

Title:

Prom Dresses Guide: Find the Prom Dress that Flatters Your Silhouette

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Summary:

Before you start shopping for a prom dress, it's helpful to know which dress styles will best complement your body type. Use this helpful prom guide to determine the shape of your body and which dress styles will work for you...

Keywords:

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Article Body:

Prom time is almost here and choosing from so many styles and shapes of prom dresses isn't easy. It takes time and patience to try on all those prom dresses, hoping to find just the right dress for your special evening. You should first find a prom dress that flatters your body type, or silhouette. Use the guide below to find out what type of body shape you have and which prom dress will best complement your shape.

Determining Your Body Shape

It's important to determine your body shape before you start shopping for prom gowns. Once you know which types of prom dresses will best suit you, you won't waste time trying on those that won't.

Are you Thin and Tall?

Here's a way to tell: Your body is straight and slender, has few or no curves, and your bust is average in size. Your height is 5' 6" or taller. If you meet these criteria, you'll want to buy a prom dress style that adds curves, shows off your long legs, flows gracefully to reveal your slim silhouette, and adds fullness to your chest.

Try on dresses with several different neckline styles including v-neck or an open neckline to see which looks best. Also, dare to try a dress with a cutout back. Some prom dress styles to consider are empire, sheath, ball gown, and a-line.

Are you Petite?

If you are 5' 3" or shorter with a small build and an average sized bust, you'll want a dress to complement the petite such as an empire, sheath or a-line prom gown. With a slit, you can make your legs appear longer. Or, you can look much taller by wearing a dress with a short hemline. The hemline might be ruffled, handkerchief, hi/low, or asymmetrical - whichever best suits you. There are also a-line and empire styles to take emphasis off your waistline if you are short-waisted. Your neckline could be sweetheart, halter, or v-shape.

Do you have an Hourglass, Pear, or Apple Shape?

With an hourglass shape, you are curvy with a medium-to-large sized bust. Your bottom is rounded and you have curvy hips. You can show off the curves with a sheath dress or de-emphasize them somewhat with a ball gown or a-line dress. To place more emphasis on the upper portion of your body, choose a dress with an embellished neckline.

With a pear shape, you are probably bottom-heavy, meaning your hips, thighs, and bottom are larger than the upper portion of your body. Choose prom dresses that flatter the upper half of your body such as a-line, empire, or ball gown dresses with a circular halter neckline. Or, a strapless dress might do the trick.

If your body is apple-shaped, your mid-section is probably heavier or thicker than other parts of your body. Maybe your tummy is larger than you would like. Choose dresses that take the emphasis away from your mid-section. An empire gown might work best with this type of figure. An a-line dress can work well too if you have a bodice with boning to give it a slimming effect.

Are you Athletic? Do you have a Large Build?

If you are muscular, have broad shoulders, or a large bust, choose a prom dress that will give you a feminine shape such as a ball gown or empire style dress. The full skirt will immediately add shape at your waistline. With broad shoulders, you might find that trying to cover them with wide straps or sleeves will make them look even wider. Try on a few strapless prom gowns first. You might be pleasantly surprised!

If you have a large bust, be sure your prom dress offers proper support. Choose v-necks or halters and either an a-line or ball gown. To draw attention away from your chest, wear a prom dress that has eye-catching details at its hemline.

With a full figure, there are more styles today than ever in plus size prom

dresses. Don't feel uncomfortable on your prom night by trying to squeeze into a smaller gown. Find a dress that fits your body size and flatters your figure.

More "Accentuating" Prom Dress Ideas

There are even more ways you can accentuate certain areas of your body. Prom dresses can also come with stylish features such as beaded panels, a fully beaded bodice, accordion pleating, a jeweled beltline, embroidery designs, sheer overlays, trains, and removable skirts.

Use these tips to get an idea of what style will work best for your body type before you start shopping. Check online to look at various styles and colors. Most online stores carry a variety of dresses including prom dresses, evening dresses, and bridesmaid dresses, so you'll have no problem finding just the right dress.