



A simple guide
to dressing
your

*Apple
figure*

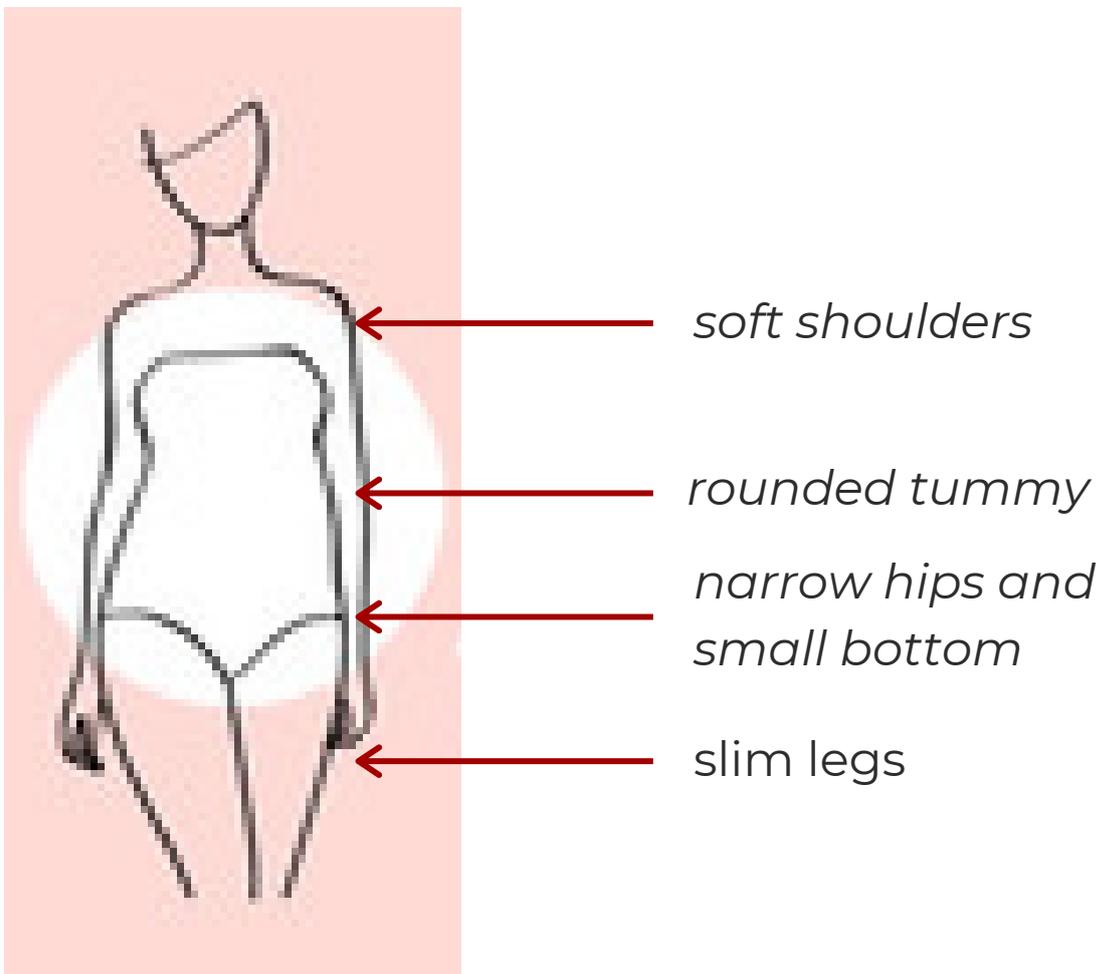
for comfort,
confidence and
style

YOUR APPLE FIGURE

Understand your figure and what makes it different.

YOUR BEAUTIFUL BODY SHAPE

Lets take a moment to appreciate those gorgeous legs of yours! These, along with your small bottom, are your best features. I bet you've always focussed on your tummy, never felt too comfortable in anything with a waistband right? That's because, typically, you carry your weight around your middle. The pay off for this is great legs and bum!



THE APPLE BODY SHAPE

DEFINED BY...

Soft shoulders with slim hips and legs and weight is carried on the tummy.

BEST STYLE - SHORT



Disguise
tummy

Enhance
shoulders

Show off
legs

5 GOLDEN RULES

To create balance and harmony with your look



Short skirts and dresses - you'll feel swamped in maxis



Avoid tailored waistbands go for stretch or empire line and dropped waist instead



Skinny jeans and leggings will feel best



Show off your shoulders in cold shoulder and Bardot tops



Soft fabrics on your top half will work best



*A style
aesthetic for
your inspiration*



APPLE FIGURE



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