

Master Your Body Shape

A Practical Guide to Understanding Your Body
and Dressing Confidently

A sneak peek into my styling workshop



Designed exclusively for women

Note: Not all women in the photos are dressed according to Bais Yaakov standards.
The images are meant to illustrate general concepts - not to promote specific outfits.

Do not use any content without written permission.



All rights reserved to Rivky Rotenberg.
Please do not share.

With over 30 years as a graphic designer

and formal fashion styling training, I've uncovered the secrets to looking and feeling fantastic in your existing wardrobe. Inspired by global experts in visual illusions and my fashion studies in Israel, I now share these simple yet powerful techniques in my workshops.

Ultimately, loving what you see in the mirror is key. When a woman feels beautiful and believes in her worth, that confidence radiates outward. It's a shame to let self-criticism overshadow your natural beauty, especially when easy styling tricks can instantly enhance your shape and femininity.



I've personally experienced the “wow, have you lost weight?” compliments simply by applying these clever adjustments. Trust me, it works!

I believe with all my heart that a

Jewish woman is a queen — and she should feel like one and look like one.

It's so important that we, as women, look great and feel good about ourselves at every age, in every shape, and at every stage of life (or diet!).

A joyful, confident woman fulfills her purpose in the best way and brings more light to her service of God.

When a woman truly feels her worth and radiates it — everyone around her is uplifted.



Check out the next pages to see just how simple it is to transform your look.

You only need to learn how.



Smart styling — like choosing the right shape, size, and fit — makes a huge difference.



No filters or Photoshop here — just the same clothes worn differently. With a few small tweaks, the look becomes more balanced, more feminine, more flattering.

You can look great before you lose weight



All rights reserved to Rivky Rotenberg.
Please do not share.

You can look great before you lose weight

Understanding body shapes helps you dress better and feel your best.

It's not about "Am I thin or heavy?"
- it's about "What body shape was I blessed with?"

Here's a basic description of five classic female body types.
They appear in both slim and curvy women.
Sometimes a slim woman has a harder time identifying her shape,
but once you know your structure, you'll easily see what works for you.



H O V A X

שעון חול תות אגס תפוח מלבן



Note: These are the most common shapes — and you may be a mix of two. That's okay.
The goal is balance — moving toward the hourglass shape, which flatters everyone.

There are different terms for the same shapes. Sometimes a 'strawberry' (referring to a body type, likely) is also called an 'inverted triangle.' And you might hear about other shapes, but these are the basic ones



On the next pages, each shape is explained with key tips for how to dress for that shape.
Pay attention: The person in the picture may not always have that shape -
they're just modeling an outfit
designed for that shape.



Balanced standard body shape

Rectangle

- Shoulders and hips are similar in width
- Almost no definition at the waist

(By the way, slim women can have this body shape too)

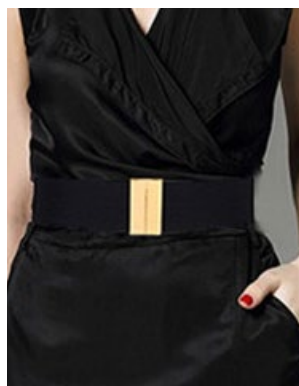
For a more feminine look:
Create the illusion of a defined waist with a prominent buckle
Widen the shoulders with shoulder pads or ruffles
Wear a flared skirt.



Goal: Create the illusion of a waist to add femininity. Use belts (same color as the outfit) with bold buckles, shoulder details like padding or ruffles, and A-line skirts.



You can look great before you lose weight



Recommended styles:

- Dresses that Give an illusion of a waist and flare at the bottom
- Belt with bold buckle to draw the eye to the waist
- Shoulder emphasis (pads or ruffles) to create a curvier shape

Avoid:

straight, shapeless dresses — they make the whole body look boxy or bulky.



All rights reserved to Rivky Rotenberg.
Please do not share.



