

Customized

Look Book Of Ladies

Transforming You!!



my Aura
Finishing School

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Project Objectives

Analyze your body features in order to choose clothing with the best lines, designs, and textures for your shape.

Become more aware of the importance of clothing to personal style and begin to develop your own personal style according to your body type, facial features, interests, and activities.

Experiment with colors to determine which are best suited to your own personal coloring.

Begin to evaluate your life style and day-to-day activities as factors in wardrobe planning.





Short Full

- Vertical lines
- Open or collarless necklines
- Narrow belts or solid -color belts
- Medium -to- small prints
- Smooth, straight or slightly gathered sleeves
- One -color tone-on-tone outfits



Petite



- Empire, high waisted lines
- Small scale patters, prints & designs
- Small items in scale to figure
- Solid - color belt





Tall Full

- *Easy-fitting styles*
- *Simple, understand designs*
- *Coat and jacket dresses*
- *Bold neckline scarves to direct attention to the face*
- *Medium - scale designs*

Tall Slim

- *Soft silhouettes*
- *Bold prints*
- *Skirts with gathers*
- *Outfits of two (or more) colors*
- *Full sleeves*
- *Wide-leg pants*
- *Can wear more items!!*



1.Silhouette

Height : Tall / Average / Short

Frame : Small / Medium / Large

Contour : Slender / Plump / Stocky



**Check out your face
shape**

Here you Go...



Oval

**IDEAL; CAN
WEAR ALL
NECKLINES
AND COLLAR
SHAPES**

Round

**V-Shaped necklines
make the
face look longer.
Open - collar shirts,
jackets.
Square necklines
Avoid round collar**



Square

*V-shaped, round scoop
necklines.*

Round collars.

*Avoid square cut collars and
necklines*



Pear

*V- Shaped, round
and square
shaped neckl*

Avoid bow

horizontal

necklines a

collar desig



1. Silhouette

Height : Tall / Average / Short

Frame : Small / Medium / Large

Contour : Slender / Plump / Stocky

2. Face & Complexion

Shape : Oval / Round / Square / Pear-shaped

Texture : Smooth/ Uneven/ Clear/ Pimpled

3. Neck

Neck	
Length:	Width: <i>(more critical for men than women)</i>
<p>Long Keyhole and high-rounded puritan, funnel high-bias roll, and mandarin collars. Tie or bow necklines. Blazers and tailored jackets. Bow ties.</p> <p>Average Ideal; wear all collar shapes that are suited to your face shape and texture. Bow tie, long tie.</p> <p>Short Scoop, V-shape, square, and cardigan necklines. Convertible collar is best. Cardigan jacket. Long tie. Avoid V-shape if short.</p>	<p>Narrow Bow ties, long tie, Windsor knot. Contrasting collar color. Collar pins. Average-to-narrow jacket lapels. Contrasting collar scarf at neck.</p> <p>Average Ideal; can wear all the styles, long tie knots, collar shapes, and colors. Any width jacket lapels.</p> <p>Wide Same color collar as shirt. Four-in-hand or half-Windsor tie knot. Sweaters without collars. Pointed shirt collars. Medium width jacket lapels. Avoid collar pins.</p>

Length : Long / Average / Short

Width : Narrow / Average / Wide

4. Shoulders

Shoulders	
Width:	Pitch:
<p>Broad Ideal for men. Women: Kimono sleeves are good; avoid puff sieges, square necklines, empire silhouettes, and bolero jackets. Vertical lines in bodice.</p> <p>Average Ideal for women. Men: Jackets with shoulder padding. Plaid sports jacket or shirt with solid color trousers.</p>	<p>Sloping Jacket with shoulder pads. Avoid diagonal lines in bodice, raglan, and kimono sieges.</p> <p>Average Ideal; no limitations on styles.</p> <p>Square Raglan and kimono sleeves. Asymmetrical closings and diagonal lines in bodice.</p>

