

A woman with blonde hair and a tattoo on her right arm is sitting on a bed. She is wearing a black, long-sleeved bodysuit. The bed has a headboard with a gold and black patterned design. Behind the headboard are sheer white curtains. The room is dimly lit, with some green plants visible in the background.

House Of Venus

Finding Flattering Lingerie for your body type

By Ana
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Welcome

Thank you so much for grabbing my guide on choosing the right lingerie for your body type! I'm Ana, the photographer behind House of Venus Studio here in London, Ontario. My studio is all about creating a luxury experience that helps women feel confident, powerful, and beautiful in their own skin. This guide will walk you through how to find lingerie styles that flatter your unique shape so you can feel amazing and own your confidence. I can't wait for you to dive in and start finding your perfect fit!

Ana

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Explore a curated list of our favorite lingerie shops, both online and in-store, where you can find a wide range of styles to suit your body type and personal taste.

How To Use This Guide

Start by getting familiar with the different body types and figuring out where you fall. Take your time with this part-grab a mirror, jot down notes, or even snap a few pictures to help you see your shape clearly. This step sets the foundation for finding lingerie styles that will truly flatter you.

As you move through each body type section, keep your own style and comfort in mind. The recommendations are here to highlight and celebrate your natural shape, but at the end of the day, the best choice is always the one that makes you feel confident and gorgeous.

When you're ready to shop, don't forget to check out the "Favorite Places to Shop" section. It's a great place to start exploring brands and stores where you can find pieces that not only fit but also feel like you. Most importantly-have fun with it. This is all about discovering lingerie that makes you feel fabulous and empowered.

Questions?

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How to determine your body type

Finding the right lingerie starts with understanding your body type. By identifying your unique shape, you can select styles that enhance your natural beauty and provide the most flattering fit. Here's a step-by-step guide to help you determine your body type:

Step 1: Take your measurements

To accurately determine your body type, you'll need to measure four key areas: your shoulders, bust, waist, and hips. Use a flexible measuring tape for the best results

☐ **Shoulders:** Wrap the measuring tape around the widest part of your shoulders, making sure it's parallel to the ground.

☐ **Bust:** Measure around the fullest part of your bust, keeping the tape snug but not tight.

☐ **Waist:** Find the narrowest part of your waist, usually just above your belly button, and measure around it.

☐ **Hips:** Measure around the widest part of your hips, ensuring the tape is level all the way around.

Shoulders

Bust

Waist

Hips

Step 2: Analyze your measurements

Compare your measurements to determine the proportion of each area.

Here are some guidelines to help you identify your body type:

- ***Hourglass:** Your bust and hips are roughly the same size, with a well-defined waist that is significantly smaller.
- ***Triangle (Pear):** Your hips are wider than your bust and shoulders.
- * **Inverted Triangle:** Your shoulders or bust are wider than your hips.
- ***Rectangle:** Your bust, waist, and hips are fairly uniform, with little definition at the waist.
- ***Round (Apple):** You have a fuller midsection, with a waist that is about the same size or wider than your hips and bust.

Step 3: Confirm your body type

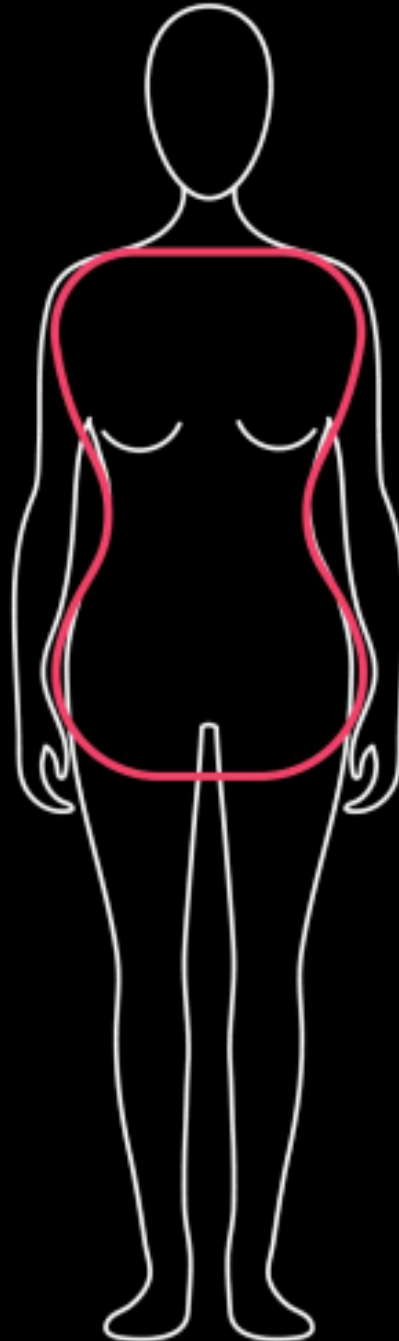
Stand in front of a mirror and observe your silhouette. The visual confirmation can help you ensure your measurements and analysis are accurate. Remember, every body is unique, and these categories are just a starting point to help you find the best lingerie styles for you.

