a longer torso.



Styles that accentuate the booty *High Waist Jeans*

Love your booty? Show it off with fitted high waist jeans. Fitted jeans create definition, and high waist styles maximize the size and shape of your butt making it look it's best. Opt for jeans with large back pockets and a deep yolk to further highlight this region.



Styles that accentuate the booty *Cropped Jackets*



Don't cut your booty off! Choose jackets and sweaters in a cropped fit so your butt isn't partially covered. By selecting styles that end at the natural waist, you also create contrast between your booty and midsection giving an hourglass shape.

Styles that accentuate legs *Mini Skirts*

The easiest way to show off your legs is by letting the world see them.

Mini skirts and dresses are for you!

Flared or fitted - any style that hits your mid-thigh are going to give your legs some major star power.



Styles that accentuate legs *Print Hosiery*



In cooler months when it may not be ideal to expose your bare legs, a great alternative is wearing a printed pantyhose or tights. Prints will bring attention to your favorite feature, as well as add texture and detail to any outfit.

Styles that accentuate legs *Heels*

Wearing heels is a great way to easily accentuate your legs. By wearing heels not only do you elongate your legs, but you automatically create more tone and definition in your leg muscles.



Styles that accentuate the chest *Plunging Necklines*



Whether your chest is small or large, if you love it you want to show it off. You can easily accentuate this feature by selecting necklines that flatter your bust. Aim for v-neck styles and plunging necklines. You can also wear collared button-down shirts with the top buttons left open. This option also creates the illusion of a leaner torso.

***Bonus Tip:** Bra choice is important. Find a style that stays hidden, but still provides support. You'll get more tips in week three of the Style Success Program.

Styles that accentuate the chest *Smocked Styles*

If you love your girls, blouses with smocking and a defined midsection will really give them a full round appearance without completely showing them to the world. If you're looking for something just a little more conservative, definitely consider this style.



Styles that accentuate face *High Necklines*



If your facial features are your favorite, or you're a beauty/makeup expert, it's easy to use your style to highlight your face. High necklines such as crewneck, mock neck, turtlenecks, cowl, and halter styles frame your face instead of attracting attention away from it. You can also style collared shirts fully buttoned for a high neck look that focuses on your face.

Styles that accentuate face

Face-Framing Accessories

Accessories are another great way to frame your face. Choosing dangling or chandelier style earrings, sparkly or bright barrettes, hats and headbands are all great options for making your face the style focal point.



Styles that accentuate arms *Sleeveless*



As always, the best way to show off your favorite feature is to leave it bare. Sleeveless styles are the easiest way to give your arms the attention they deserve.

Opt for a dramatic neckline to bring eyes upward and focus to the arms. You can also add a vest to add layers without covering your favorite feature.

***Bonus Tip:** Like with legs, keep your arms moisturized so they look smooth and sleek.

Styles that accentuate arms *Sleeve Details*

When sleeveless isn't an option, another great way to highlight your arms is with super fitted sleeves with a unique neckline. This style will bring attention to arm length and definition.

You can also opt for long sleeve styles with sheer details and cutouts. This will highlight your arms, but still allow for coverage.



Styles that accentuate arms *Arm Candy*



Whether you are sleeved or sleeveless, adding arm accessories is an easy way to further accentuate your arms. Wear a watch, a stack of bracelets, or a cuff to put your arms in the spotlight.

Styles that accentuate a tan *Whites and Brights*



If you're rocking a killer tan, the best way to highlight it is by playing with color.

Regardless of your shape or size, you can use color to play up that bronzy shade you've developed. Stick with whites and creams to really make your skin pop, or play with bright tropical colors and jewel tones for a vibrant, healthy effect.

Styles that accentuate curves *Belted Jackets*

Belted jackets are a great way to add layers but still highlight your curves. Look for jackets with a tailored fit so you can add a belt to minimize bulk. OR look for jackets with an elastic belt attached. You can also add layers, without adding weight by choosing a belted vest.



Styles that accentuate curves *Wrap Dresses*



Wrap dresses are one of the most universally flattering styles, but they work especially well for those with curves. Since they are adjustable you can easily tie them at your natural waist to maximize your hourglass appearance and give you shape in all the right places.

