

PART 1: FINDING THE RIGHT DRESS - UNDERSTANDING YOUR BODY

Finding the right wedding dress to fit your body type requires time so pay attention to what your body is telling you as you try dresses on. Keep in mind, the right dress is the one which makes you look and feel gorgeous. In your search for the perfect dress, you will find one which makes you feel both beautiful and sexy. On top of everything, it's important that your wedding dress should be comfortable so you can have the most fun at your wedding too!

BODY SHAPE

The perfect wedding gown spotlights your face and waist. The key to choosing a wedding dress is to select one which makes your figure look proportioned and properly balanced. According to fashion professionals, women's bodies typically fall into one of four types: hourglass, triangle, rectangle or inverse triangle. Which one depends on how your hips, waist and bust relate with one another.

NECKLINE

Your neckline has the strongest impact on how your dream dress will look on you. Brides with larger bosoms often choose the sweetheart neckline. This neckline resembles the shape of a heart, curving down across the breasts, and coming to a point at the cleavage. It offers more proportion to your overall silhouette. Another spin on the sweetheart neckline is the Queen Anne. This neckline however sits very high on the neckline, features lace edging, and have been known to drop into a sweetheart. Women with smaller busts might want to consider square necklines, spaghetti straps, or strapless designs which are more flattering.

WAISTLINE

When it comes to your waistline you have two options: go with your natural waistline or change the gown's waist up or down to fit your body type. Top candidates for a high-waisted bridal gown are women with larger hips. By moving the waistline up, your hips are de-emphasized and you look more slender. Another way to accomplish this same option is to have an empire waistline. The empire waistline sits between the natural waist and the bust line.

Brides with a smaller waist, but larger hips, may want to consider the princess seam. This particular design creates vertical lines which draw the eyes upward and slenderizes the hips. However, those with large busts may want to research a lowered waistline, like the Basque waist. The Basque waistline is lower than the natural waistline and comes to a point. It's often defined with embroidery, and can help slenderize most all body types.

SIMPLE & PERHAPS PETITE

Tried on several gowns and none of them fit you in the bodice? Not to worry, consider petite sized gowns. It is not always your height that determines whether you're petite. It is actually the distance between your shoulders and waistline. Petite designs have bodices that are scaled down, but their trains and counter parts are designed for smaller frames. (Not to worry...petite sizes have been known to go into larger plus sizes too.)

