



CONFIDENCE IN CURVES · SESSION 1

Body Shape Analysis: Photo Guide

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Your body shape is about your silhouette, not your measurements: two people with the same measurements can have different shapes. These photos let me see yours accurately.

1 What to wear

- ✓ Fitted clothes with little or no ease (for example leggings or fitted trousers and a fitted top). Nothing baggy or oversized.
- ✓ Plain, single-colour clothes, ideally darker than the wall behind you.
- ✓ Hair tied up so your neck and shoulders are visible.

2 How to stand

- ✓ Stand straight and natural. Do not slouch or pose.
- ✓ Keep your hands a little away from your thighs and hips so your outline is clear.
- ✓ Feet together, weight on both feet.

3 Camera and light

- ✓ Full length: head to toe, with your feet visible. Nothing cropped.
- ✓ Hold the camera at navel height, straight on (not from above or below), and clean the lens.
- ✓ A plain light wall or curtain behind you; nothing busy.
- ✓ Daylight or bright indoor light, without harsh shadows. Filters and portrait mode off.

The photos I need

1. Front, full length
2. Side, full length
3. Back, full length
4. Bonus: front with arms relaxed at your sides



How to send them

- ✓ On WhatsApp, send them as a Document (paperclip → Document) so they are not compressed.
- ✓ Please send them at least 2 days before your shape-decoding session.

"Every body shape is beautiful; this is about dressing it with intention."

Your photos are strictly confidential. They are used only for your analysis and are never shared on any platform without your written permission.

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