Styles that accentuate curves *Fully Fitted*

Fitted styles are one of the best ways to show off your curves. After all, you can't show them off if they are hidden behind bulky or boxy styles.

Sheath style dresses are cut to perfectly line your silhouette.

Pencil skirts are a great way to show the curves of your lower body. You can also choose bodycon styles with a little stretch to be more perfectly formed to the shape of your body.



There are no rules...

Hopefully this guide to "styles that accentuate" was helpful in discovering some new looks you can incorporate into your wardrobe to build confidence. However, don't feel limited by the styles in this segment. These looks were selected to help you showcase your favorite features. However if something makes you feel good, then **that** is the most important factor in developing your style.

Remember: you can wear whatever the hell you want! Just make sure to wear it with confidence. Next you'll learn more about building that confidence when it comes to the parts of your body you may not be in love with..... **yet!**



Eliminate the Negative

Don't get distracted by the parts of yourself you don't love.

By saying "eliminate the negative" we are referring specifically to negative self-talk. It's really easy to be critical of your body. Everyone goes through periods where they wish there was something they could change. But the fact of the matter is, the body you have is yours! Focusing on what you love about it, and making clothing decisions based on what showcases your best features is a major step in feeling confident in the skin you're in.

Dress to compliment your body, not to cover it.

We started this lesson by defining which physical qualities you love best. When you invest your energy into accentuating what you love, you aren't thinking about the things you hate. And in all honesty, there should be nothing about your body that you hate. If you're looking to feel confident, beautiful, **and** stylish by the end of this program, now is the time to focus on what makes you feel good, not what you want to change.

Be Your Best Self

You should not make decisions about your clothing based on what you may consider to be "problem areas." Instead let's talk about ways we can improve your overall look and eliminate any negative feelings you may have.

Learning to Love it All

Maybe there were a few boxes on that "What do I love?" checklist that you couldn't mark. Not many of us love every part of our body. Instead of trying to cover or hide those things, the next goal of this program is to find ways to learn to love them.

Whether you love it or you're learning to love it, the following styles are looks that are guaranteed to flatter, no matter what!



Flaunt that fanny *Ruching*

If you're looking for a shapely, well-defined booty, ruching detail is incredibly flattering. Ruching is a gathering of the fabric with a seam. The design, particularly when down the center of your derriere, creates a rounding effect that will make any booty pop!



Lengthening those legs

Nude Heels



No matter what your legs look like, wearing heels similar to your skin tone is an easy way to elongate and tone the appearance of your legs. The heels add height, and the nude color creates the illusion of extra length. Heels also give your legs their maximum definition.

Lengthening those legs *Fitted Flare Jeans*

Fitted, high rise, flare jeans are a style that flatter nearly everyone. If you want to give your legs some length, as well as create a lean silhouette, this is an optimum style. The flare creates a dramatic effect for those with narrow hips, and balance for those with wider hips. If you want to make your legs look good, flares are the way to do it.



Lengthening those legs *Slit*



Wearing a skirt or a dress with a slit can do wonders for your legs. It draws attention without revealing too much. Not to mention there is a sense of practicality since the small opening can make it easier to take larger strides.

Lengthening the body *Monochromatic*

Petite? Dressing head to toe in the same color can make you look longer. Any color will work, even white. It works because separates aren't competing for your eye's attention. Not to mention the look itself is super chic.



Creating curves *A-Line*



If you want to give your body a more hourglass appearance, one easy way is wearing dresses and skirts with an A-line cut. A-line styles are fitted at the waist and flare out from there. With this style your waist will be highlighted at it's narrowest point, and you'll have a fuller appearance on the bottom half.

Creating curves *Tailored Button Down*

A classic, well-tailored button down shirt is an essential in every wardrobe. No matter who you are, or what your shape, this is a styling necessity. It is also a great way to easily give yourself an hourglass figure. Look for styles with darts which create a natural curve to your waist, no matter what your bust size. By tucking this style into a high rise pant or skirt you'll highlight your natural waist, give the appearance of a fuller bust, and create that hourglass shape.



