

# **PETITE STYLE SECRETS**

## ***10 Things You Need To Know To Be A Stylish Petite***

**Sovy Lie**



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## A Little About Sovy Lie

Hello, my name is Sovy Lie and I am a Fashion Stylist and a Petite Expert.

I am known among my friends as 'The Little One' because I am Petite.

While it is cute and I always get away with most things, it has never been the same with choosing, buying and wearing the clothes I would love to wear.

The good news for you is, after years and years of being a fashion detective and a lot of trial and error, I now have the secrets to be a stylish petite without robbing the bank and utter discomfort. And it is only the right thing to share it with other Petites.

So without further adieu, please enjoy my secrets and hopefully you are then on your way to become a Stylish Petite.

*Don't forget to visit [www.SovyLie.com](http://www.SovyLie.com) and RSS feed my blog so you don't miss out on the latest news and great deals.*

# Petite Style Secrets

## SECRET 1: Size Matters Not Just Height

There is a lot of confusion surrounding Petite and who actually Petite women. Petites are all beautiful women who are 5 feet 3 inches (or 160 cm) and below regardless of the size. But as we will discover at the next chapter, there is not just 1 single type of petite women. Body Shapes do take charge. So, the petites are never just about the skinny and tiny gals that you see on the screen or red carpet.

### *Did you know that:*

- There's quite a number of celebrities on the red carpet are hot sexy and curvy petites, like Kylie Minogue, Eva Longoria, The Olsen Twins, Reese Whitterspoon, and much more?
- Petite women come in all sizes from a size 6 to size 26
- Petite women could carry different body shapes: Big on Top, Big on Bottom, Curvy, or not Curvy
- 40% of all American Women are 5'3"
- UK, Europe and Australasia average height range from 5' to 5'6"
- While nearly half of the population are petite, petite clothing is still a market that is hardly tapped into by any clothing manufacturers

### *6 Reasons Why We Should Be Proud as Petites*

1. Petite women tend to look Younger by our age because of our sizes
2. We can get away with wearing the highest heels and the flattest flat
3. People's height never justify the true character and beauty
4. We are more creative because we have to constantly make sure that everything fit nicely
5. Great things come in small packages
6. We are cute, beautiful and unique

### *Case Study*

Angela is 5 foot tall but she is also a skinny size 6. This might sound good to start with except she also has small boobs, and a flat bum. And for that she is famously known as the little one among her friends.

After being challenged with scenarios after scenarios, she is able develop her own creativity and uniqueness and apply it not just in a dressing room scenario, but also at the work place, and while going out and about.

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And so, not only that she is the best in her work, she gets away with a lot of things, especially as her beauty is not just on the outside, but also what's inside.

## *Being Petite is Like Having French Cuisine...*

Being Petite is like the beautiful French cuisine in a 3 hat restaurant. It comes small in portion, but beautiful in presentation that is just too good to eat, and you only need one small bite to know how wonderful it tastes, with excellent price tag.

If you know how to put everything together, and show off your best assets, you will always be ready to conquer anything, and no one will never underestimate your power.

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## SECRET 2: The Body Shapes

Having a petite body size from 6 to 26 is absolutely possible. But then again, body shape takes into account when you want to have the right fitting. If you don't know your body shape, you are risking looking shorter, wider, and possibly too big at the wrong places.

### *Knowing your body shape will:*

- Makes you look a million dollar after putting the correct pieces together
- Enable you to show off your true assets and hide the parts that you don't want others to see
- Can make dress so you look taller and lengthen your silhouette
- Able to create the waist and sexy curve for your body that you will just love.
- Never have difficulties in finding the right clothes again
- Makes you appreciate the true beauty that you are