Step 4: Embrace your shape

Now that you've identified your body type, use the following sections of this guide to discover which lingerie styles will highlight your best features and make you feel fabulous. Embrace your shape and celebrate the journey to finding lingerie that boosts your confidence and enhances your natural beauty.

Use these steps to confidently identify your body type and move forward with selecting the lingerie that suits you best. Enjoy the process and remember, the ultimate goal is to feel

HOURGLASS



Affirmation:

"My balanced curves and defined waist are a timeless symbol of beauty and elegance."

Understanding The Hourglass Body Type

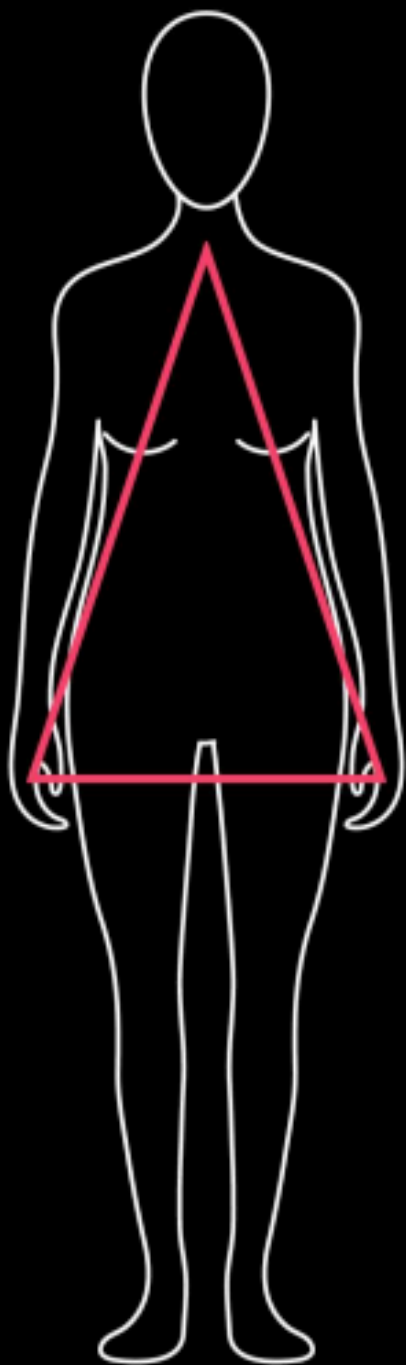
An hourglass body type is characterized by well balanced proportions, with the bust and hips being approximately the same size, and a noticeably smaller, well-defined waist. This classic shape is often celebrated for its curves and symmetry, making it a versatile figure for various lingerie styles. If your measurements show that your bust and hips are of similar width and your waist is significantly narrower, you likely have an hourglass shape.



Flattering Lingerie Styles

For an hourglass body type, the key is to accentuate your natural curves and highlight your defined waist. Corsets and bustiers are fantastic choices, as they cinch at the waist and emphasize your hourglass figure, creating a stunning silhouette. High-waisted panties are another excellent option; they enhance your curves and provide a vintage touch, drawing attention to your narrow waist and fuller hips. Additionally, balconette bras are perfect for hourglass figures, offering excellent support and lift while highlighting your bust in a flattering way. When choosing lingerie, look for pieces that hug your curves and enhance your natural shape. Wrap-style lingerie and formfitting bodysuits can also be very flattering, as they draw attention to your waist and complement your balanced proportions. With the right lingerie, you can celebrate your hourglass figure and feel confident and empowered in every piece you wear.

TRIANGLE



Affirmation:

"My beautifully defined hips and thighs are a testament to my feminine strength and allure."

Understanding the Triangle body type

A triangle body type, also known as a pear shape, is characterized by a wider hip and thigh area compared to the bust and shoulders. If your measurements show that your hips are significantly wider than your bust and shoulders, you likely have a triangle body type. This shape is known for its beautifully defined lower body and can be wonder

Flattering Lingerie Styles

For a triangle body type, the goal is to balance your proportions by accentuating your upper body while providing a comfortable and flattering fit for your hips. Babydolls are a fantastic choice, as their flowy fabric skims over the hips and draws attention to the bust, creating a balanced silhouette. Plunge bras can also work wonders by enhancing the bust and creating the illusion of a fuller upper body. A-line chemises are another excellent option for triangle shapes. These lingerie pieces skim over the hips without clinging, offering a flattering and comfortable fit. Additionally, look for lingerie with embellished or detailed tops to draw the eye upward, further balancing your proportions. Push-up bras and strapless styles with intricate designs can help highlight your shoulders and bust, enhancing your overall silhouette. When choosing lingerie, aim for pieces that draw attention to your upper body while comfortably fitting your hips and thighs. By selecting the right styles, you can create a harmonious look that celebrates your beautiful, curvy shape. Enjoy the process of discovering lingerie that makes you feel confident and gorgeous



