



SENECA CREEK  

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STUDIOS

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WHAT  
*to*  
WEAR

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DRESSING FOR YOUR  
*body shape*

# BODY SHAPES

The following is a guide to dressing your body shape. This guide will help you find the right fit and combinations of outfits to that will flatter your figure and help you feel beautiful and confident for your portrait session.

These are the five most common body shapes: pear, rectangle, inverted triangle, hourglass, and diamond. In each section you'll find tips to styling your wardrobe by body shape with suggestions for jackets, blouses, necklines, pants, skirts, dresses, accessories, and undergarments. With beautiful images of actual styled portrait clients to get inspiration from!

## RECTANGLE (AKA COLUMN OR STRAIGHT)

The rectangle body shape is described as having no defined waist, hips and shoulders are the same width, and little to no curves.



### GOAL:

Create a waist, while balancing your top and bottom by adding curves.

Tops in light or bold colors with belted or cinched-in waists that add fullness to your shoulders and hips. Blouses with 3/4 sleeves. Tuck in tops to stop them at the waist. Necklines with V, U, boatneck, or high neck. Embellishments at the bust and shoulders like puffy or ruffled sleeves, details at the bust like ruffles, pockets or pleating. A-line skirts, knee-length pencil skirts or fitted pants. Shift dresses, halter dresses, or dresses that give the illusion of an hourglass shape. Wear jackets or blazers that have a defined waist or belted at the waist. Larger or long earrings. Thick or heavy belts that create and accentuate the waistline.

PICTURED ON PAGE 6

## PEAR

The pear body shape is described as having the widest part of your body below your waist.



### GOAL:

Add to your upper body and deemphasize your lower body to elongate your figure.

Light or bright colored tops, prints, or detailed, or plunging necklines are a plus here! Waist length tops or tuck in tops to stop them at the waist, or loose tunic tops that go past the hips. Wear with solid, dark and slimming knee length pencil skirts or pants with flared bottoms. Dresses or tops with off-the-shoulder or one-shoulder. Puffy or ruffled sleeves are perfect for pear body shapes. Jackets or blazers that go past your hips. Accessories that will draw the eye to the top of your body like chunky necklaces or a scarf. Thin belts that match the color of your bottoms and set them at the high part of your waistline.

PICTURED ON THE BACK COVER

## INVERTED TRIANGLE

The inverted triangle body shape has wider shoulders than hips with a straight mid-section and little to no defined waist.



### GOAL:

Add volume to your lower half.

Wearing dresses, skirts, or pants that make your hips appear fuller or curvier. Light or bold colored bottoms paired with dark color tops. A-line or fuller ballerina type skirts with ruffles, tiers, like peplum skirts or dresses. Pants with embellishments at the hips or have hip pockets with bootcut, flare or wide leg. Draw attention away from your shoulders with collarless shirts, wide straps, deep V or U necks. Jackets or blazers with deep V-necks and cinched-in waist that flare at the hips or have pockets.

PICTURED ON PAGE 10

## HOURGLASS

The hourglass body has a full bust, rounded hips and shoulders that are nearly the same width and a well defined waist.



### GOAL:

Accentuate your natural waist and maintain the balance of your hips and shoulders.

Wear form fitting tops that are wrapped, belted or that have a cinched-in waist. Tailored blouses and jackets that accentuate your waist. Full or flounce skirts. V-neck or deep neckline tops. Peplum tops and dresses are perfect for this body shape! For a more dramatic hourglass effect, add volume to your bust, shoulders, and hips with a fitted waist. Wrapped dresses, dresses with darting, ruching at one side or the waist. Jackets or blazers with fitted waist, flared at hips with a structured shoulder on top. Pants and pencil skirts with high waists. Skinny, wide or boot leg pants.

*PICTURED ON THE FRONT COVER*

## DIAMOND (AKA APPLE OR ROUND)

The diamond body shape is widest in the center. Tapering at the top and bottom with no defined waist.



### GOAL:

Defined your waist. Lean or lengthen your lower body, add fullness to your upper body.

Choose tops with a cut in or belted waist. Boatnecks or wide squared or scoop necklines with structured shoulders, capped, flutter or wider sleeves. Look for tops with embellishments at the bust and shoulders that are full, ruching or flowing fabric at the bust. Strapless or off-the-shoulder dresses or tops with empire waists. Tailored wraps or tunic tops with belted waists. Jackets with structured shoulders, cut-in waists that has pockets on the bust. Bottoms that lean and lengthen your lower body. A-line skirts, or straight skirts that fall from the widest part of your hips. Straight leg pants that fall from the hips with hip pockets. Bootcut or trouser cut pants in dark colors.

*PICTURED ON PAGE 5*





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Though we travel the world  
over to find the beautiful,  
we must carry it with us,  
or we find it not.

- RALPH WALDO EMERSON

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# FLATTERING YOUR DÉCOLLETAGE



## SHORT OR WIDE NECK

Elongate with lower or plunging necklines.

A deep V neck or open scoop neck. These are the most flattering for a short or wide neckline. Keep blouse or dresses clean and clutter free around the neck and bust. Accessorize with long necklaces that are minimalistic in design and ornamentation.



## LONG, LEAN NECK

Room for embellishments or enhance with high necklines.