### *The 12 different types of Body Shapes:*

1. Cornet – Broad Shoulder, small boobs, no waist, slim hips, long slim legs
2. Bell – Small shoulder, small boobs, small waist, short waist, big thighs and big bottom
3. Lollipop – Big boobs, slight waist, slim hips, long legs
4. Apple – average tips, tummy bigger than boobs, flat bum, ok legs
5. Goblet – broad shoulders, big boobs, no waist, narrow hips, long legs
6. Brick – broad shoulders, no waist, average tummy, flat bum, chunky thighs and calves
7. Column – shoulder same as hip width, slight waist, longer legs
8. Pear – small boobs, long waist, flat tummy, saddlebags, heavy legs
9. Skittle – average boobs, slim waist, ok tummy, big thighs, chunky calves
10. Vase – Big boobs, curving longer waist, hips same as boobs, slim tights and legs
11. Hourglass – big boobs, small waist, short waist, big hips and generous thighs
12. Cello – Big boobs, short waist, big hips, bottom and thighs, slim calves

### *Case Study*

Petite women surely have the occasional frustration in finding the clothes that fit. Whatever you do, don't do what Nadia did. Being small and all, she always ended up going to the children's department to find outfit for herself.

Now just because she is a tiny column, with small boobs, no waist, flat bum, and long legs, doesn't mean that she will still have the right fit. Why? For one, she looks 15 instead of 25. I got to admit, us gals we love to be complemented, always have that younger look, but never ever want to look as if we are still a teenager, when we surely not.

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So after sitting down with her and go through her options, she is now a proudly size 6 column with outfit collection that makes her look like her.

## *Body Shape is like Dream House Buying...*

Getting to know your Body Shape is like buying your first dream house. You know every curve, every angle, for every room in the house. You know the length, height, and the potential that each room could bring.

When you know the rooms, you will know what to do with them. Where to put the sofas, how big is the rug, which color to paint in which rooms, and the arrangement in each room.

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## SECRET 3: The Type of Clothing that Works

Selecting the wrong type of clothing for petites can be disastrous as we all know. We can either look like borrowing someone's clothes, look 20 years younger, or worse look pregnant. So it is important to put together outfits that works not only for you height and size, but also your body shape. After all, it's all about getting the right balance.

### *Knowing the clothing that works for you mean:*

- You will never waste money on disaster clothing ever again
- Save time on selecting the clothes you want to wear every day
- Look as if the clothes were custom made just for you
- You can show off assets
- Disguise the parts that you don't want others to see

### *The Top 10 Secrets in Choosing the Right Clothing for Your Body Shape*

1. It's about creating a balance between your top and bottom
2. Narrow Shoulders should wear shirts or tops with puffy sleeves or ruffles to broaden the shoulder, while Broad shoulders should keep it simple and use V neckline to cut the size.
3. Big Boobies should never a polo neck or turtle neck. Wear v neckline, deep round neckline and sweetheart neckline tops instead. A good support bra is a must.
4. Unless you have skinny long legs, never ever wear skinny jeans. Straight denim and flat fronted trousers are the best for petites.
5. If you have no waist and would like to create one, wear a fitted jackets or coats that have diagonal side pockets, and one or two button.
6. If you have smaller lower parts than your top, wear A-line skirts or flared skirts that will create that waist and hip line sexy curve.
7. To cover your tummy, wear pattern clothes that create optical illusion. A wrap dress or dresses with waist band will gathered the dress together and create a long silhouette.
8. Small Chest girls can get away with wearing deep V neck cuts, knitted tops and waist coats to bring the focus back to the centre.
9. Have your skirts, dresses and coats length up just above the knees. Only girls with bigger top can have theirs over the kneecap to balance the top.
10. Your shoes are the final touch that makes or break your appearance. Make sure your shoes create a balance. Curvy shoes for curvy petites, and no ankle straps for big ankles.

### *Case Study*

When you start observing the way people dress around you, you can get the good and bad taste in people, and some just want to hide the parts they want others to see. A particular girl that I saw the other day was petite, about 5'2", size 12-14 and was bigger on the top then

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bottom. But because her boobs were big, and it was clear that she wasn't comfortable with them, she ended up covering them in a big polo sweater fit for a size 20.