INVERTED TRIANGLE



Affirmation:
*"My strong shoulders and elegant upper body exude
confidence and poise."*

Understanding The Inverted Triangle Body Type

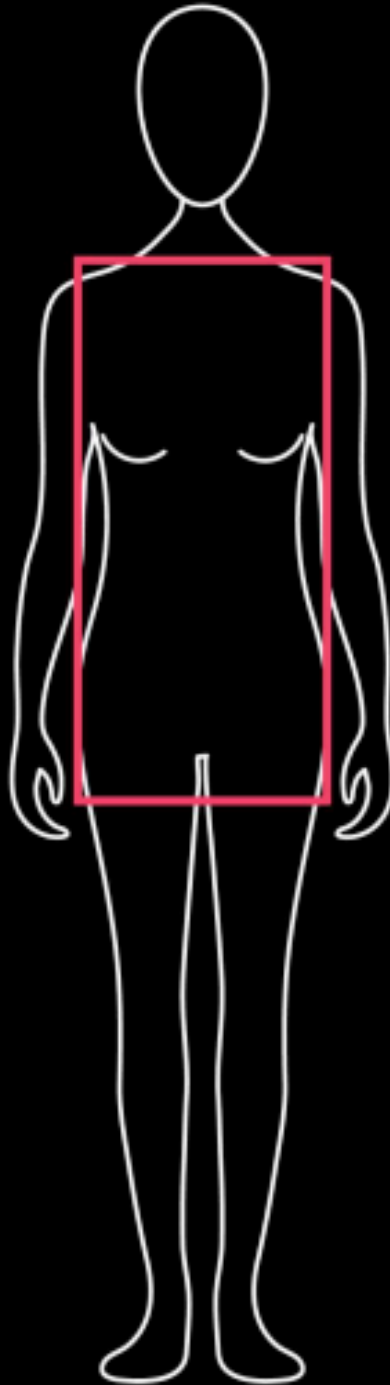
An inverted triangle body type is characterized by broader shoulders and bust compared to the hips. If your measurements show that your shoulders or bust are significantly wider than your hips, you likely have an inverted triangle shape. This body type is often associated with strong upper body and can be beautifully flattered with lingerie that creates balance and enhances your natural shape.



Flattering Lingerie Styles

For an inverted triangle body type, the key is to balance your proportions by drawing attention to your lower body and creating the illusion of a fuller hip area. A-line babydolls are an excellent choice as their flared bottoms add volume to the hips and draw the eye downward. Hipster or boyshort panties can also help create a more balanced silhouette by adding curves to your lower body. Plunge bras are perfect for inverted triangles because they create a deep V-neckline that elongates the torso and softens the shoulders. Opt for bras with minimal padding to avoid adding extra volume to your bust. High-cut briefs and lingerie with ruffles or lace details on the bottom can also enhance your lower body, creating a more proportionate look. When selecting lingerie, focus on pieces that enhance your hips and balance your strong upper body. By choosing styles that draw attention downward, you can achieve a harmonious and flattering silhouette. Celebrate your unique sh

RECTANGLE



Affirmation:

"My athletic and straight silhouette is the epitome of strength and grace."

Understanding The Rectangle Body Type

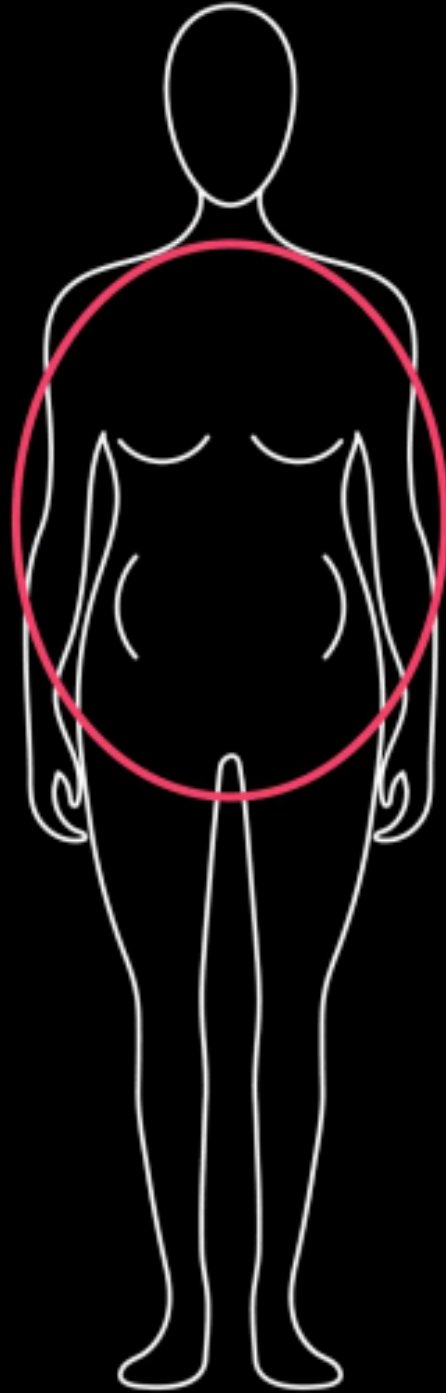
A rectangle body type, also known as an athletic or straight body type, is characterized by fairly uniform measurements of the bust, waist, and hips, with little definition at the waist. If your measurements show that these areas are roughly the same width, you likely have a rectangle shape. This body type often has a more linear silhouette, and the right lingerie can add curves and definition to create a more contoured look.