A Rivyon Festive top with a defined waist, shoulders emphasized by the shoulder pads and Dolman sleeves



*A straight oversized dress always creates a rectangular silhouette and is therefore **not** recommended for someone who is fuller in a particular area, because it will make the entire body appear larger.*



A tie-waist dress, emphasis on the waist, with an extra layer that softens the shape



Classic feminine figure

Pear

- Narrow shoulders
- Medium-small bust
- Medium waist
- Fuller hips/bottom

For balance:
It's recommended to widen the shoulders with styles like dropped shoulder tops, puffy sleeves, shoulder pads under the shirt, and more.

Goal: Bring balance to your body by widening the shoulders visually and softening the lower body. Use shoulder details (pads, puffed sleeves), lighter/brighter tops, and darker, simpler skirts.



Shirt with extended shoulders (built-in shoulder pad).



A pattern that broadens the shoulders

You can look great before you lose weight



An open jacket with a blouse inside and a belt, to create a look that hugs the thighs less

הדפס קטן המושך את העין כלפי מעלה



A small print that draws the eye upward



A "Rivyon Fashion" blouse with puffed sleeves, broadening the shoulders, and leaving room for the hips



All rights reserved to Rivky Rotenberg.
Please do not share.

Pear

Narrow shoulders and smaller bust with fuller hips and thighs — a classic feminine shape!

Recommended styles:

- Tops with wide or extended shoulders
- Light colors and interesting prints up top
- Dark, straight skirts without pleats or volume
- Avoid tops that end at the widest part of the hips
- Prefer angled or rounded hems, and tunics that cover the upper thigh

Shift focus upward with scarves, statement necklaces, or light accessories.



אגס

A prominent chain or statement necklace draws the eye upwards, away from the hips



A bright shirt or color that draws the eye upwards

Creates the look of an inverted triangle that narrows towards the bottom, and highlights the waist in a gentle way



The 'Rivyon' inverted triangle print, which widens at the top



All rights reserved to Rivky Rotenberg.
Please do not share.



Ruffles on the shoulders and a prominent neckline

Round Rivyon Shoulder pads
not too prominent, creating the look of a natural extended shoulder

כריות של "רביון"



You can look great before you lose weight


Pear
אגס

חולצה שמרחיבה את הכתפיים



VALENTINE'S
DAY LOOK


A model's figure



Hourglass

- Braoder shoulders
- Smaller defined waist
- Wider hips/bottom

The hourglass shape is considered the "ideal" feminine look. Even if the hips feel exaggerated, the shoulders balance them, so don't forget to define and highlight the waist!



Goal:

Celebrate your waist and keep balance. Avoid anything that hides your natural curves.



Tops ending at the waist
For longer tops, tuck them into your skirt.
Avoid skirts that puff out with lots of gathers.

You can look great before you lose weight



Recommended styles:

- Dresses that highlight the waist and flare out gently
- A-line skirts with light pleats or flow
- Blouses tucked in or ending at the waist
- Avoid boxy or straight-cut dresses — they hide your shape
- Avoid long tops that cover the hips and lose the waist definition

For this shape, belts work beautifully, as do wrap dresses and all styles that are fitted at the waist

קשירה לבן



Rivyon top
with a belt
that ties at the
waist.



All rights reserved to Rivk
Please do not share



Top tucked in, flared skirt with a belt.
(Extra tip: nude-tone socks and shoes create a lengthening, flattering look.)



Avoid wearing low-waist dresses that miss your natural waistline.



Ideal dress with room for broad shoulders and a waist belt.
Avoid low-waist dresses that miss your natural waistline.



Loose, relaxed top paired with a dark belt to highlight the waist.





Cute and Round



Apple

- Weight gain appears in the midsection.
- Not much definition at the waist
- Hips and legs can be slim

For best balance: Try to draw attention away from the center area by wearing darker colors, vertical lines, and uneven shirt hems, among other techniques.

A pregnant body is also apple-shaped!



Goal: Soften the tummy area and highlight your slimmer features.
Don't go oversized all over.
Create breaks in the problem area instead of wrapping it as one block.