Width : Broad / Average / Narrow

Pitch : Sloping / Average / Square

5.Arms

Arms	
Length:	Size:
<p>Long Sleeves with some fullness. Avoid close-fitting sleeves.</p> <p>Medium Ideal; no limitations on styles.</p> <p>Short Straight-line or fitted sleeves. Avoid contrasting cuffs.</p>	<p>Heavy Kimono sleeves or sleeves with cuffs. Avoid cap, short, and sleeveless garments.</p> <p>Average Ideal; no limitations on styles.</p> <p>Thin Kimono sleeves or sleeves with cuffs. Avoid sleeveless and cap sleeves.</p>

Length : Long / Medium / Short

Size : Heavy / Average / Thin

6.Waist

Waist Placement:	Waist Width:
<p>High (short) A-line, chemise, empire, princess, and low-waisted styles. Avoid gathered skirts.</p> <p>Average Ideal; no limitations.</p> <p>Low (long) A-line, chemise, raised-waistline style. Gathered skirts.</p>	<p>Large Women: Chemise, empire, princess, and low-waisted styles. Average-width belts same color as garment. Avoid contrasting shirt/blouse and skirt/pants which meet at waist.</p> <p>Average Ideal; no limitations on styles.</p> <p>Small Women: Accenting a small waist will make bust and hips appear larger. Loose jackets. Narrow to average width belts. Sleeve lengths that end at waist.</p>

Placement : High(short) / Average / Low (Short)

Width : Large / Average / Small

8. Bust

<i>Bust</i>	
<i>Placement:</i>	<i>Bra Cup Size:</i>
<p>High Exercise caution when selecting items with low-cut necklines, cardigan styles, bodice yokes, garments with bust darts.</p> <p>Average Ideal; no limitations on styles.</p> <p>Low Exercise caution when selecting items with empire styles and garments with bust darts. Chemise style.</p>	<p>Small (A) Raised waist, empire, and shirtwaist. Bolero and short, fitted jackets. Vests and capes. Avoid blouson style. Round and scoop necklines.</p> <p>Average (B) Ideal; no limitations.</p> <p>Large (C and larger) A-line, shift, sheath, asymmetrical closing, and shirtwaist. Shawl and convertible collars. Avoid yokes, neckline bows, and middy collars.</p>

Placement : High / Average / Low

Cup : Large / average / Small

9. Hips

10. Back

11. Abdomen

Hips	Back	Abdomen
Size:	Contour:	Shape
Wide Women: Culottes, panel, gored, flared, and wrap skirts. Wear darker colors on bottom. Avoid sheath style and gathered skirts/silhouettes. Men: Dark trousers and lighter colored jacket.	Overly Erect Garments with gathered back yoke. Avoid soft, clingy fabrics.	Flat Ideal; no limitations on style.
Average Ideal; no limitations on styles.	Normal Curve Ideal; no limitations on styles.	Protruding Loose jackets which come below abdomen. Skirts, pants/trousers, and shorts with pleats or small gathers.
Narrow Women: All styles of pants and shorts. Panel, gored, pleated, and hip-stitched pleated skirts. Men: Ideal; no limitations on styles.	Excessively Curved Avoid diagonal lines in bodice; kimono and raglan sleeves.	

Hips (Size): Wide / Average / Narrow

Back (Contour): Overly erect / Normally curve / Excessively curved

Abdomen (Shape) : Flat / Protruding

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Determining your personal Style





Dramatic

Body Type:

Tall and thin or bony like structure; broad structures, flat hips and long legs; angular features

Facial Features:

Sharp or prominent, angular, usually Winters* or dark autumns

Hair Style:

Severly simple or ornate; may be long or short, curly or straight ; could be worn up



Natural/Sporty

Body Type:

