

*Dress like a Parisian*

Style coach & personal shopper

**E-book style**

**For XXXXX**

Aloïs Guinut, Dress like a Parisian, 30 avril 2025

You have a feminine style with a love for floral, colors, dresses, cute details and joyful multicolored energy.

It suits your petite frame and delicate features but can sometimes appear a bit « childish » or, on the opposite, conservative and older than your years.

With my style advice, I aim to inspire you to make your natural femininity evolve in a more classy/ modern way for work and in a more sexy, mature vibe for evenings and week ends.

- With modern, simple and fitted shapes that suit your petite frame, sexy boobs and long legs
- With deep and soft colors that will enhance your milky complexion combined in a creative manner

# Shapes

# Shapes

With your petite frame, I recommend fitted clothes that will reveal your energy over large/ loose/ bulky clothes that would quickly drown you.

## Tops

You have beautiful boobs that are a very feminine but can also be complicated to dress, especially with your little shoulder frame. Tops with elastane that are bust fitted look great on you: they can expand in the breast area while still flaunting your shoulders and waistline.

I recommend any sort of lower neckline (eventually plunging for dates) over high necklines. Vary them to create a sense of diversity! There are plenty of options: rond, square, princess, V, polo, shirt, etc.

When you opt for shirts or any type of still woven fabrics I suggest fitted cuts (with waist cinching) that will show off your waist over loose options that can give a « tent effect ».

Cropped length work as well as mid length or peplum shapes that are crotch length while revealing the hips.

Regarding warmer knits, tight stretchy ones are an option, but also cropped and close to the body options, eventually with side slits to reveal the legs.

For rigid layers I also suggest cropped or cinched options.

# Shapes

## Bottoms

You have long legs, which is great because no heels are needed for you to have a balanced silhouette.

However you can wear small heels whenever it suits your style mood of the day.

In order to not increase the length of your legs, and as you underlined me, mid height waistline is the best option for you which I agree with.

To flaunt your petite hips, I suggest you to keep your bottoms straight around the hips.

- Straight cigarette pants or eventually a small trumpet flare, skinny also works they can be full length or cropped to show your dainty ankles
- straight mini skirts/ dresses whether rigid or tight
- straight midi length dresses and skirts in a stretchy or fluid fabric

# Style

Get the most of your beautiful legs by wearing mini skirts!

The plus when you are petite, you never will be tacky.

If you are worried about your little belly, print are amazing to flaunt. I also light shape wear like high waisted culottes in summer and shape wear « ventre plat » in winter. (I get the Chantelle culottes and monoprix tights).



# Style

« Cache-coeur » (wrap) dresses are excellent because they cinch the waist, show the cleavage and then go straight from there.

Sexy yet demure for so many occasions



# Style

A knotted top or layer is always a great trick to shorten your top while defining your waist. Deux en un!



# Colours

# Your colours

You have a pale, soft yet slightly warm complexion with dark eyes and hair.

The colors that suit you best are those that match your natural shades.

**Contrast:** since your skin is pale and your eyes and hair are dark, you have high contrast and will look great in colors that range from soft to dark.

**Saturation:** you do not have high saturated pigments in your natural coloring, therefore avoid any kind of highly flashy colors that would blind and steal the attention away from your own beauty. Opt for soft, creamy, medium or dark shades.

**Warmth:** your skin leans warm meaning it has a yellow undertone, therefore colors that have a yellow undertone will suit you. Aka a red that leans yellow rather than blue, a blue that contains a hint of yellow and leans green etc.

# Your colors

Here is a display of colors that suit you as described in the former slide.

- soft or dark
- muted/ creamy
- warm

This is an extract and not limitative, look for those characteristics when shopping.

The metal that suits you best is gold (warm).

When it comes to prints, they shall have softness to them and avoid high, sharp contrasts.

I recommend you to avoid black and white that are too sharp. Prefer dark brown or dark blue and off-white/ cream.

You can pull off the shades that suit you less on the bottom of your outfit, as accessories, within a print or as layer. Makeup in your palette is also a great technic to wear colors that suit you less



# Your colors

Cream is your white



# Your colors

Go warm nudes and beiges!