So many women will fall under this category and it is a shame really, when women with smaller boobs would actually love to have that problem.

The simplest solution that I give to her was to get her bra size properly measured. You'll be surprised how a well fitted bra actually makes big boobs appear smaller but fuller. On top of that, a V neck line will always cut the size of the boobs. So with the brand new bra and a great small print top with empire cut, she looks gorgeous.

### ***Finding the Right Clothes is Like Choosing Your Engagement Ring...***

To know the right clothes that work for you is like finding the right engagement ring you love. You need not only to get the ring size right, but also the shapes of the diamond, the style and settings of the ring, and how it sits well in your finger.

If you don't have the right set, even a beautiful ring like Princess Diana's wedding ring will look ugly.

But choosing correctly, you'll look beautiful and have it forever.

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## SECRET 4: The Basic Essentials

So many people think that to look good, you need to have all the things that are on trends at the moments. Everything on every magazine is a must have, and we need to wear whatever the celebrities are wearing on the red carpet. How sad.

The funny thing is even designers always come back to the basics, and the classics that really made to be worn by everyone, every season, for infinity. I'm not saying that don't buy the cute top or the printed dresses on the new arrival section. I'm saying always come back to your classic collection, and pair the 'in the season' clothes with them so make the look even better.

### *Having Basic Collections is important because:*

- You can always wear them as they are when you are stuck
- They might be simple but they make you look classy and charming
- When you buy the excellent quality, they last forever
- Trends come and go but real style is timeless
- You can mix and match this with what's in season without robbing your bank
- Girls want to have everything in the store, but will always pair it back to the essentials
- The Classic look makes you look like a millionaire whenever wherever

### *The 10 Elements of the Basic Essentials*

1. Trench Coat – Look good buttoned, belted or open
2. Classic White Shirt – Fitted and skim the body with no gap at bust or pulling shoulder
3. Trousers – Neutral color will simple cut
4. Skirt – A line or Pencil
5. Blazer/Jacket – Fitted with excellent tailoring
6. Little Black Dress – Hug your curve and tailored to perfection
7. Denim – Straight or boot cut with great fitting
8. Lingerie – True bra size
9. Classic High Heel Pumps – Neutral color with excellent quality
10. A great bag – Neutral color with excellent quality

### *Case Study*

Ever trying to find the right thing to wear but it seems like you have nothing in your wardrobe? You are not alone. So many women have this problem daily, and simply it is because they don't know what they have and what they bought in the past. Don't be surprise whenever you audit your collection and suddenly you find one top with a tag still intact that you bought several moons ago.

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It is important to know what you have and surely with the basic essentials in your closet, you can never go wrong and you will always have something to wear in your wardrobe. Even when going to an event and you don't know which dress to wear, you can always come home to your little black dress, or go the opposite with your fitted blazer and pants to create a tuxedo look.

## *Having The Basic Essentials Is Like Making Cupcakes...*

You can always put different icing on every cupcakes to create different flavors, but the basic ingredients will always going to be the flour, the sugar, and the eggs and baked before the icing goes on top.

When you have your basics, you can decorate them in any shape, way, or form as you like. You are still going to look good and taste spectacular.

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## SECRET 5: Shoes, Bags and other accessories are a must

The top, skirts, jackets and coats might say it all, but your appearance will never EVER be complete without your accessories. One even said that your shoes truly show the real you, the personality and attitude. I would love to disagree, but actually I am a true believer. The accessories just complete, and show that you are very detail and want everything to look great.

### *Reasons Why Accessories Are a Must*

- Add Character to your outfit, whether it's playful, drama, or dark
- Gives you the right balance, distract the attention from the unwanted areas, to the other parts that you don't mind showing off
- A \$20 shoes can make your clothes look like couture, but not necessarily the other way around
- They are handy for your theme party classics: French theme with the scarves or The 80s with the pearls and bandanas
- Jewelries add the final touch that makes your eyes shine and your skin glow
- Creativity is always refreshing
- Why Not: It's fun!

