

A woman with dark hair pulled back, wearing a green dress with a yellow leaf pattern, is smiling and holding a white measuring tape across her chest. The background is a stone wall with some greenery. The text 'Know Your BODY SHAPE' is overlaid in white, with 'Know Your' in a smaller font and 'BODY SHAPE' in a larger, bold font.

Know Your BODY SHAPE

Free e-guide

Do you know what your BODY SHAPE is?

I lost 1kg with this diet? Is it okay to wear a fitted pant?

Women table talks are surrounded by body and weight. And I am not generalising this, we love to dress up and if you think knowing your body shape is the key, well then this document and the course will challenge and help you understand that in detail.

We CANNOT place all the women in the world in those 6 body shapes.

Your Unique Body Code in 3 Simple Steps is short informative guide which will give you an overview of your body frame, shape, variation and most importantly to love your body and be confident.



Hi, I am Jainee Gandhi.

Style is often defined by society, fashion magazines, and stereotypes, limiting how we express ourselves. It's time to break free from these labels!

I'm a Certified Image Professional (CIP) with over 10 years helping individuals find their unique style in a practical, relatable way.

With 500+ clients, 100+ talks, and 10,000+ people impacted, my mission is to make styling accessible to real women—not just runway. I believe in creating wardrobes that reflect who you are, not just following trends.

Body Image & Self Image

Body Image.... what is that many ask me... it's simple many say, some are amused that there is something like this, some are intrigued...

In layman terms, body image is what you think about your body when you look in the mirror or in your mind. There are various explanations for it, lots of articles written about it and the media, fashion show organizers, models are taking a note of it nowadays.

Am going to share my personal experience, learnings, unlearning and responsibility as an Image consultant, as an influencer and more importantly as a mother. Pregnancy is one time where I know most of my friends suffer from negative self-talk about their body, also talking about their bodies and weight is a part-time hobby amongst women. I have had body image issues in my mid 20's, my confidence was an all-time low and with the birth of my son, my body image went on dipping.

People feel they are doing you a favor by telling you about how much weight you have gained, or that you cannot / should not wear a certain outfit, or that suggesting exercises and food for weight loss. All this and much more is body shaming if not done with the intent to gain a healthy fit body and not just a skinny one.

When I started out as an Image consultant and started working with women clients, is when I realized that most of the women irrespective of age suffer from negative body image. Our self-body image should be a mirror of our thoughts... If you don't respect yourselves, if you don't love your selves, if you don't follow a passion, you will be everything that others want you to be but yourself.

When this self – image is positive you feel positive about your physical body. Try and appreciate your body. Highlight the part of the body that you are proud of and camouflage the variation. Dress smartly and wisely.

Our Image depends on how we are groomed. If you keep on the feeling you don't look good or you don't dress smart, the other will sense your dip with confidence. Take a pledge to not be a part of fashion trend instead using the trend and styles that suit your body, roles & goals in life.

As influencers to next generation, role models for our kids, their friends, nieces, and nephews, it is our responsibility to bring about this change and change always starts WITHIN.

Know your Body

Make a list like literally of your body parts that you love and parts that you don't particularly love but will start loving from now on

What I Love	What I could Love

Step 1: Know your Body Shape

Body Shape is the Silhouette from FRONT.

DO NOT look at the side or back. Body shape is horizontal impression / first look effect of the body shape from front.

