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Trinny and Susannah refine the basic
female body shapes to include twelve
distinct body types as a basis for
selecting the best clothes □ which one
are you? Group 1 Body Shapes □

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Bible Book
Broad shoulders no defined waist. The Apple. This body shape is characterized by the tummy being the largest part and a generally rounded and soft shape.

Trinny and Susannah's 12 Body Shapes - Body Shape Calculator
Susannah Constantine and Trinny Woodall have decided there are 12 body types amongst females. The premise of their book is to pay less attention to one's dress size and pay more attention to one's body shape -- how the parts fit together to make the whole. Each shape has challenges and attributes to emphasize.

The Body Shape Bible: Amazon.co.uk:
trinny-and-susannah ...

I want to further illustrate this point by examining the 12 shapes that Trinny

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and Susannah have identified 12
hourglass, cello, vase, bell, skittle,
goblet, pear, lollipop, cornet, apple,
column and brick.

The 12 Shapes Of Trinny & Susannah - Body Shape Style

And the best person qualified to name
your Trinny and Susannah body shape
is you! To help you do that (hopefully)
I've put together a Trinny and
Susannah body shape quiz. So, get
down to your underwear (very
important as clothes create optical
illusions) and look at yourself in a
mirror. Look at yourself front on, from
the side and, if you ...

What Trinny and Susannah Body Shape Am I?

Nut now TV style gurus Trinny
Woodall and Susannah Constantine

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say they have found the formula that will enable every woman to transform herself. In their brilliant new book, *The Body Shape Bible*,...

Trinny and Susannah show off the clothes to suit their 12 ...

But now TV style gurus Trinny Woodall and Susannah Constantine say they have found the formula that will enable every woman to transform herself. In their brilliant new book, *The Body Shape Bible*,...

Trinny and Susannah reveal 12 women's body types - which ...

Body Shape Calculator. Dressing for your body shape is one of the easiest ways to improve the way you look with only a minimal amount of effort.

However, before you can choose the appropriate clothes for your shape,

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You need to know what shape you actually are. Our body shape calculator is based on Trinny and Susannah's 12 body shapes and since 2013 it has helped thousands of women find their shape with just a few short questions.

Body Shape Calculator - Use our body shape calculator to ...

Trinny and Susannah's pear shape is defined as: small tits, long waist, flat tummy, saddlebags and heavy legs. Ok. Ummm...but what does that mean. Basically you have big thighs. In contrast to a Cello who also has big thighs, your top half is pretty small, which sadly makes your thighs look even bigger. In fact your whole leg is likely to be ...

Trinny and Susannah: The Pear -

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Body Shape Style

Trinny and Susannah's the Apple is described as average tits, tummy bigger than tits, quite flat bum and ok legs. If you're an apple the best way to describe you is round. Your tummy is your widest part and pretty much dictates what you can and can't wear.

Trinny and Susannah: The Apple - Body Shape Style

The All In One Body Shaper has adjustable straps and allows you to wear your own bra. It's perfect for smoothing the tummy and gets rid of any lumps, bumps a...

Trinny & Susannah - The All In One Body Shaper - YouTube

We currently stock 3 lovely items of Trinny and Susannah shapewear. The All In One Body Shaper is the absolute

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Best Seller It is such a good all rounder. It slims your hips, thighs, bottom, tummy, waist and the back area around your bra. It is designed to be worn with your own bra and has adjustable shoulder straps.

Trinny and Susannah Shapewear -
Flab Firming Fantastic ...

Trinny & Susannah have identified 12 classic women's body shapes. In each case, it is proportion, not size, that matters. So whether you are a skinny, average or larger Skittle, Cello, Apple or Pear, the same principles of dressing will apply.

The Body Shape Bible: Forget Your
Size Discover Your Shape ...
British style gurus Trinny and
Susannah believe each of our bodies
fall into one of their 12 different body

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shapes. Women in group 1 are those with broad shoulders but without a defined waist. Within this group are apples, bricks and goblets .

Trinny and Susannah's 12 body shapes - Women Make Waves
Prior to writing The Body Shape Bible, Trinny and Susannah conducted a survey on women that helped them to identify the twelve most common body shapes which they would then feature in their fashion advice book. They gave the shapes different names that include 'apple', 'brick', 'pencil' and 'lollipop'.

Trinny and Susannah - Wikipedia
Trinny and Susannah found fame hosting hit TV show, What Not To Wear. In an interview with The Mail on Sunday's YOU magazine at the start

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of the month, the mother-of-three revealed that she has ...

Susannah Constantine reveals she weighs less than Trinny ...

Susannah Constantine and Trinny Woodall have decided there are 12 body types amongst females. The premise of their book is to pay less attention to one's dress size and pay more attention to one's body shape -- how the parts fit together to make the whole. Each shape has challenges and attributes to emphasize.

The Body Shape Bible: Constantine, Susannah, Woodall ...

In the early noughties, taste in Britain was largely dictated by two women: Trinny Woodall and Susannah Constantine. The straight-talking double act stripped women naked,

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placed them in a stark 360-degree mirror and chucked most of their wardrobes in black bin liners during the process of the often brutal BBC TV show What Not to Wear. I imagine most households received at least one of their ...

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