Dresses or blouses that have high necklines, like turtle or crew necks, chunky collars, neckties, ruffles, rolls or any other bulk will complement your long, lean neck. Accessorize with statement jewelry: chunky necklaces and earrings with lots of detail in design and ornamentation.



## BIGGER BUST

Enhance, support and shape your bust with low necklines.

V necks, scoops, sweetheart, squares or tops with front openings or cut outs – anything that brings the eyes down. Wear dresses or blouses that are fitted, simple, chic and free of any bulk, gathered fabric or clutter. Necklaces with layered chains, large or horizontal style pendants, and chunky pieces that will fill the chest area and sit above the bustline.



## SMALL BUST

Add volume to enhance the bust.

High necklines, with lots of layers and chunky jewelry or scarves. Dresses or blouses with cowl or asymmetrical neckties, bulky fabrics, ruffles, rolls, gathered fabrics. Anything with added volume in the collar line and bust—these are great features if your necks relatively thin or long. If you have a shorter neck with a small bust, find items where the neckline is lower like a scoop or V-neck and wear long necklaces that sit below the collar line of the outfit.



# ACCENTUATING UNDERGARMENTS

Wearing the right undergarments will enhance your silhouette and achieve the best fit for your clothing. Body shapers can help to smooth out fabrics so your clothing drapes perfectly down your body line. Full or half slips for sheer dresses and skirts and corsets for creating an hourglass figure. Even the right bra can make all the difference to your bustline—creating balance and adding curves to your figure.

## FULL BUST

A full coverage bra or longline bra can help support and contain a full bust giving a smooth silhouette. To diminish the fullness use a minimizer style bra to reduce cup size and add comfort.

## SHALLOW BUST

Demi cup or push-up style will create a fuller appearance. A wider set straps on the shoulders with an underwire to mold and create lift. Push-up or padded styles too add volume. Place inserts to create more fullness.

## CLOSE SET BUST

For full bust with tight cleavage a plunge bra. For a bust with wider set cleavage a balconette style bra that has a short underwire.

## LARGE & SELF SUPPORTED BUST

A balconette bra adds a rounded shape to lift the breast, separate them, and give support.

## WIDE SET OR SPLAYED BUST

A longline bra, triangle or wireless bras for comfort or a bra with an underwire to move the breast to the cup. Bras with sidewings, slings, boning, or seaming on the sides for added support for larger busts. For smaller busts use a push-up or plunge style bra.

## SETTLED BUST

Full cup bras with a higher cut for lift and support with a wide or padded strap for comfort.

## UNEVEN BUST

A molded cup bra will add structure and support with a smooth round cup to define your bust.

## CONICAL BUST

A fully padded bra designed to change the shape of the bust adding roundness and fullness for a curvier shape.

# WHAT TO WEAR FOR FAMILIES



## FOR THE WHOLE FAMILY

Be sure to plan your families outfits completely a few days before your session.

Choose a palette of 2-4 colors and mix it up, including both pants and dresses. You want a cohesive feel, but without being overly 'matchy-matchy'. Picture a page in a catalog where everyone coordinates, but nobody stands out more than the rest.

Light clothes look better on lighter backgrounds, and dark clothes look better on darker backgrounds.

Generally, sleeveless shirts and shorts on adults tend not to flatter, but layered clothing is fabulous.

### BEFORE THE SESSION:

Arrange your outfits ahead of time on a big bed, including accessories.

Make sure all clothes are clean and on hangers a few days before your session.

Remember, wear clean and stylish shoes, too.



## FOR KIDS

Kids can be bolder with color and style.

### CHOOSE:

- to show off their fun style with layered clothing
- nonfussy, casual clothes to keep kids comfortable and for natural expressions of their real personalities
- fitted clothes

### AVOID:

- big bows, any sort of makeup or hairspray
- baggy clothes



## FOR BABIES

For babies, keep things simple.

### CHOOSE:

- solid onesies, simple cloth diapers or diaper covers, and plain swaddling blankets
- knitted caps, which are adorable for a few images
- a few special/classic props
- extra blankets for variety

### AVOID:

- grown-up clothes, with collars and buttons
- socks, shoes, or big bows



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## WHAT TO WEAR ADULTS

### CHOOSE:

- clothes that flatter your body type and coordinate well with the rest of the group
- solid colors or conservative patterns with simple jewelry
- a clean shaven or trimmed look
- a fresh cut and/or color for women or haircut more than a week old for men before the session
- to have hair styled before the session (women)
- to have natural makeup that is slightly heavier than usual

### AVOID:

- sleeveless shirts and shorts, which tend to not flatter adults

## WEAR

- fresh neutral matte makeup
- bright natural colors
- layered looks
- stylish shoes
- a fresh haircut/color
- manicured/trimmed nails
- simple accessories
- shaved or trimmed look
- a squeaky-cleaned face (kids and babies)

## DON'T DARE

- shimmer makeup or eye shadow
- loud bold patterns or logos
- wrinkled clothes
- dirty fingernails or chipped nail polish
- big white leather sneakers
- a new uncomfortable style
- scraggly beard
- distracting, trendy jewelry
- sunglasses
- sunburns

## REMEMBER

What you wear is key for a successful session. Clothing complements who you are, speaks to the environment in which the session is taking place, and coordinates with the home where final photographs will be displayed. Your style should be as unique as you. Dress comfortably and naturally. Bring a good attitude. Don't be afraid to act silly and be yourself! We're always just a phone call (or email) away if you have any questions.