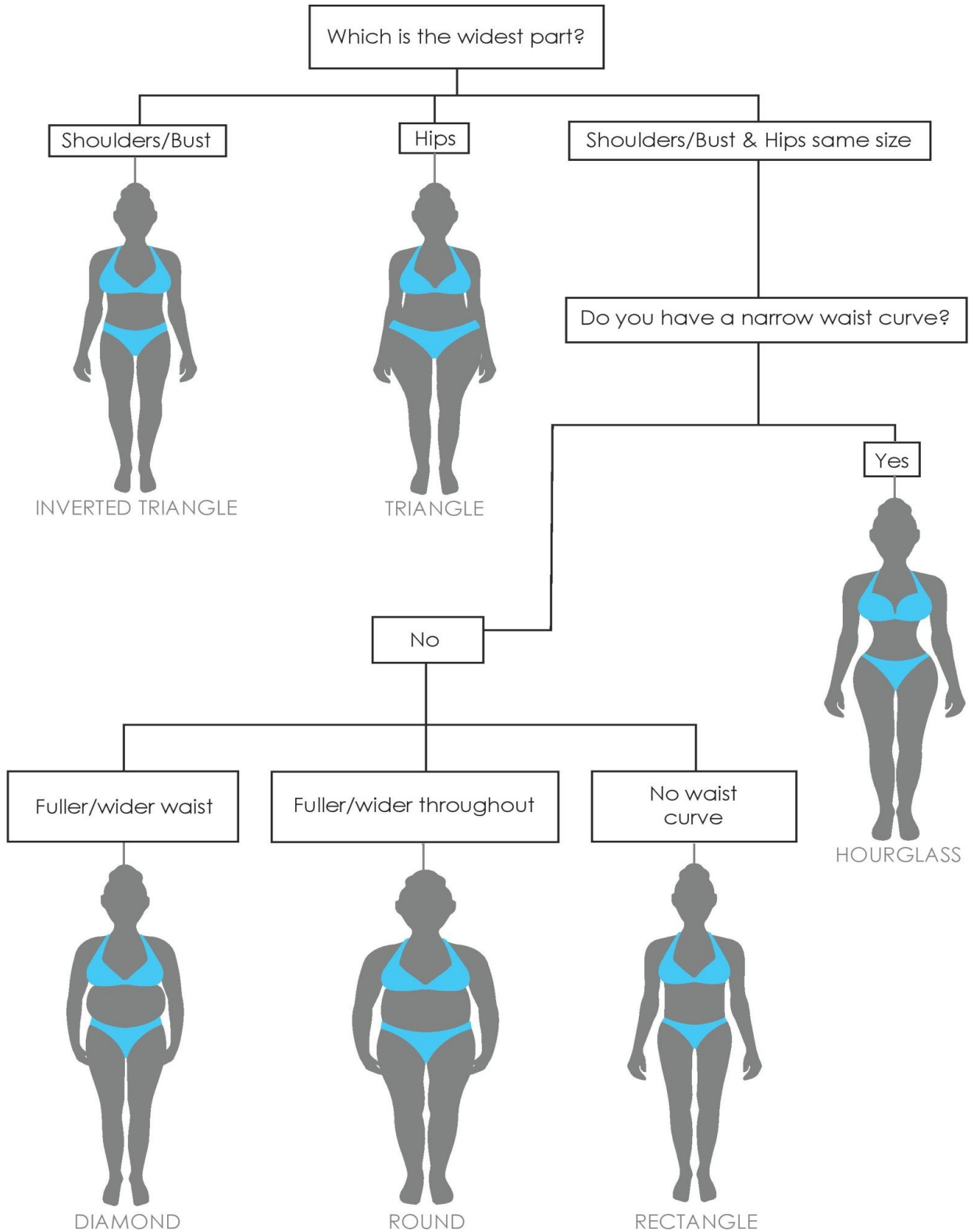
- Wear snugly fitted clothes and look at your self in the mirror.
- Go to the next page and use the deducing method to know your DOMINANT horizontal body shape
- Circle your body shape for easy reference.



Knowing your BODY SHAPE, tells you where to add details to balance your upper & lower body.

Add Horizontal details to Balance and Vertical details to elongate the body.

Step 1: Know your Body Shape



Step 2: Know your Body Frame

All women under one category of the body shape cannot be clubbed same because everyone has different frame.