# Your colors

Brown is your new black



# Style



Peach, strawberry cream and apricot for spring  
softness all year round

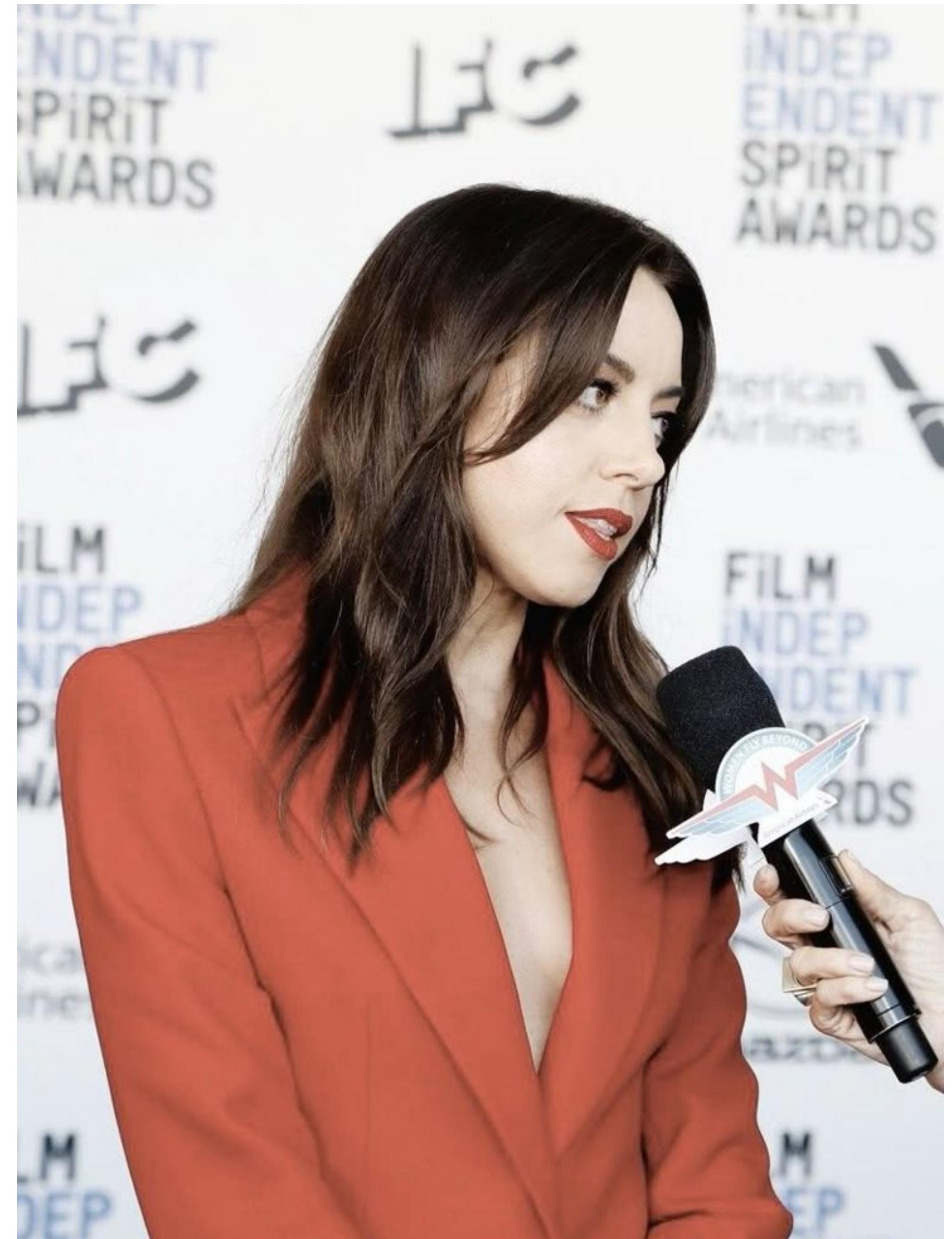
# Style

Soft jade green for delicate freshness



# Style

Apricot but deeper (ripe!)



