

The Perfect Wedding Dress- Princess Style

For most girls one of the major perks of being young and adorable is the ability to dress up as her favorite princess. Unfortunately, as an adult, running around with a tiara on your head is frowned upon unless it is Halloween, your birthday, or the day of your wedding. Yes getting married is one of those rare times when you can regress back to the glorious days of yore and show the world your inner princess with all the magnificence she deserves. Every woman deserves to have that one day where she is Cinderella being carried away from everything by Prince Charming in his royal coach. But should you be dressed as Cinderella or are you better suited to wear something more like Jasmine? As with any other clothing choice, finding the perfect wedding gown should be based on what kind of body type you have, not on who was your favorite Disney heroine. By explaining the five body shapes (Apple, Athletic, Hourglass, Inverted Triangle and Pear) and matching each with their own special princess you will see there is a Disney girl for every figure. As always, Ariel, Belle, Cinderella, Jasmine and Snow White are triumphant in the quest to show every young maiden that dreams really do come true and that there is truly a princess in all of us.

Apple is the first body type and the princess you should look to for wardrobe advice is Jasmine. Now I know some of you are thinking wait a minute, hold the phone...Jasmine? Really? Someone who has an Apple body type should be trying to mask their tummy not show it off as Jasmine is always depicted. Well it is actually for that exact reason that a Jasmine style wedding dress is perfect for someone with this kind of figure. In an attempt to mimic the “Choli” shirt and “Salvar” pants worn by Jasmine, the effect of the wedding dress is often an empire waist gown, or a dress that has a lot of ornamentation on the neckline and bust without a defined waistline. These styles will highlight the usually slim upper torso while hiding the problematic mid section making Jasmine the perfect princess for an Apple figure.



The next body type is **Athletic** and your princess of choice is Cinderella. Those who have this kind of figure are very fortunate because they have the type of frame designers model their clothes after. Think of pretty much every girl on the runway and you will see the Athletic body type- slender all over with little definition between the bust, waist, hips and thighs. The key to this figure is to make it seem like there are curves where there aren't any. That is why Cinderella's style is so perfect for the woman with an Athletic figure. The magnificent detailing on the bodice, the cinched in waistline and the huge skirt; all those give the illusion of a perfectly curved feminine silhouette which is what every Athletic woman needs.



Our third body type is **Hourglass** and what better princess could match up with this figure than Ariel? An Hourglass shape is defined as having the same width in the shoulders and hips with a very defined smaller waistline. A “Mermaid” dress is the perfect style to accentuate the delicate curves of this sought after physique. Even those who are a bit curvier than others with this frame can still pull off the form fitting dress inspired by princess Ariel.



The fourth body type is an **Inverted Triangle**, which is matched up with Snow White. One of the most iconic features of Snow White's clothing is the sleeve on her dress. That is what makes her the ideal princess for an Inverted Triangle. Because the shape of this body type is a broad upper torso that narrows down into a waist hips and thighs that are all pretty much the same size it is important to down play the wideness of the shoulders. Someone that is an Inverted Triangle should never ever go strapless or wear skimpy spaghetti straps. This only adds more emphasis on the area you are trying to minimize. Always wear something that has sleeves and has very little detailing around the neckline and bust area if at all possible. If you can find a dress that has a belt or an embellished waist, this will make your figure look more curvaceous.



The fifth and final body type is a **Pear** who is teamed up with Belle to create the ideal match between a princess and her shape. Women who are Pears are smaller in their upper torso and larger in their lower half. They have slim shoulders and chest area, a narrow waist and fuller hips and thighs. In order to provide balance to this figure you want a dress that is either off the shoulders or is strapless with lots of detailing on the bodice and a full skirt that does not cling to closely to the lower part of the body. Most designers who replicate Belle's style follow this exact formula, which is why she is the perfect princess for a woman who has a Pear figure.



Most brides have an idea of what their ideal wedding dress is from the very early stages of planning, some have known what they wanted before there is even a groom. The important thing to remember is that just because you may want a specific dress, that doesn't necessarily mean it is the right dress for you. When you look back at your wedding pictures and think about the dress you are wearing do you want to say "What was I thinking" or do you want to say "Wow, I really did look amazing"? Think about the changes and challenges our princesses went through to get their happily ever after. Each girl went through a journey filled with very decisive changes to their mindset. You may have to go through the same thought changing journey when it comes to finding your perfect dress. Think about what your body type is and even if the ideal wedding gown is a thousand miles away from what you had envisioned give it a shot. Chances are when you slip it on it is going to feel like the glass slipper that can fit only one specific princess.