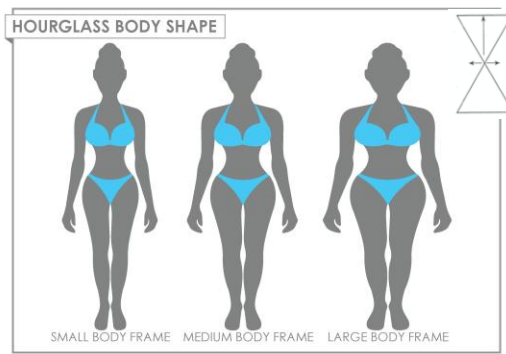
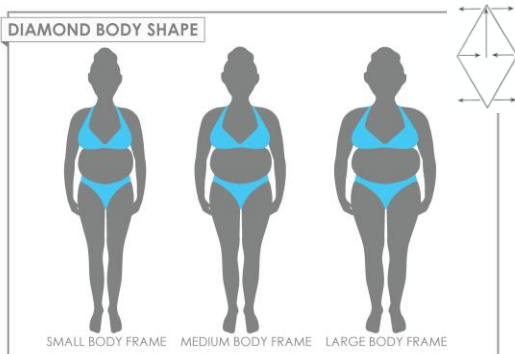
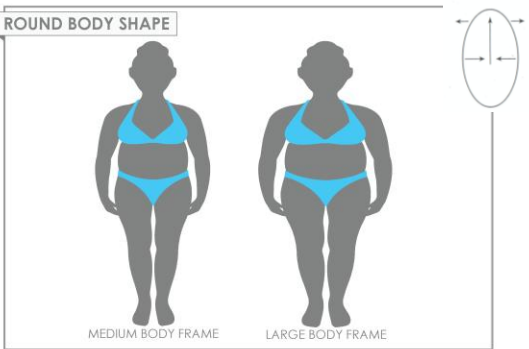
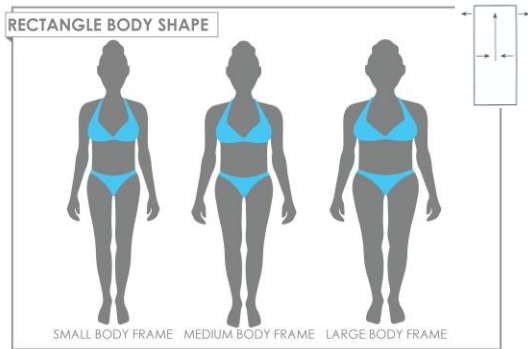
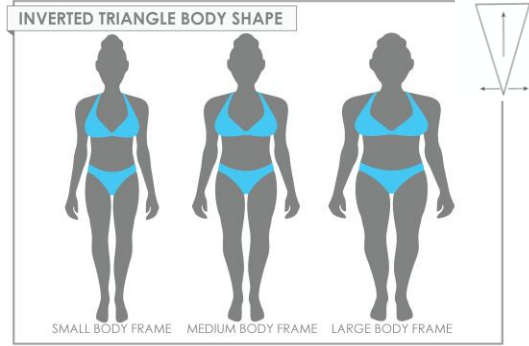
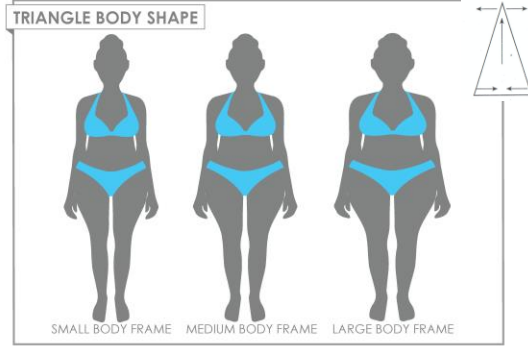
Body Frame is the height & weight of each person, that allows to know the body frame.

In the below chart, look at your weight in kgs & height in inches. Circle what matches the closest to you and that is your frame.

Ft. inches	Extra Small		Small		Medium		Large		Extra Large	
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
4'10"	>/=45	50	51	55	56	60	61	65	</=66	NA
4'11"	>/=46	51	52	55	56	60	61	65	</=66	
5'0"	>/=47	52	53	57	58	62	63	68	</=69	
5'1"	>/=48	53	54	58	59	63	64	69	</=70	
5'2"	>/=49	54	55	59	60	64	65	70	</=71	
5'3"	>/=50	56	57	61	62	66	67	72	</=73	
5'4"	>/=51	58	59	62	63	68	69	74	</=75	
5'5"	>/=52	58	59	63	64	70	71	76	</=77	
5'6"	>/=54	60	61	65	66	71	72	77	</=78	
5'7"	>/=55	61	62	65	66	73	74	79	</=80	
5'8"	>/=57	62	63	67	68	75	76	81	</=82	
5'9"	>/=58	64	65	69	70	76	77	82	</=83	
5'10"	>/=59	65	66	70	71	78	79	84	</=85	
5'11"	>/=61	67	68	71	72	79	80	85	</=86	
6'0"	>/=62	68	69	73	74	79	80	85	</=86	
6'1"										
6'2"										
6'3"										
6'4"										

Please bear in mind, this is the average calculation for women with Indian Race.

Step 2: Know your Body Frame

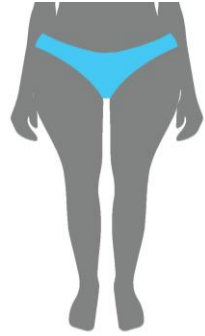


Based on step 1 of your body shape and step 2 of your body frame, circle the Frame Shape combination of your body.

Now we know the FRAME + SHAPE of your body, the third and last piece of the puzzle to **know your unique body code** was variations.