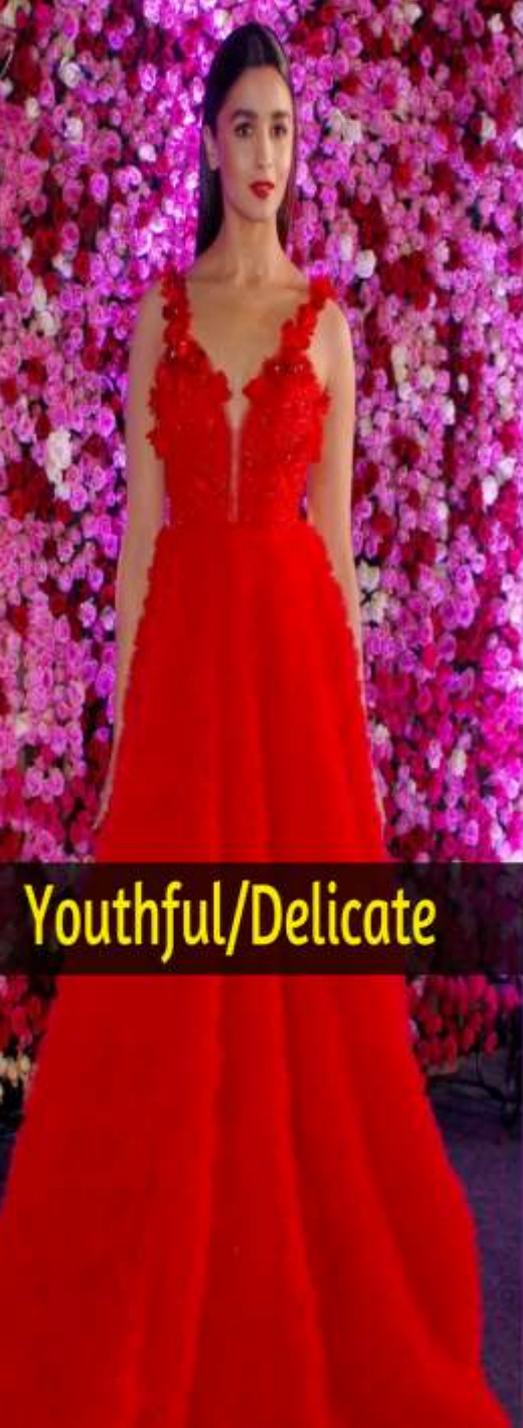
Range from tall to sturdy to petite and boyish, could be athletic

Facial Features:

Wide-set eyes and square type jaw , or pixie-like color season , Autumn* lends itself well

Hair Style:

Long or short , but casual in styling; tight, curly prem works well for some



Body Type:

Youthful romantic; pretty, dainty, delicate n build ; may mature to sophisticated romantic or classic

Facial Features:

Soft & youthful ; are often springs*, delicate

Hair Style:

Curves or curls, soft, loose or tight

Youthful/Delicate



Body Type:

Well-proportioned figure; good posture , scaled down dramatic

Facial Features:

Regular features; medium coloring; makeup important, but must be conservative in amount

Hair Style:

Controlled hairstyle; neat; curled or straight ; never casual windblown look

Classic

Section 1 : Personal style

My body type can be described as _____

My facial features are _____

My best or most flattering hair styles can be described as

My natural walk and body gestures can be described as

My behavior is generally _____

I think my personal style type is closest to _____

(Types listed on pages 14-17.)

My Personal Image

• The personal style traits that I feel good about are: _____

• The personal style traits that I would like to change to more clearly reflect the real me are: _____

Date Completed _____

SECTION 3 : LIFE STYLE ANALYSIS

Explanation: This exercise is designed to help you identify how the garment(s) and/or accessories you plan to acquire will be used in your wardrobe. You may think of this as a tool to help you think about how the item(s) can be coordinated with other items in your present wardrobe. Include this in your notebook.

On what basis did you choose the item(s) you plan to acquire? Check the most appropriate answer(s).

- It is an item I have never had in my wardrobe.
- It is a new color, design, or texture for me.
- I am replacing an item that is too small, too large, worn out, I didn't like.
- I need a special occasion item for _____.
- I don't need the item but want to add it to my wardrobe because I like it.

List clothing pieces in your wardrobe which can be worn with the item(s) you will acquire for this project. Refer to the wardrobe inventory and list by category, color, and style. Add additional lines if necessary.

Items acquired (Check items you will model at State Fashion Revue if submitting project book)

Items on your inventory that can be worn with acquired item(s)

How often will you be able to wear the acquired item(s)? Check only one.

- Year round to school
- Year round for dress-up
- In the summer for dress-up
- In the winter for dress-up
- Only for special occasions
- In the summer for casual occasions
- In the winter for casual occasions
- Year round for all occasions

How often? _____

Date Completed _____