Flattering Lingerie Styles

For a rectangle body type, the goal is to create the illusion of curves and define the waist. Push-up bras are an excellent choice, as they enhance the bust and add volume, creating a curvier upper body. Balconette bras also work well, providing lift and emphasizing the bust line. High-waisted briefs and bikinis with side ties can add volume to the hips, helping to create a more hourglass silhouette. Look for lingerie with ruffles, lace, or other embellishments around the bust and hips to add dimension and enhance your curves. Bodysuits with strategically placed cut-outs or color blocking can also help define the waist and add shape to your figure. Wrap-style lingerie and belted robes can cinch the waist and create the appearance of a more defined midsection. When choosing lingerie, opt for pieces that add volume and curves where needed, enhancing your natural shape and making you feel confident and beautiful. Celebrate your body with styles that create a flattering and feminine silhouette.



ROUND



Affirmation: "My fuller midsection and curves are a reflection of my nurturing and abundant spirit."

Understanding The Round Body Type

A round, or apple, body type is characterized by a fuller midsection, with the waist being about the same size or wider than the bust and hips. If your measurements show that your midsection is more prominent and your bust and hips are narrower, you likely have a round body shape. This body type often has slimmer legs and arms, and the right lingerie can enhance your best features while providing support and comfort.



Flattering Lingerie Styles

For a round body type, the goal is to create a balanced silhouette by defining the waist and drawing attention to the bust and legs. Empire waist babydolls are a great choice, as they draw attention to the bust and flow gracefully over the midsection, creating a flattering and comfortable look. A-line chemises also work well, as they skim over the waist and hips without clinging. Shapewear bodysuits can provide excellent support and create a smooth silhouette, helping to define the waist and enhance your curves. Look for bodysuits with built-in bras for added lift and support.

Deep V-neck bras and tops can elongate the torso and draw attention to the bust, balancing your proportions and adding a touch of elegance. When selecting lingerie, consider pieces with vertical lines or patterns that elongate the body and create a slimming effect. High-cut panties can make your legs appear longer and draw attention away from the midsection. By choosing styles that provide support and highlight your best features, you can feel confident and beautiful in your lingerie. Embrace your shape with pieces that make you feel comfortable and empowered.

Our Favorite Places to shop

aintborntypical.com

bluebella.us

agentprovocateur.com

us.honeybirdette.com

playfulpromises.com

yandy.com

adoreme.com

lanebryant.com

torrid.com

fredericks.com

hipsandcurves.com

shein.com

amazon.com

victoriassecret.com

aerie.com

savagex.com

fashionnova.com

thistleandspire.com

avidlove.com



Congratulations

You've made it to the end of our Ultimate Guide to Choosing the Right Lingerie for Your Body Type. We hope you've found this guide helpful and empowering, giving you the knowledge and confidence to select lingerie that enhances your unique shape and makes you feel fabulous. Remember, the right lingerie is about more than just looking good-it's about feeling confident and embracing your beauty. Now that you know which styles flatter your body type, it's time to put that knowledge into practice and indulge in some lingerie shopping!

Ready To Celebrate Your Body With A Boudoir Experience?

There's no better way to celebrate your newfound confidence than with a boudoir session. At House Of Venus Boudoir Studios, we specialize in creating an unforgettable experience that highlights your beauty and makes you feel empowered. Whether you're looking to capture stunning photos for yourself or as a gift for someone special, our sessions are designed to make you feel like the goddess you are. Book your boudoir session today and take the first step towards an empowering and transformative experience. Visit our website or contact us directly to schedule your session. We can't wait to help you celebrate your beauty and confidence! Thank you for taking the time to read our guide

www.boudoirparlor.com