

Style at all
ages



OVERVIEW

- ✓ DEFINE YOUR STYLE
- ✓ KNOW YOUR SILHOUETTE
- ✓ UNDERSTAND THE MAGIC OF COLOR



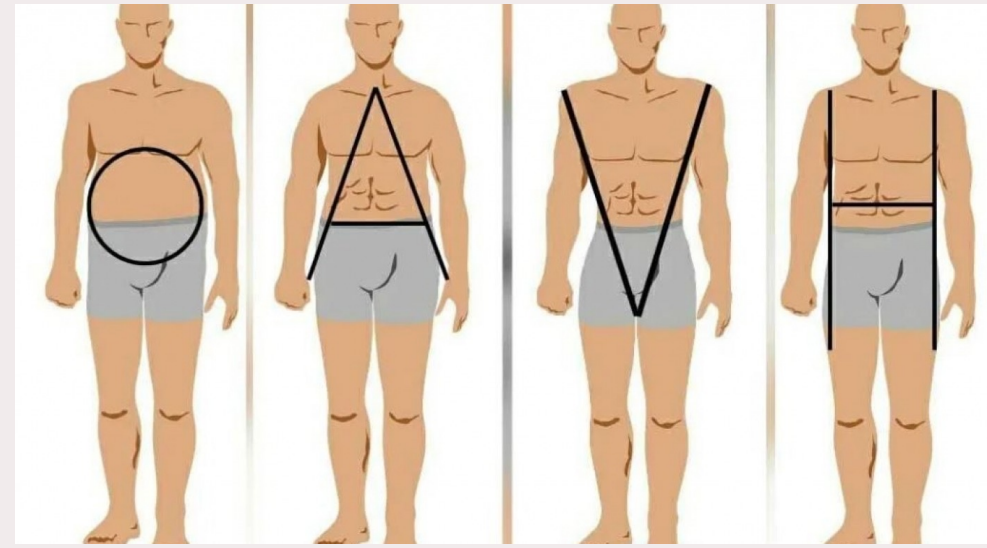


5 tips for defining your clothing style

- ✓ Listen to your innerself
- ✓ Understand what appeals to you
- ✓ Embrace your physical assets
- ✓ Discover your colors
- ✓ Do not follow trends



DO YOU KNOW YOUR
BODY TYPE ?



THE A SILHOUETTE

The A silhouette is characterized by a lower body that is wider than the upper body. The shoulders are narrow while the width of the hips exceeds that of the shoulders.

YOUR OBJECTIVE

Balance the hips with the shoulders. Draw the eye upward.





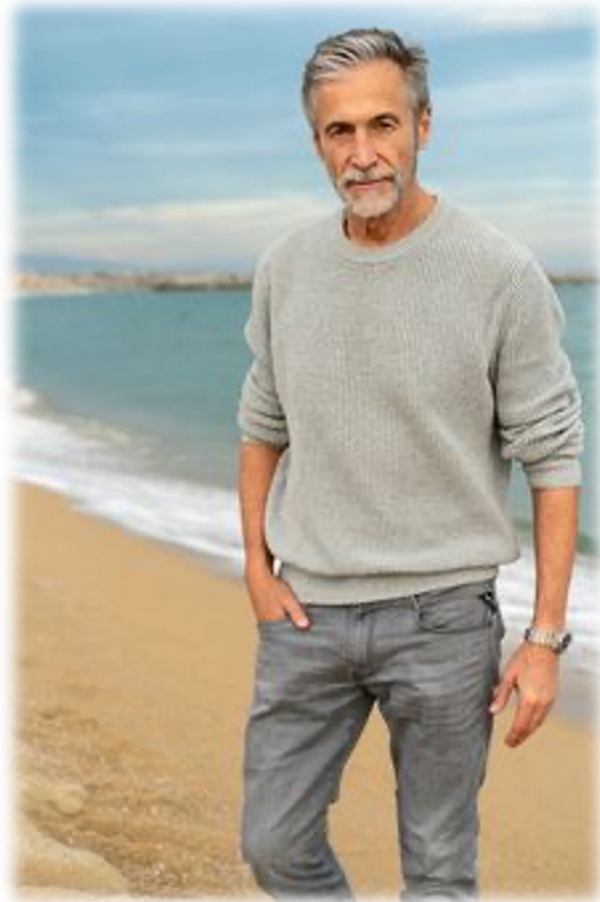
THE V SILHOUETTE

The V silhouette is characterized by the upper body being more developed. The shoulders are wider than your lower body. The waist and hips are smaller than the upper body.