Step 3: Know your Variations

Circle your variation in the body, which is not part of your dominant horizontal body shape



Heavy Hips & Thighs



Heavy Bust



Heavy Midriff / Protruding Stomach



Smaller Bust



Broad Shoulders



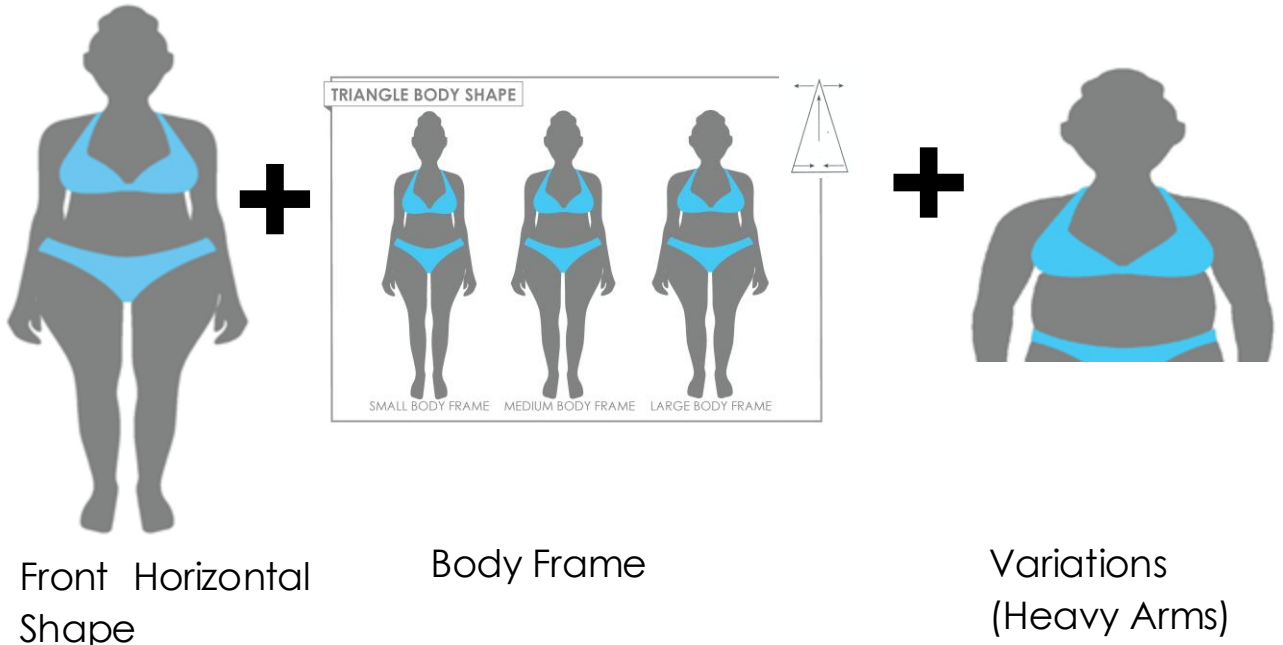
Heavy Arms



Flat Bottom

Your Unique Body Code

Example



So the Unique Body Code of this women is Triangle shape, Medium frame with Heavy arms as a variations

Now you are ready to pick the right clothes for your body.

The Unique Body Code ,tells us bits and pieces of our body that is unique just to us. It tells us where to add details to highlight and where to keep simple and plain camouflage.

Personal Action Plan

What have I learned:

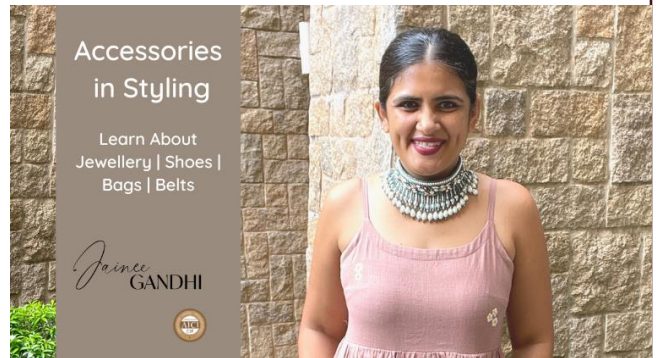
The action I can take now:

My long term action plan:

What Next ?

I am sure this was interesting, here's what you can do next.

I have created a one of a kind courses where I'll guide you in developing an in-depth understanding about your body shape for a life time, curating a personal style, a wardrobe that you absolutely love.



[Instagram](#) [Facebook](#) | [Youtube](#)
[Pinterest](#) | [TikTok](#)

Jainee
GANDHI