# Style

Berries are your friends, so is teal and many deep shades



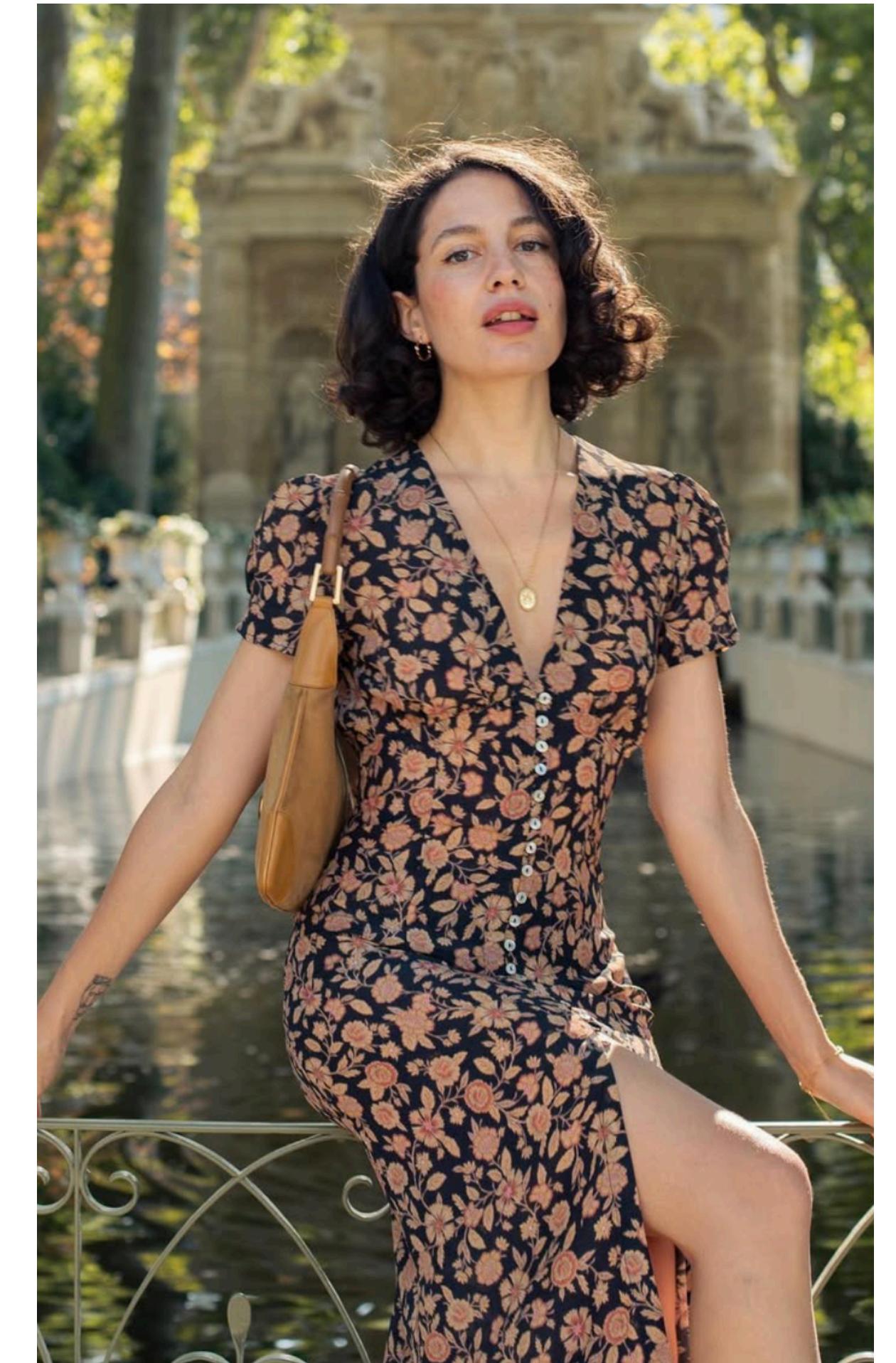
# Style

Dark shades other than black always will be a success too.



# Your colors

When choosing a print make sure the overall effect is soft and blended (opposed to sharp and contrasted)



# Your colors

A clever way to mix shades is to create as little horizontal lines as you can.

Here the jumper and the skirt are almost the same color and so are the tights and the dress.

If she had worn black tights and a dark top, there would have been 4 horizontal cuts (dark jumper, light skirt, dark tights and even worse if light boots!).

I recommend you to create one visible cut in the outfit for energy but no more, the other cuts can be more blended

- Dark top/ light bottom/ light shoes
- Dark top/ Dark bottom/ Light shoes
- Light top/ Medium bottom/ dark shoes

Etc...



# Your colors

Here soft light top with long pants in the same hue but darker shade create a soft horizontal cut and the pants go up to the floor so it is the only cut.

Nevertheless, best if shoes are dark to keep the flow going (instead of cutting with a flashy shoes like a white sneaker as I see many parisian women do).