YOUR OBJECTIVE

Balance your shoulders with your hips.
Direct your gaze towards the central line of the body.



THE H SILHOUETTE

The H shaped silhouette is characterized by the width of the shoulders which align with the hips, the waist is not very pronounced.

YOUR OBJECTIVE

Refine the size while respecting balance shoulders-hips existing. Create curves.



THE O SILHOUETTE

The O shaped or oval silhouette is characterized by beautiful curves and a low-profile waist, the same size as or slightly wider than the hips.



YOUR OBJECTIVE

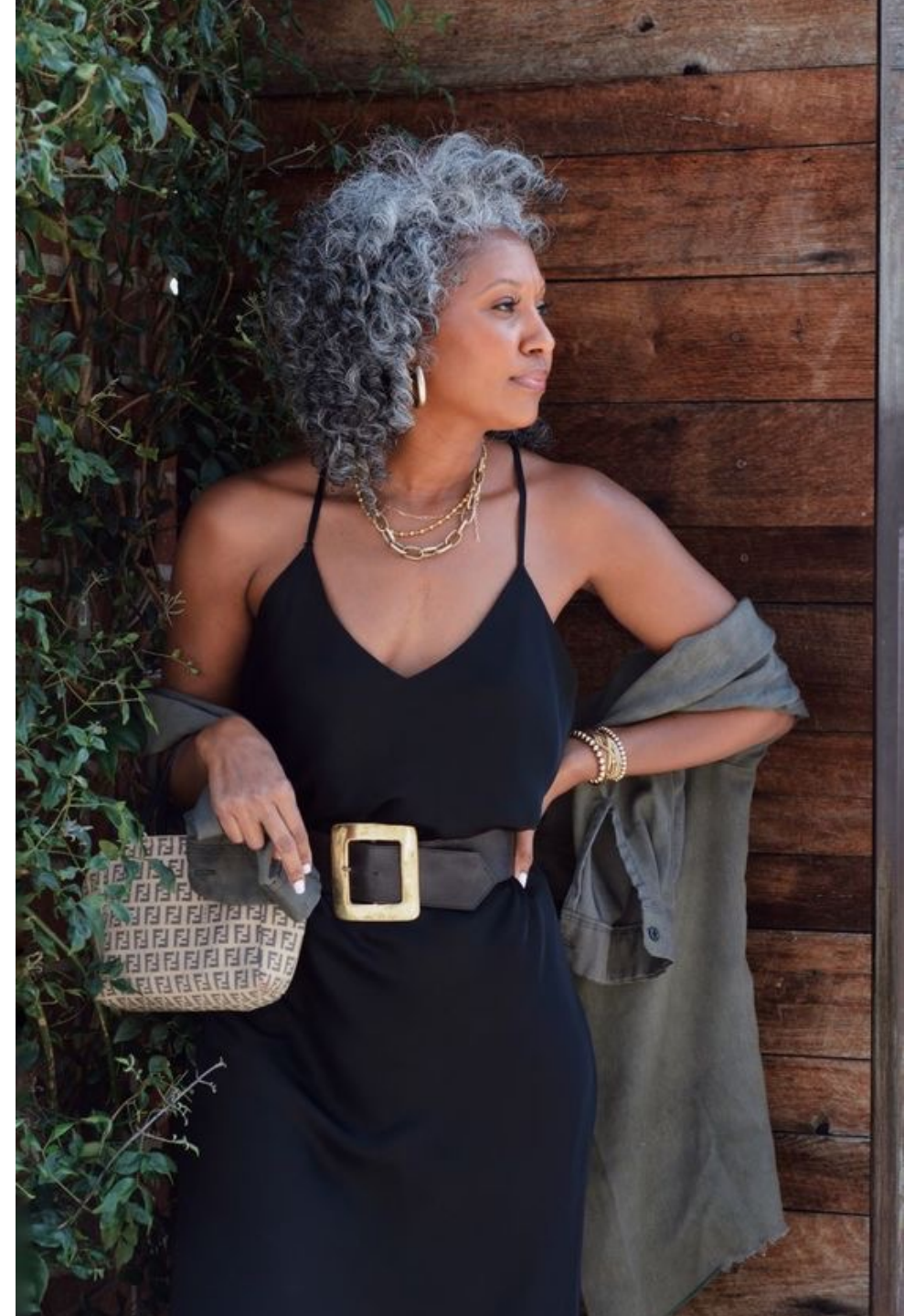
Draw attention to the extremities of the body while adopting fitted cuts that create a waist.

