



HEADSHOT STYLE GUIDE

After 12 years dressing women for photos — from editorials and advertisements to professional portraits and engagement shoots — the primary question I still get is, “What do I wear for my body type?” This Style Guide is my answer.

(Bonus: Each featured item is available for sale. Click on its image to purchase.)

“The right fit is essential, then comes color. The rest you can cheat.”



ALL BODY TYPES

The universal flattering and versatile garment to be photographed in is a three-quarter sleeve top or dress with a scoop or v-neck in a rich color like blue, purple, or red.

LARGE BUST OR SHORT NECK

Skip high necklines, like a crew neck or turtleneck for a photo shoot. Instead go for a scoop neck or soft v-neck. If you really want more coverage, a boat neck or ballet neckline is far more forgiving.



SHORT WAISTED

If you have a short waist, a dress creates a longer line for your torso than a pant or skirt. If you want to do separates, skip a belt, and go for a medium-rise skirt or pant. Low-rise can be flattering, but tends to create a muffin top for most ladies.

LARGE ARMS

Any kind of fitted longer sleeve is flattering, as is a high cut cap sleeve or angled short sleeve. If you are going sleeveless, a strap that sits at an angle slims the arm.





WIDE HIPS

A pencil skirt or slim straight leg pant is very flattering for wider hips. Pair with a tucked in blouse to balance out the volume below. If you also have a larger bust, a fit and flare dress can be very flattering.

APPLE BODY

If you hold your weight in the stomach, a tucked in blouse camouflages the belly. An A-line skirt or dress is also friendly, as is a flared skirt or dress.



WIDE SHOULDERS

Skip square necklines, like a tank top or dress — these will widen and square up your shoulders. Instead, interrupt the horizontal line of your shoulders by creating diagonal lines with raglan sleeves, high cut cap sleeves, or chevron stripes.

JEWELRY

Make sure all your jewelry is the same metal tone and texture. I generally encourage classic jewelry like hoops, drops, and simple rings so the images are more timeless. I love bold jewelry, but trendy jewelry will date a picture faster.



EXTRA JEWELRY TIP

When wearing bold earrings, skip a necklace. Even the most complementary necklace will crowd a bold earring. Plus, a bare décolletage is slimming in photos.

HAIR UP

If you're being photographed with your hair up wear bold drops or statement earrings. Amazing earrings can take the place of flowing locks.