Creating curves *Shapewear*



Shapewear can be a major tool in creating a beautifully curvy silhouette. Now I don't want anyone to think that shapewear is some sort of secret skinny weapon. However, it can enhance the curves you were born with, and make clothes lay a little more neat. The key is to find a style that fits you well, is light and breathable, and that feels comfortable. You don't want to squeeze into anything; simply smooth those curves for an extra confidence boost.

Bettering your bust *The Perfect Bra*

80% of women are wearing the wrong size bra. Getting properly fitted for a well-fitting, flattering, comfortable bra is key. It's also important to have the right style of bra for the outfit you choose. This can be the difference between feeling fabulous and feeling self-conscious and uncomfortable. You can get fitted at most dept stores or stores that sell undergarments. Don't be shy; go get properly fitted ASAP!

*Bonus Tip: Stay tuned. You'll learn more about selecting appropriate undergarments in week three of the Style Success Program.



Continuing to Build Confidence

We've talked about styles and fashions you can choose to flatter your favorite physical features, as well as how you can dress to improve feelings about your body as a whole. Now you are armed with some knowledge that will help you each day as you get dressed. Hopefully you now feel more empowered when it comes to developing your personal style.

Next, let's explore some other things to consider while you are learning to dress for your body. Sizing, fabric, and color are all just as important as style when it comes to choosing flattering, confidence-boosting outfits!



Understanding Sizing

Don't be a victim of "sizing depression."

If you've ever left a fitting room depressed because something in your size didn't fit you, then you have experienced "sizing depression." Don't get discouraged about clothing or brands just because "your size" doesn't fit. Instead start thinking about size as the way the manufacturer measures the product. Not a number to define the measurements of your body. Size is just a number, and every brand is a little different.

When you shop in store, take time to grab several sizes. Don't even look at sizes as you try on clothes. Based on manufacturer, materials, design, and silhouette, you may be surprised by which size looks best. And after all, the way you look in the mirror, and the way you feel wearing the clothing is far more important than some arbitrary number on the INSIDE of the garment.

When you shop online, take time to research sizing charts. You may be a small in one brand and an XL in another; some stores truly vary that much. Take your time, read reviews, and get a thorough understanding of how a brands sizing works before you get upset over that number.

Fabric Content & Quality

Always take time to look at fabric content labels when you dress. If a fabric makes you itchy, it doesn't matter how good it looks, you will be uncomfortable when you wear it. If a fabric is prone to wrinkling, it might be worth reconsidering. Static cling? Watch out! Quality of materials is a major factor in outfit confidence.

How to Check for Yourself

Before you commit to an outfit take a minute to consider the fabric as well as the occasion. Wrinkle the fabric in your fist to test. Swing the clothing on the hanger to get a feel for movement. Rub it together to test for static. You don't want outfit regret an hour from now when it's too late to change your mind.

*Bonus Tip: Stay tuned. You'll learn more about fabric content and quality in week three of the style success program.



Finding Your Colors

Warm or cool?

Chances are, your skin tone falls into a category of either "warm" or "cool." These distinctions can be helpful in choosing clothing and accessories with the most flattering color schemes. Does your skin have pink undertones? Do you burn easily in the sun? You might have a cool complexion. Do the veins in your wrist appear more green? Do you tan easily? You might have a warm complexion.

There's so much more to be learned about color theory and how it relates to clothing and style!

How to learn more

The good news is, color is extremely subjective and often times you can get a good idea of which colors will look best on you simply by taking the time to test them out!

There's a lot of info available online to help you further research how to determine your coloring and dressing based on your skin tone. However, if you'd like more professional help in determining your best style palette, Refined offers a Color Analysis package! [Learn More.](#)



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Take what you know, and grow!

Are there any new styles from the Flattering Your Figure guide that you are excited to try? Take a look at your Pinterest board. Maybe you already pinned some of those styles? If not, take a few minutes and use the information from this guide to add some additional style inspiration to your Pinterest board.

Maybe you love your legs and want to try incorporating patterned pantyhose into your new style. Try searching "patterned pantyhose outfit inspiration." If you love your collarbones and want to try some sweetheart necklines, try searching "sweetheart top outfit ideas." If you'd like to combine two style suggestions you found in this guide, play with keywords. For example, curvy girls with a tan: search "tropical colored wrap dress." Use what you learned in this guide, along with what you learned in the start of this module, and continue to build your inspiration board.