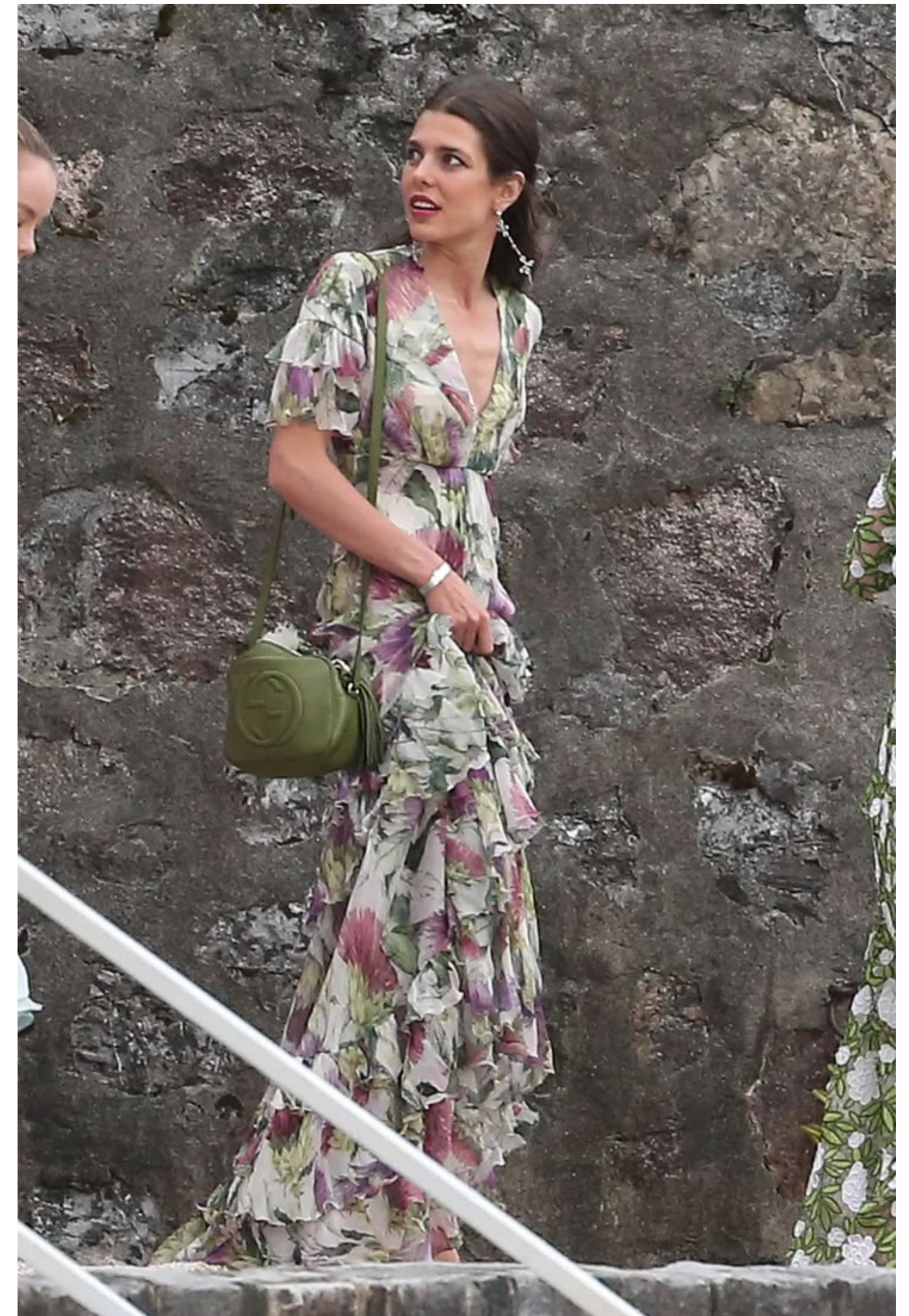
# Your colors

Neutrals do well together but do not forget the makeup



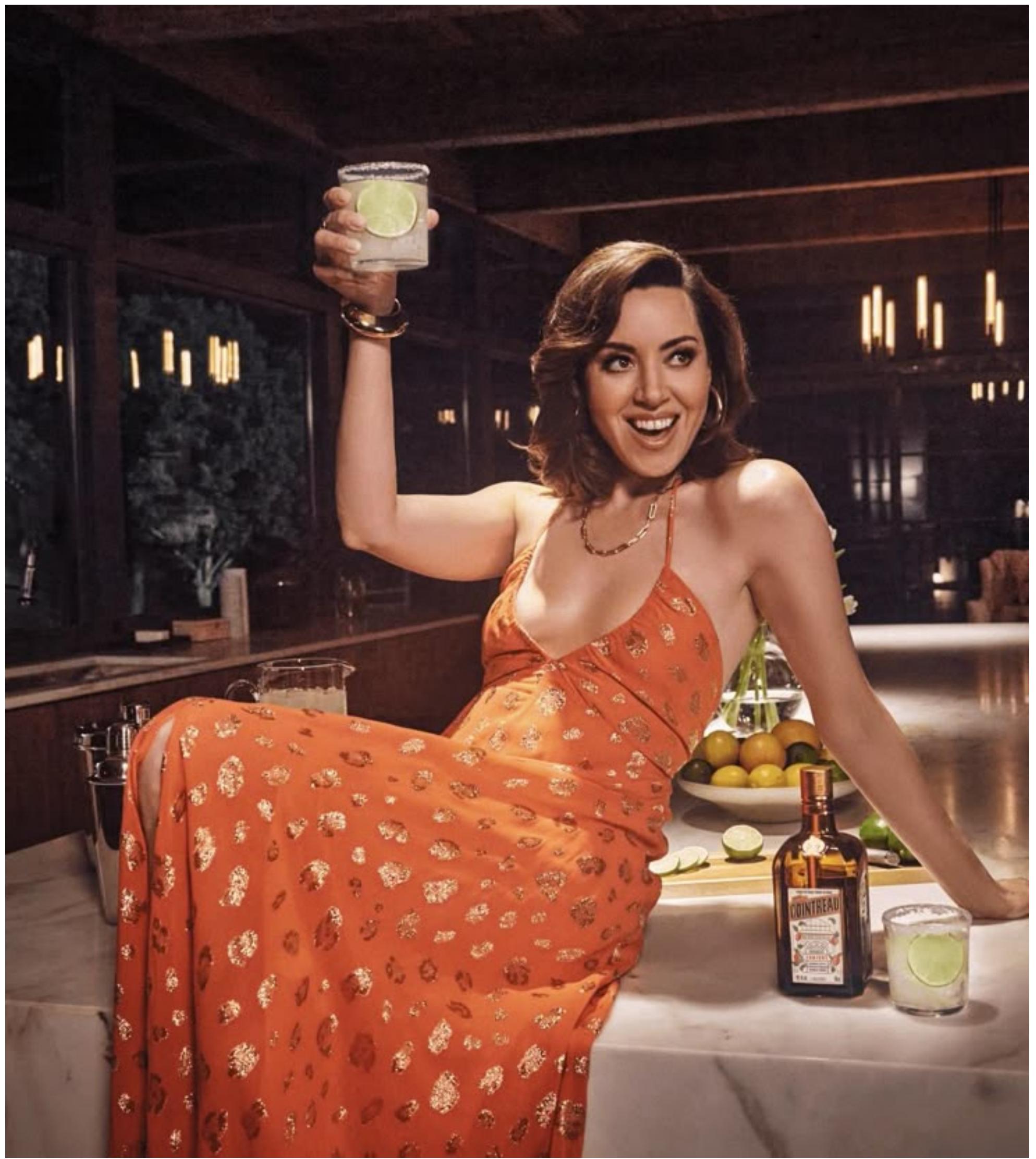
# Your colors

Choose prints with soft blurry contrasts (as opposed to sharp geometric strong contrasted prints)