A pregnancy body shape can also be considered an apple shape!

You can look great before you lose weight



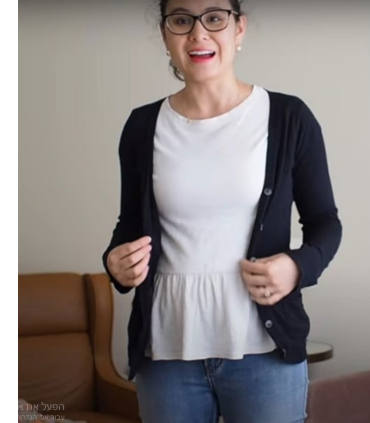
Knotted or diagonal/curved hems, are better than a straight line



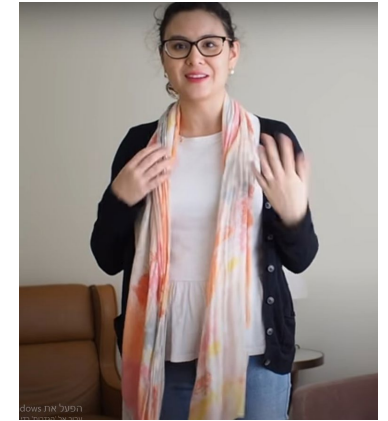
A tiered dress is great for soft camouflage.



Any color blocking, splitting the garment into two colors, visually reduces the area, whether done diagonally or with a curved line.



A slightly loose top with gathers at the waist, not too long, creates the illusion of a defined waist (definitely doesn't look like a maternity top).
The scarf adds an elongated look.



Recommended styles:

- Loose tops ending at mid-belly, paired with straight skirts
- Flowing layers over the top
- Peplum cuts that suggest a waist and flow out below it
- Vertical lines (scarves, long cardigans, color blocking)
- Tops with drawstrings just under the bust to highlight the slimmest point

Avoid oversized or straight dresses that add bulk to the whole frame.



All rights reserved to Rivky Rotenberg.
Please do not share.



You can look great before you lose weight

Apple
תפוח



Long top with a shorter jacket



High-waist knot-dress

Goal: Draw attention away from the center. Break up the torso with layers, vertical lines, and flowing hems.



Gathers above the waist



“Rivyon” waterfall cardigan – lightweight, drapes freely over everything, softening sensitive areas



Diagonal stripes create a slimming illusion



Mix of loose and fitted, with rounded hem

All rights reserved to Rivky Rotenberg.
Please do not share.



An attractive feminine shape!

Strawberry Inverted Triangle

- Broad shoulders
- Significant bust
- Medium waist
- Narrow Hips



similar in width to the waist
For best balance: Draw the eye downward by wearing flared skirts with interesting prints, wrap dresses, and peplum tops. V-neck or a long necklace also work great to direct attention downward.



Goal: Soften the top and balance the figure by drawing attention downward.



All rights reserved to Rivky Rotenberg.
Please do not share.

You can look great before you lose weight



Recommended styles:

- V-necks and wrap tops to narrow the chest
- Flared skirts and detailed hems to add volume below
- Dark tops with lighter or brighter bottoms
- Avoid high neckline, halter tops or bulky tops
- Add long cardigans or coats to divide the upper body

Let the bottom half carry visual weight - prints, patterns, and textures work well on skirts.



Twist dress – this design defines the narrowest part of the waist and gently flares out from there.



Straight dress with a bottom print that draws the eye downward and emphasizes that area.

Open neckline – paired with a pendant above the bust for added height and vertical emphasis.

Rivyon top perfectly designed for this body shape. It creates space above the waist, while the lower layer sits closer and highlights the narrowest part.

You can look great before you lose weight
Inverted Triangle
תות



Peplum top – features vertical seams, a V-shaped cut, and a defined waist. The upper section is fitted while the lower part flares out nicely and softly downward.



