



## How to find your true body type

1 message

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Wed, Oct 26, 2016 at 12:07 AM

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# WHY THE *hourglass myth* is hurting YOUR STYLE

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Hey Team,

Do you really know what your true body shape is? Or are you hung up on the body shape you wish you had?

At design school this summer, my instructors challenged me to key in to what type of silhouette my clothing line would showcase. This was a big takeaway for me as it got me to really evaluate what I like in a silhouette.

The verdict? The garments in my clothing line will create an hourglass silhouette — which I am super excited about.

But here's the thing: although I like to create an hourglass silhouette when I'm dressing myself, I am under no delusions that my body actually has an hourglass shape. (I'm currently repping the Triangle.)

Traditionally the hourglass has been the most popular and talked about body shape, so many women mistakenly think it's the most common or "normal," and that it's the body type they have.

Actually the opposite is true. Most women believe they have an hourglass figure, but in reality only 8% of women are an hourglass.

Which means that most women who believe they're an hourglass... are not.

And at this point you're probably staring at the screen thinking...

"Really? Does this even matter?" or

"Crystal, you're crazy - I am totally an hourglass!"

But as a stylist who's dressed hundreds of women over the years, I can tell you that knowing your body shape really is important.

Shakespeare gave out some great advice when he wrote “To thine own self be true.”

I’ve found over and over again that when you dress for the body type you want to have – and not for the body you actually have – you end up dressing poorly, because your clothing doesn’t flatter your shape.

One of the most empowering things you can do for your style is to take your measurements and find out your true body shape.

Because when you know your true proportions, you can dress yourself to create whatever silhouette you want.

Even if you’re 100% sure you’re an hourglass (okay, especially if you’re 100% sure you’re an hourglass!), I encourage you to do this for yourself.

To help demystify the process, I’ve created an episode of Crystal Cave TV that gives step by step instructions for taking your measurements and finding your true body shape.

This episode came out earlier in the year, but I’m sharing it again to set you up for success as you update your wardrobe this fall.

[Click here to find out your true body type!](#)



And if you're feeling frustration with dressing your body, I've got a Stylist Secret to share:

The wrap dress is universally flattering on all body types. Whether you’re an hourglass, triangle, circle, inverted triangle, or rectangle — a great wrap dress is both flattering and forgiving.

Check out some of my fave Fall wrap dresses below, and you can find even more [on my blog](#).



10/30/2016

Crystal Cave Mail - How to find your true body type



Xo,

Crystal