



SHAPE YOUR PRESENCE · SESSION 1

Body Shape Analysis: Photo Guide

Ragini Tripathi · Image consultant · Color Me Style



Your body shape is about your silhouette and proportions, not your measurements. These photos let me see how your shoulders, torso and legs balance, so every shirt, trouser and jacket I recommend fits your frame.

1 What to wear

- ✓ A fitted plain T-shirt and fitted trousers or track pants. Nothing baggy or oversized.
- ✓ Plain, single-colour clothes, ideally darker than the wall behind you.
- ✓ Remove watches, caps and anything in your pockets.

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 frame can look powerful; this is about dressing yours 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.

Color Me Style · Ragini Tripathi · Instagram @color_me_style · WhatsApp 97799 97817