### *8 Accessories That Every Women Should Have*

1. A great bag
2. At least 2 pairs of great shoes: Flats and heels
3. Scarf
4. Brooch
5. Jewelries: Necklace, Earrings and Ring
6. Shawl
7. Hat
8. Belt

### *Case Study*

Carrie just finished work and she then realized that she had a dinner to go to. There was no time at all to go home and get changed. What would a girl do when she all dressed up in black and black for work? Luckily she remembered leaving her brown shawl in her car and she always

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brings a make-up bag with her. So, off she went to the toilet to freshen up, put a more dramatic eyes, sprayed some perfume, creatively swivel her shawl around, and oh la la, who knows that one single addition to the look can completely change the tone of her outfit.

## *Accessories Are Great Endings in Great Movies*

When you wear accessories, it creates the final touches that leave everyone to the next level. No want ever want to watch a great movie for 2 hours in the cinema just to realize that it has a crap ending. Changes the mood completely.

Same thing with accessories, if you don't put a little something together to balance your look, you can look plain and bear. But then again, only with the right accessories that your complete look will be absolutely brilliant.

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## SECRET 6: Quality always surpasses Quantity

Never think that when you have so many clothes that you are actually have it all. If you are missing your basic essentials just like in previous chapter, then you still don't know how to become stylish. There will be basic things that you need that will be an expensive investments, and you have to save really hard for it, but it is always better to have 1 good pair of boots that last for 5 years, then having 10 pair of boots that will break on the second wear.

### *Quality Goods Are Amazing...*

- High quality items last longer
- Having too many clothes could only mean that you have more than 1 of similar items
- Quality clothing doesn't mean Expensive clothing – be a smart shopper
- You can always buy things that complement your basic collections
- Good quality lies in the materials, detailing, and the well cut patterns
- You feel different when you wear high quality products
- You can wear them again and again and again without losing the effect

### *6 Things to Watch Out For When Buying Quality Products*

1. Materials – Too much Polyester can look to like plastic. Make sure you are buying a great one
2. Stitches – When there's loose threads in many places, you know it has been poorly made
3. Shape – Is the clothing look alright, and not out of shape
4. Lining – Every jacket, coat, and dress should have a lining
5. Zipper – Properly fasten can glide smoothly
6. Shoe Toes and Heels – they are beautifully shaped and slightly tapered

### *Case Study*

Audrey Hepburn shows us how to dress in impressive style on Breakfast at Tiffany's years ago, but the talk about what she wore during the movie will never go away. Remember the beautiful amazing trench coat, the black little dress, the shoes, and the amazing detail on accessories? I can tell you that they wouldn't be able to pull out the same string if they didn't dressed her up in great quality products.

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## *Great Quality Products Is Like Eating Great Quality Chocolate*

Great quality chocolate can be expensive, yet so many people are continuing to buy. This is because while you are just so tempted to buy all of them, the taste of the chocolate will speak by itself. You don't want to keep on eating them so that they can last a little longer, even if it's for another minute, or hour, or day.

Quality Clothing is like that, you want to make sure that you can always go back to classic and you will always come back to the same collection to give the oomph factor.

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## SECRET 7: Make Them Last

A great collection is only as great as the owners. It has taken you a while to find all the pieces that you love, some I'm sure are not cheap. So, now that you have your fabulous collection, it is time to take care of them. There's nothing wrong with taking out all of your pieces for seasonal audit and cleaning and you might still find the things that you forgot you have.

### *Why do you need to make it last?*

- It is an investment. You already spend so much, but they will not take care of themselves
- You can pass it down to your sister, children or grandchildren, or maybe someone else
- It is a great responsibility crash course. How you do one thing is how you do everything
- You don't have to keep on buying new things to keep on looking like a million dollars.
- Vintage is here to stay. So, keep it chic, and make it last.

