

Bouquets to suit your body shape

Michaela Jedinak from Joy of Colour provides advice how to find what suits you best, how to coordinate it with your wedding outfit and the rest of your wedding. After all – it's going to be one of the most – in – the- spotlight accessory.

Everyone is different to another and needs an individual and personalised advice how to dress right, so before deciding on your flower bouquet like colour, shape and type you need to know first what body shape you are, so that you can follow your body line when choosing your wedding dress and ultimately your flower bouquet.

The goal of each styling is to create balance and harmony in your overall physical appearance. Therefore the bouquet you choose should highlight and balance your overall look: It shouldn't be overpowering, out of context or proportions or even unmanageable.

The neat hour glass is considered as the perfect body shape, because it has the right proportion from waist to shoulders and hips and the hips are also perfectly matching the proportion to the shoulders.

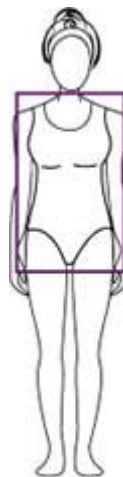
Therefore all the other body shapes will lean on this body shape in order to create the illusion of being balanced and right proportioned- the aim is about proportional dressing in your wedding dress and choice of flower bouquet.



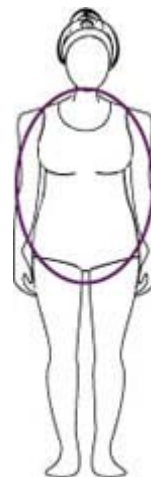
The Inverted Triangle



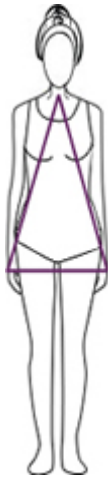
The Lean Column



The Rectangle



The Apple



The Pear



The Neat Hour Glass



The Full Hour Glass

Once you know which body shape you are you will know which wedding dress lines and shapes work best for you.

Wedding dress shapes

There are many styles to choose from, but keep in mind that depending on your body shape you won't be without limit when choosing your dress. Again it is all about proportional dressing, so that you can underline your best features and hide the ones, which are not your best.

Read more about [wedding dress skirt shapes](#) to find the bridal gown that's best for you.

When choosing your flower bouquet you need to follow the same principles when choosing your wedding dress and veil (like colour and shape). They have to follow your bodyline and being in the right proportion to your body shape and scale and (need to be colour coordinated to your personal white and also reflect your wedding style)



Round



Cascade



Presentation/ Pageant



Spray



Nosegay

Neat Hourglass

You can carry off any style and shape of flower bouquet, but keep in mind that it has to be in your scale and it complements the line and shape your chosen wedding dress.

Full Hour glass

Your shape is as in proportion as the neat hour glass, just with the difference that your scale is bigger.

Avoid: Petite Flower bouquets

Triangle/ Or pear

Your are fuller around your hips than shoulders.

Avoid: Triangle flower bouquets

Inverted Triangle

Your shoulders are more dominant that your hips

Avoid: Petite flower or long and straight shapes

Lean Column

Your body shape and scale are petite and straight- almost a boyish figure.

Avoid: Chunky shapes or long and straight lines.

Rectangle

You don't have much of a waist, but you have a straight line between hips and bust.

Avoid: Petite or long and straight lines

Round/ or apple

Your fullest point is around your tummy and waist.

Avoid: Petite or round shapes and/ avoid to wear them at your fullest point

General tips:

- Small round clusters of flowers are easy to carry, but they need to be in proportion to the dress and bride
- Big gowns need the balance of bigger and denser bunches of blooms, but keep the overall shape and look in mind
- Cascade (waterfall-like spill of blooms) needs some height- not optimum of short brides
- Pageant(a longer, hand-tied bouquet with stems showing- carried sideways-draped over the forearm) is not the best option for brides with big arms or broader shoulders
- Sheats and short dresses look mostly best with smaller or petite bouquets or just with single stems.
- Your flower bouquet needs to reflect the overall tone of your wedding, but if your dress is simple, don't be afraid to go bold in colour or style
- Keep in mind that your flower bouquet is grander than those carried by your bridesmaids. Theirs show showcase yours by complementing its colour, style and shape

Written by Michaela Jedinak from [Joy of Colour](#).

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