THE X SILHOUETTE

Your upper and lower body have similar proportions. The waist is narrower than the width of the shoulders and hips. This type of figure is called “hourglass”, it strongly resembles the figure 8 with fewer curves. The idea is to find a happy medium between loose-fitting clothes and clothes that are too tight. Show off your curves!

YOUR OBJECTIVE

Preserve shoulder-hip balance and emphasize the waist.



THE 8 SILHOUETTE

The 8 silhouette is similar to the hourglass figure (X silhouette), but generally has more rounded shapes. You generally have a large chest and stronger hips but always in the same proportions as the shoulders with a marked waist.

YOUR OBJECTIVE

Highlight your curves. They must be put in the spotlight !



How to choose the jeans that will flatter you

I am not tall

We choose a model flared at the bottom and preferably dark in color to lengthen the silhouette. Or we opt for a mid-rise, Boyfriend-style model.

I have wide hips

We avoid the low waist skinny model and prefer a high waist, For women, we opt for a 7/8 model in stretch material.

I am tall

We avoid short jeans. For women, choose a 7/8 model which reveals the ankles. For men, we opt for the slim cut and low waist.

I have wide thighs

Narrow hips but wide thighs? So we put on flared jeans at the bottom which rebalance the silhouette. We opt for a stretch material which fits the shape better.



How to choose the jeans that will flatter you

I have generous buttocks

For those who have been spoiled by Mother Nature and who have received a nice plump behind, we put on high waist Mom or Boyfriend style jeans, and we prefer stretch materials. Another tip: the rounder our buttocks are, the higher the waist of our jeans should be. For men, all models fit well. Avoid the too tight or too loose model.

I have a long torso

Long torso does not mean tall. For those who find their legs look small, the high waist model is best. It balances the silhouette and lengthens the legs like magic.

I have a small torso

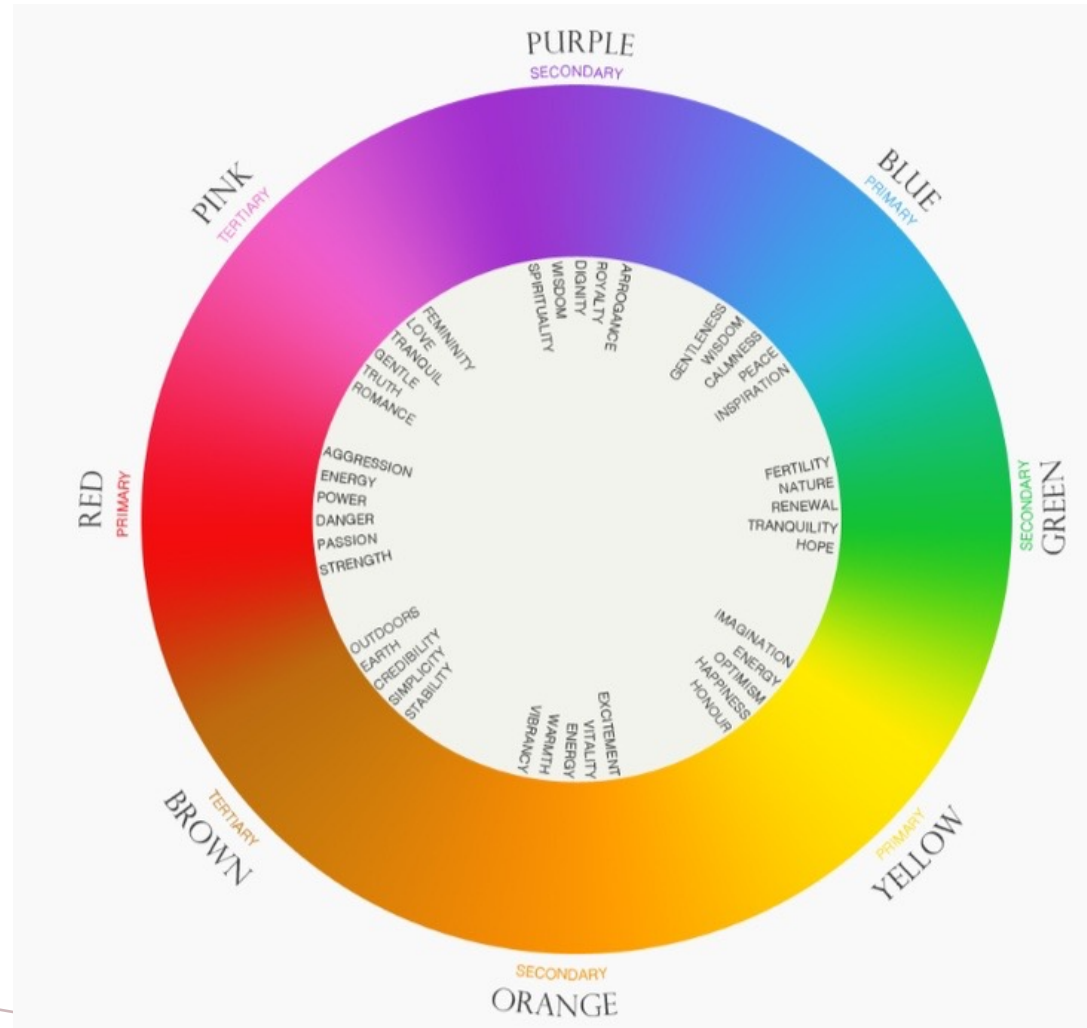
We solve it by opting for a low waist model in order to lengthen the silhouette.