### *8 Tips to Make Your Collection Last*

- Wipe your shoes after going out in the snow as salts destroy leather
- Hang your shoes in the shoe tree when it's wet
- Make sure you wash all your winter wear before you store them. The last thing you want is to have all of them smelly and have to wash them out again in winter.
- Hang all your knits flat
- Hang dry your clothes if possible. Putting them in the dryer only make them shrinks, and your lycras will only expand on the dryer
- Read the care instruction when you wash them. Separate the whites and the colors, the cold wash and the warm wash.
- Wash your denim inside out so that the colors won't change
- Wipe your bag with body lotion or just damp cloths. Never use baby wipes or anything that has fragrance as it is only destroy the skin

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## *Case Study*

Last winter time and Susie was taking her winter collection out from the attic. And when she took them out, it filled the room with an awful smell that almost made Susie gasping for air. Then she remembered that she hadn't properly washed all her winter clothes before she packed them and moved them to the attic. So, she had to pay the price by washing all of them again in the winter. And because she needed to use them ASAP, she had no other choice but to dry clean them. But my oh my, the day couldn't turn into worst; one of her favorite knit top now had a hole in them. Something must have caught the knit during the wash. Tried to fix it, but there was nothing else she could do to fix it.

## *Care Your Collections is Like Growing Your Plants*

Taking care of your collections is like growing your plants. You need to water them every once in a while, feed them, and make sure they are saved from the bad things that destroy them.

While your collections will not grow taller or bigger just like the plants, they will last longer. And if you buy great materials, they might just live older than your dying plants.

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## SECRET 8: know When to Say Goodbye

Sometimes it is so hard to get rid of the things that you don't wear anymore. We, human are very clingy to the feeling that we got when we buy things - The smell, the touch, the feel. You have to admit, you never really buy a piece of clothing, a pair of jeans, or a very expensive bag. You bought the feeling that your outfit is giving you: sexy, bootilicious, and luxurious. But that means it's going to make it hard for you to let them go when it's time to say goodbye.

### *Signs to Say Goodbye to Your Some of Your Old Clothes:*

- Your pants are getting too tight for you to wear
- There are holes that can't be fixed or covered up any longer
- The outfit is not supporting you in any way, make you look bigger or shorter, or bad in the wrong places
- You don't wear them anymore, there would be even some that you never wear
- You don't like them, you can't even remember why you bought them
- You just want new clothes and there's no space to put them anymore

### *5 Things You Can Do With Your Old Clothes:*

1. Pass it on to your sister, children, or others in need
2. Sell them on eBay or do a garage sale
3. Bring them to your tailor and see if they can 'renovate' your outfit into something completely new and different
4. Cut them into pieces and turn them into cleaning cloth
5. Just put them into the bin
6. Some clothing is recyclable, pay attention to the ones that can and cannot.

### *Case Study*

More and more people are going green by recycling their clothing. This is supported by the fact that more and more people take vintage clothing trend and recycled clothing trend very seriously. How do I know this? Look at the celebrities, they even have their personal stylist to run around to vintage shops and get them an awesome fit.

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Of course at the same time, there's also the economic downturn and natural disaster when more and more people are in need for more clothes. And with the good heart of the people, donations are pouring in. This clearly shows that when the need is strong enough you can actually say goodbye.

## *Saying Goodbye Is Like Going Back From a Great Holiday*

When you went overseas for holiday, you know that you have to say goodbye sooner or later. No matter how much you love the cities you visited, the people and the culture and you would want to stay forever if you could, you have to go back home. So, all that you left with are the memories and the pictures of you over there.

Your clothes are no different. You know that it's time to part and no matter how good or bad the memories that these clothes have left you, you still have to say goodbye and move on.

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## SECRET 9: The Shopping Places to Go

With so many places to go these days to shop and so little time, you can only choose selected places, and you want to make sure that your shopping experience is a great one. Plus you also want to make sure that the places you go to cater the clothes of your body type and sizes. But then again it all depends on your shopping character.

