

Discover Your Body Type: A Style Quiz

Answer each question honestly to reveal the body shape that best represents you and discover how to dress with confidence and elegance. Remember, this is a fun way to find styles that work with you and is just a guide!

1. How would you describe your body proportions?

- a) Well-defined waist with balanced hips and bust.
- b) Fuller midsection with slimmer arms and legs.
- c) Narrow shoulders with fuller hips and thighs.
- d) Straight up-and-down silhouette with minimal waist definition.
- e) Broad shoulders with a narrower waist and hips.

2. When shopping for dresses, which silhouette do you feel most comfortable in?

- a) Fitted dresses that accentuate my curves.
- b) Dresses with empire waistlines that flow away from the body.
- c) Dresses with A-line or fit-and-flare silhouettes that highlight my waist.
- d) Dresses with cinched waists or belted styles that add definition.
- e) Dresses with A-line or fit-and-flare silhouettes that create balance.

3. Which tops do you prefer wearing?

- a) Fitted tops with sweetheart or scoop necklines.
- b) Flowy tops with V-necks that draw attention upward.
- c) Fitted tops that accentuate my waist.
- d) Tops with peplum detailing or ruffled accents.
- e) Tops with modest necklines and delicate detailing.

4. How do you typically style your skirts?

- a) High-waisted skirts paired with fitted tops.
- b) A-line skirts that fall over my hips and thighs.
- c) Skirts with subtle detailing or patterns that draw attention upward.
- d) Skirts with flared hems or asymmetrical cuts for added dimension.
- e) Skirts that feature subtle patterns or draping for a balanced look.

5. Which statement best describes your overall body shape?

- a) Hourglass - Well-defined waist with balanced hips and bust.
- b) Apple - Fuller midsection
- c) Pear - Narrow shoulders with fuller hips and thighs.
- d) Rectangle - Straight up-and-down silhouette with minimal waist definition.
- e) Inverted Triangle - Broad shoulders with a narrower waist and hips.

Now, tally up your answers and see which letter you selected most frequently:

Mostly A's: You have an Hourglass body shape.

Mostly B's: You have an Apple body shape.

Mostly C's: You have a Pear body shape.

Mostly D's: You have a Rectangle body shape.

Mostly E's: You have an Inverted Triangle body shape.

Yay!! We hope this helped you in discovering your unique body type! Use the corresponding fashion tips provided in the blog post to enhance your style and dress with confidence and elegance. Remember, this is just a guide to help you, so embrace your body shape and SHINE in your signature looks!