I have flat buttocks

We avoid the high waist model which tends to flatten, and we put on mid high waist jeans. Tip: we opt for a model with large pockets on the back which will add a little volume to the buttocks.



“TELL ME WHAT YOUR FAVORITE COLOR IS, I’LL TELL YOU WHO YOU ARE”



THE ART OF COLORIMETRY

Cold colors

WINTER



SPRING



Warm colors

Warm colors



AUTUMN



SUMMER

Cold colors

COLOR TEST

Cold colors



Warm colors



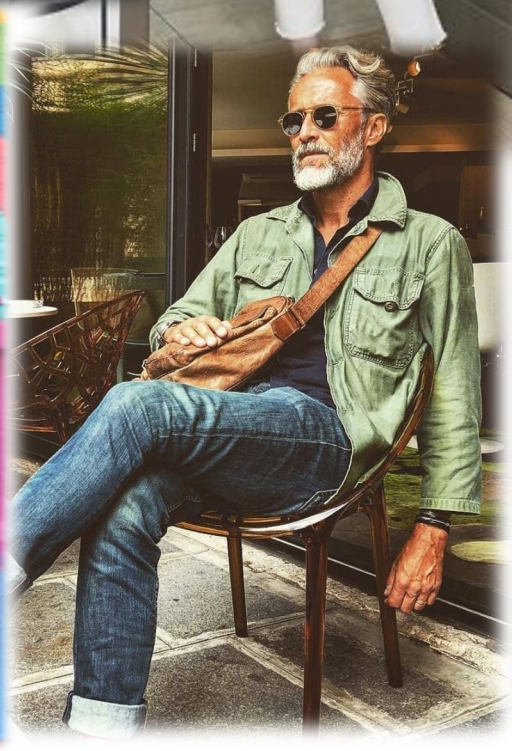
Fashion tips to look your best

- ✓ Be modern/current
 - ✓ Mastering casual chic
 - ✓ Adopt jeans in all their forms
 - ✓ Adopt sneakers, ballerinas, loafers
- ✓ Adopt soft and natural materials
- ✓ Dress according to your figure
- ✓ Show your colors with color
- ✓ Adopt fine jewelry
- ✓ Have the right underwear
- ✓ Let your neck breathe
- ✓ Roll up your pants, your sleeves



Spring look ideas





THANK YOU!

Jacinthe Bélanger

Christine Philippe

819.431.9451

info@philebel.ca

www.philebel.ca