### *Examples of Places to Shop*

- Direct Factory Outlet Mall
- Sample Sales
- Small Ethnic Boutique
- Vintage Clothing Shops
- Online
- Shopping Centers

### *There are 3 types of Shopping Personality:*

1. The Cheap Buy All – when quantity matters more than quality
2. The Inexpensive Founder – Love finding well made low cost things
3. The Bargain Hunters – Expensive clothing with fantastic discounts

Which one are you?

### *Case Study*

Nina loves branded products not because of the label, purely because most of them have really good quality materials and they have a great attention to detail in finishing. But she knows that they are expensive, and it's not something she can buy all the time. So Discount Factory Outlets to the rescue. By going there than normal shopping centers, Nina could save up to 75% of retail price. So the only thing that she will need to worry about is which one to buy.

### *Shopping is Like Going Fishing*

Going shopping is like going fishing. You need to know what you're looking for first before going to the place that might sell what you are planning to buy. By going to the right place, bringing

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the right amount of money to spend, you can start fishing for the right clothes and once you are hook, you just have to have it.

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## SECRET 10: Walk with Confidence

The final step to be the Stylish Petite has nothing to do with what you wear, but it has EVERYTHING to do with you. There is no point wearing branded clothing from top to bottom, in and out when you walk slouchy and cannot even smile. No matter what you are wearing, your personality is what going to sparkle up your day even more, and people will want to smile and talk to you.

### *Why Confidence?*

- Because it makes you look stylish
- Because you are worth it
- Because it's easy, it's simple, it's fun
- Because you are better than you think you are
- Because clothes are just an accessory to cover your body but not your personality
- Because you deserve to be treated with respect

### *The 7 Steps to Walk Stylishly*

1. Stand straight
2. Shoulder open
3. Chin up
4. Look ahead
5. Feel confident
6. Walk gracefully
7. Smile

### *Case Study*

Tasha is a shy girl. She never had the confidence to dance in the club; she rather stayed at home and watches TV. But it was her best friend's birthday and she wants to go dancing. So, she dressed up for the occasion, came to the party and sat in the corner. Her friend noticed her sitting down and asked to join her for a dance. At first she refused, but because it was her birthday, she couldn't say no. After dancing to 2 songs, Tasha couldn't help but start dancing with confidence, and oh boy she can dance. She kept smiling the whole night, never went back to the lonely corner, and actually came home with a couple phone numbers. Well done I say.

### *Confidence is Like Fairy Dusts*

Having a great confidence is like having Tinkerbell's fairy dust. One throw of the dust, you'll fly away and people will look at you and want to get to know you as if you have the magic power.

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**If You Have Come This Far And You Are Serious I Will Give You A Free 30 minute Private Session Along With 1-Day Event (Valued at \$297)... To Get You On The Right Track To Be A Stylish Petite...**

Hello again.

Well, if you have gotten this far, I am assuming you have not simply skipped to the back page to find out the thrilling conclusion to this story. I am assuming you have read the entire e-book and are in the midst of putting together stylish outfits.

**If this is the case you are in the top 2%.**

Most people will read this, maybe get 10% through it, get excited, talk about it to those close to them to show off their newfound knowledge and even profess that it will improve their image and be stylish but with their own style.

The reality is, however, that very few of them will even do a proper wardrobe audit or carefully figure out the outfits that match their body shapes.

But you're different, right? You're not one of these people who will talk it up, but do nothing, are you?

You're going to make it happen no matter what, you're going to put this into action and make it happen, right? I am right about you, aren't I?

If that is the case, you may need a little advice to get you going. So, here's what I have for you.

Go to [www.SytlishPetiteWorkshop.com](http://www.SytlishPetiteWorkshop.com) and...

**Be one of the first 50 visitors, and I will also give you a FREE 30 minute private session. You can come as my guest!**

**This offer is only valid for the first 50 people who the ticket to my next Stylish Petite Workshop. Enter Promo code: FREE COACHING**

[Click here now](#) to avoid the massive distress and disappointment you will feel if you don't get my help. (Yes, I am only kidding but you still may shed a tear if you miss out...)

Warm regards,

*Sovy Lie*