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How to Dress a Heavy Hourglass Shape

By [Cenia Paredes](#), eHow Presenter

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The most predominant body type for females in America today is the heavy hourglass shape. Dress a heavy hourglass shape with help from an accomplished designer who has worked for several notable fashion houses and apparel brands in this free video clip.

Part of the Video Series: [Dress to Fit](#)



Dresses That Make Hips Look Smaller



How to Dress With Big Thighs



How to Dress a Heavy Hourglass Shape



How to Dress to Minimize the Appearance of a



Empire Waist Styles

Video Transcript

My name is Cenia Paredes and I'm a Fashion Designer. I design women's dresses and my line has a very special concept to it because this fits for the most predominant body types of the female in America. So, today, we're going to discuss how to dress with the different body types and how to take advantage of your assets and balance out your figure by choosing the right outfit to wear. If you're lucky enough to have an hour glass type of body, well, celebrate because this is the most desired body type and the reason why is because it is ideal, it has a balance chest and hips and a small waist and any kinds of details towards the bust will accentuate your, your features and your assets. Details of the bottom will work fine as well, just accentuate your waist; this is one of your, of your great assets; belts, wrap dresses, work great for you. And if you happen to be heavier and have an hour glass body type, try to stick to darker colors. You can use all of the other tricks I mentioned before, but stick to darker colors and outfits that are not too tight fitting, but just the right fit and knits that are a little looser; the right fit is very important to accentuate your ideal body figure. Well, thank you for watching, I hope you learned a few things today. The idea is to pick the right outfit, the details are in the right place and the right accessories. I'm Designer Cenia Paredes, Designer of Cenia New York and my line combines all the things that we talked about that's for fits for the foremost predominant body types and is sold in specialty boutiques throughout America; it's also the beauty of Macy's this summer and is available online. We are here at Showroom New York at the heart of the Garment Center in New York City and thank you for watching.

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