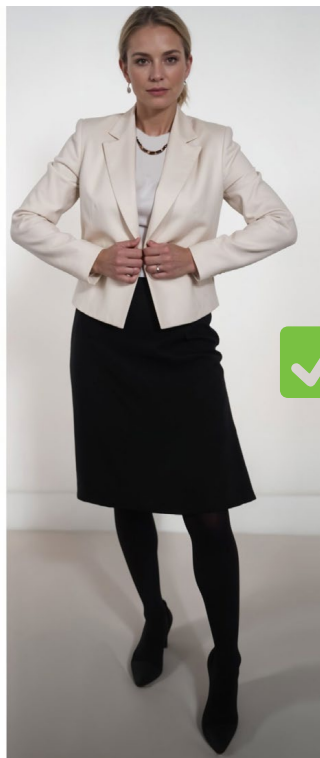
Rivyon top perfectly designed for this body shape. It creates space above the waist, while the lower layer sits closer and highlights the narrowest part.



“Bubble” top – adds volume at the bottom and narrows at the waist, making the widest area appear more delicate.



All rights reserved to Rivky Rotenberg.
Please do not share.



Smart style tips for petite women

Want to look taller,
more balanced,
more elegant?



Rolled up sleeves
Gathered hair
Same color
shoes and socks



Short jacket with
a defined waistline
creates
the impression
of a waist
A longer hemline
adds height

Same color
shoes and socks





You can look great before you lose weight

A long dress with a higher waistline creates a longer look

Low waist = shorter appearance

High waist, long dress = taller appearance

And if you're tall? Great!

Even if you gain weight, you'll still have better balance than shorter women.

A tall woman with a larger build is usually well-proportioned, while a short, full-figured woman may feel out of proportion.

In any case, if you feel you're **too tall**, avoid all the tips we gave for shorter women:

Wear longer tops that go slightly below the waist, don't wear your skirt too high or your tops too short, mix and match colors between your skirt and top, and avoid dressing in one solid color from head to toe.



All rights reserved to Rivky Rotenberg.

Please do not share.

When You Smile
The Whole World Smiles With You

You can look great before you lose weight

When you believe you are pretty
everyone who comes your way will see a
beautiful woman

The happier
you are the
more beautiful
you become

A smiling face is a pretty face



את יפה כשנחזק!

פנים מחייכות = פנים יפות



להזמנת סדנא בת שעה וחצי בירושלים
או לשאול לגבי קורס סטיילינג דיגיטלי/בזום
פני לרבקי: 050-6573470

You're
Beautiful
When You
Smile



All rights reserved to Rivky Rotenberg.
Please do not share.

If you love who you are, your personality, and truly believe you're unique and special, that alone is
enough to feel confident — and it will show on the outside.

Fun styling workshop- two sessions

Always look your best!

Save time, save money, feel great



Two 50 minute sessions filled with tips and tricks to make sure everything you wear flatters your figure

For more info and registration: Rivyon@gmail.com, 050-6573470, Rivky



תכנית חדשה! סדנא לבנות סמינר!

קס"ד

להתלבש נכון

סוד הסטייל האמיתי

וזהר ג'יש הכי אית

בואי לגלות איך סטיילינג יכול לשנות את החיים שלך
סדנה מיוחדת לבנות סמינר, המשלבת סטיילינג עם בניית ביטחון עצמי והעצמה אישית

בסדנה חד פעמית של שעתיים:

תגלי איך לבחור בגדים שיתאימו ויחמיאו לך
תבני איך לשלב בין טרנדים לסגנון האישי שלך
תכירי את הפנימיות שלך ותעריכי את עצמך
תעצימי את הביטחון שלך

ותפנימי את החשיבות של כל זה
כדי להצליח בכל תחום בחיך



rivyon@gmail.com ■ 0506573470

כתבי לי מתי נוח לך או גבשי קבוצה של 10 בנות והודיעי לי.
אצל משפחת רוטנברג, מעלות דפנה 128. כניסה ו' קומה 4.