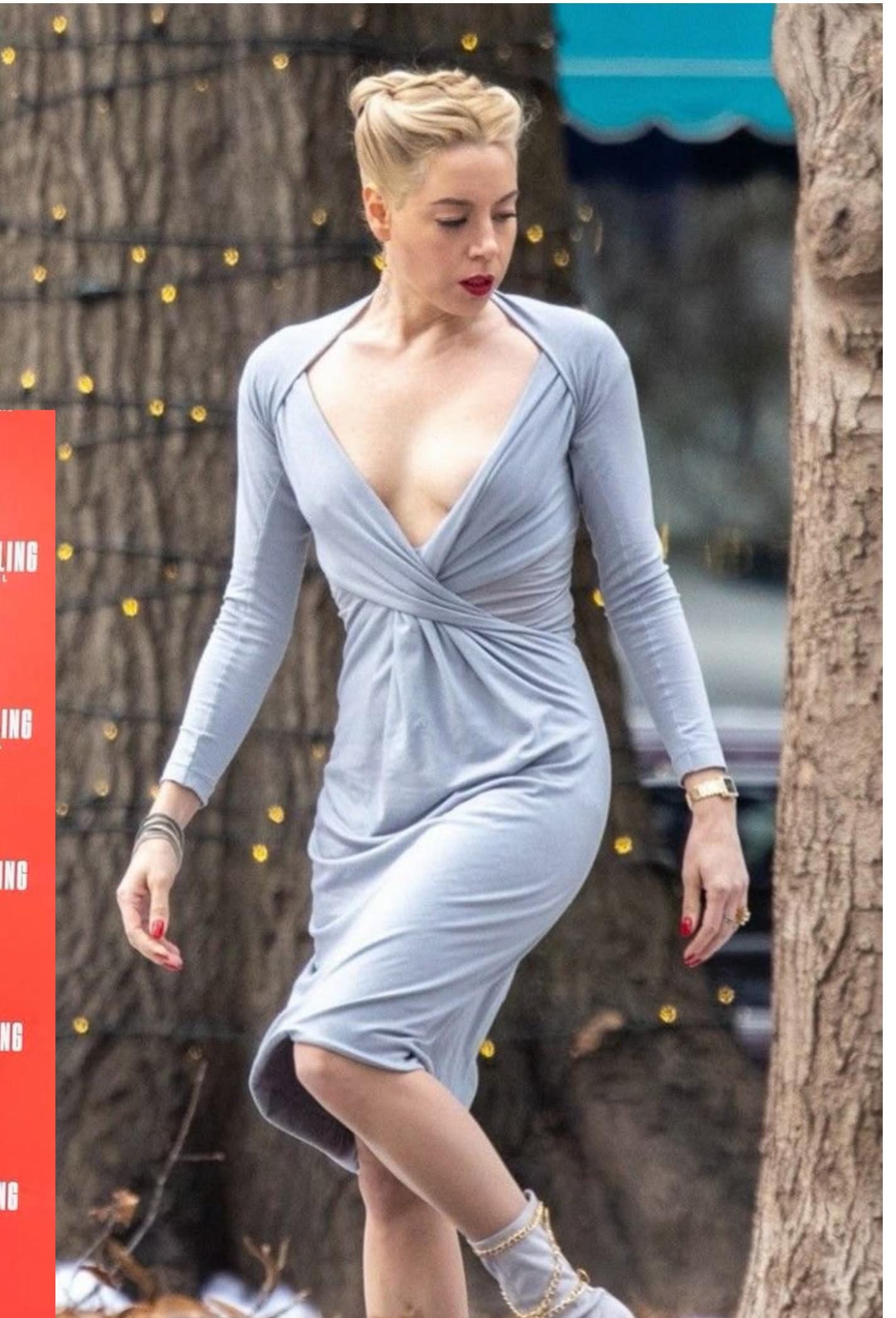
# Your colors

Gold is always a wind, including in the print



# Your **WRONG** colors

Grey is your enemy



# Your **WRONG** colors

So are all flashy shades



Style

# Style

I recommended you styles that can be worn everyday, are feminine yet up to date, fresh and sometimes more professional and powerful.

Tried to choose pictures of petite/ short influencers and actresses to show you style is not a matter of height.

Also chose many pictures of influencer Melodie banfield as I think she has very similar coloring to yours and that her vibe, feminine and sometimes more strong/ sexy matches yours.

Those outfits are exemples to inspire you to create, for each I try to decipher what works or not so that you can get creative on your own terms too.

Enjoy!

# Style

Tops that are tight and have some interesting shape are a must for you, own a variety of them, some simple and some more convoluted to be able to match them all.

Here the last bottom button left open creates a waist illusion.

I just said « no contrasted prints » but here the contrast is rather low as the stripes are not too dark and the white creamy.

The fact that the top cream color blends into the pants elongate the silhouette, so do the invisible color sandals.

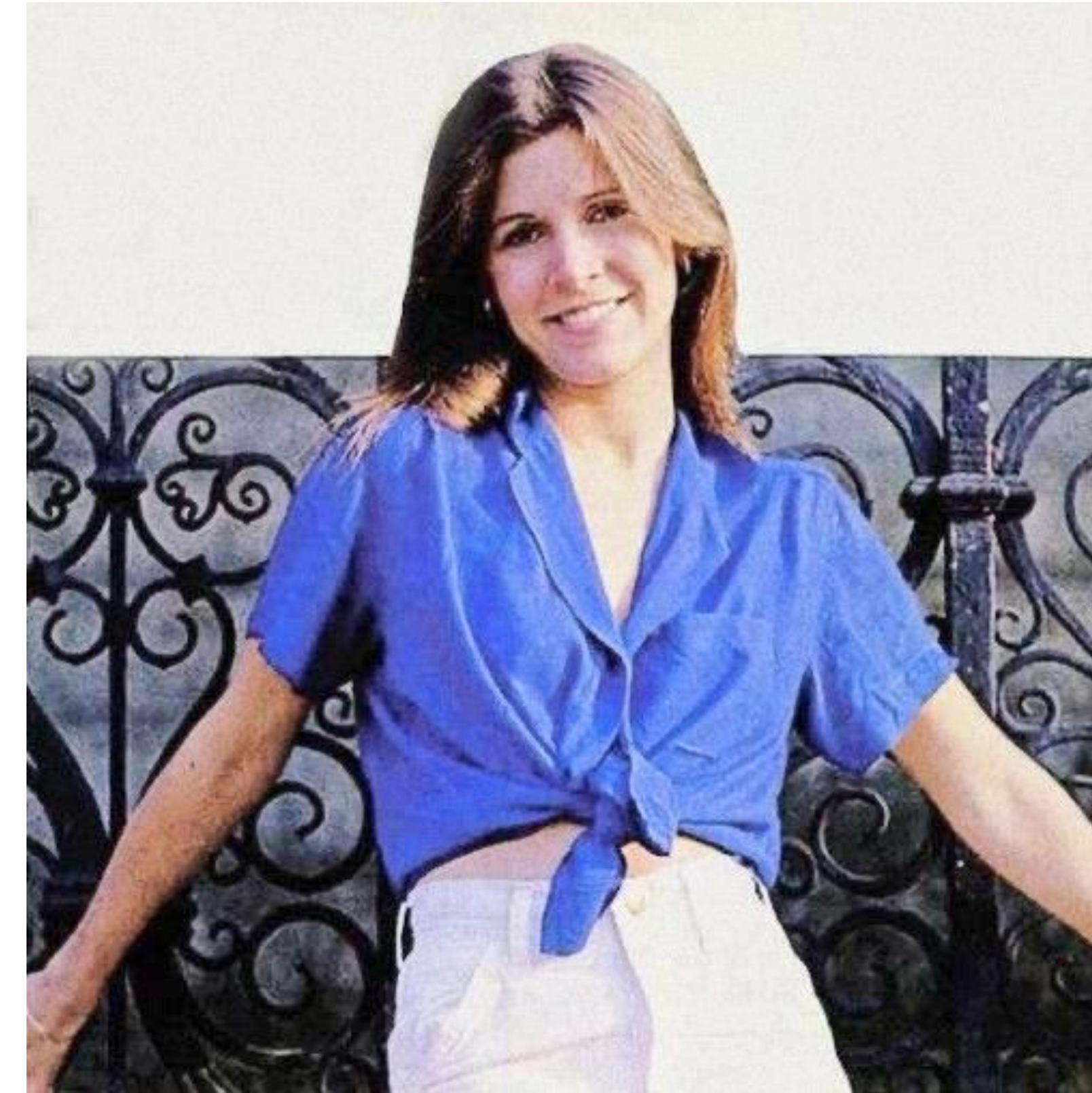
I personally prefer rose gold over nude to serve this purpose.

And just so you know this influencer is very petite. Her name is Jean Wang on instagram.



# Style

All kinds of cropped tops work wonders for you, and the tying of the shirt is ideal to cinch the waist and make your legs shine.



# Style

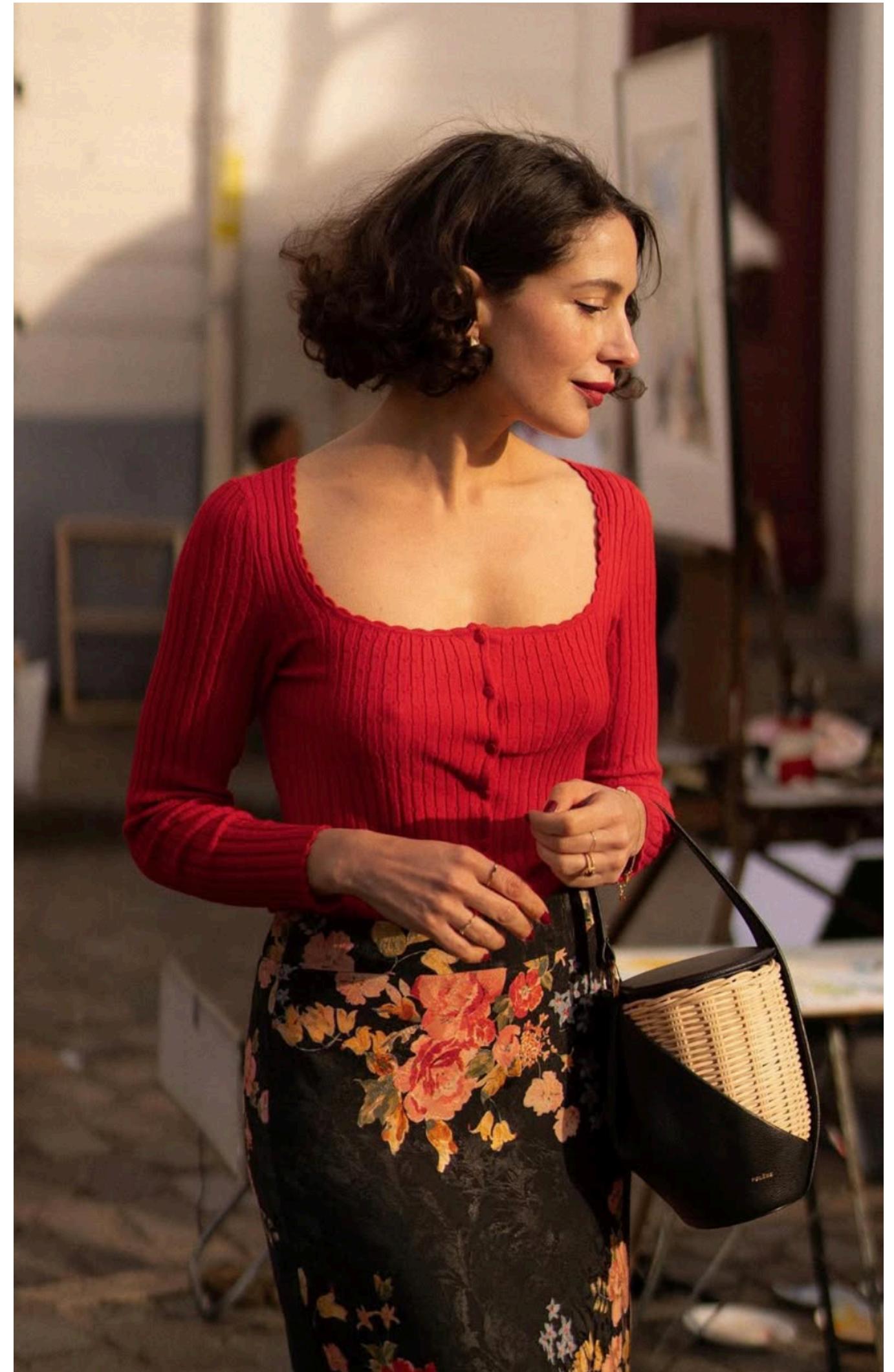
Here is a top that is feminine and versatile.

This muted red would be a good color for you.

Notice how she pairs the tops with one of the colors of the roses on her skirt?

Black and soft shades prints also will work very well on you since you have similar colors to her

@melodiebanfield



# Style

Wearing shades of a colors also elongate the silhouette while providing a certain level of contrast.

Here Aubrey plaza does this allover the silhouette with the addition of a print that matches the ensemble.

The pants are close to the leg yet have a slight modern flare and the sophisticated pussy bow fluid top is tucked in to reveal the waist.



# Style

Combo of monochrome + tied top, and alternative to a dress for events for instance.



# Style

You have stunning long legs and can wear mini skirts with ease. I recommend you the simple straight or even so slightly flared ones.

Since you have long legs, flat shoes (ballet flats, loafers) or a small square heel will do wonders.



# Style

Here a slightly flared printed mini skirt paired with an apricot top color contained in the print and strappy black ballet flats, also a color contained in the print.



# Style

Midi skirt also work very well if they follow along your body like here (as opposed to puffy or voluminous shapes).

The monochrome creates length and the variety one textures adds interest.

Again she did the trick with the unbuttoning of the bottom of the tight top to create a flare (that's actually in the design of said top in this situation).



# Style

You can rock fully tight dresses.

I know you are self conscious of not having a flat belly so you can choose dresses that have some pleating or something like those pockets going on to divert. A small scale print or a texture also works!



# Style

In summer wrap dresses that are both feminine, demure and breathable are a must like here with this black dress and soft colored printed floral.

The shoe also is perfect with the small square heel (even though more ankle support would be easier to walk).

Notice how she paired the bag with the print?



# Style

This soft mauve print is super chic, close to the body, a bit more flare but all in fluidity with a rose gold shoe as a neutral.

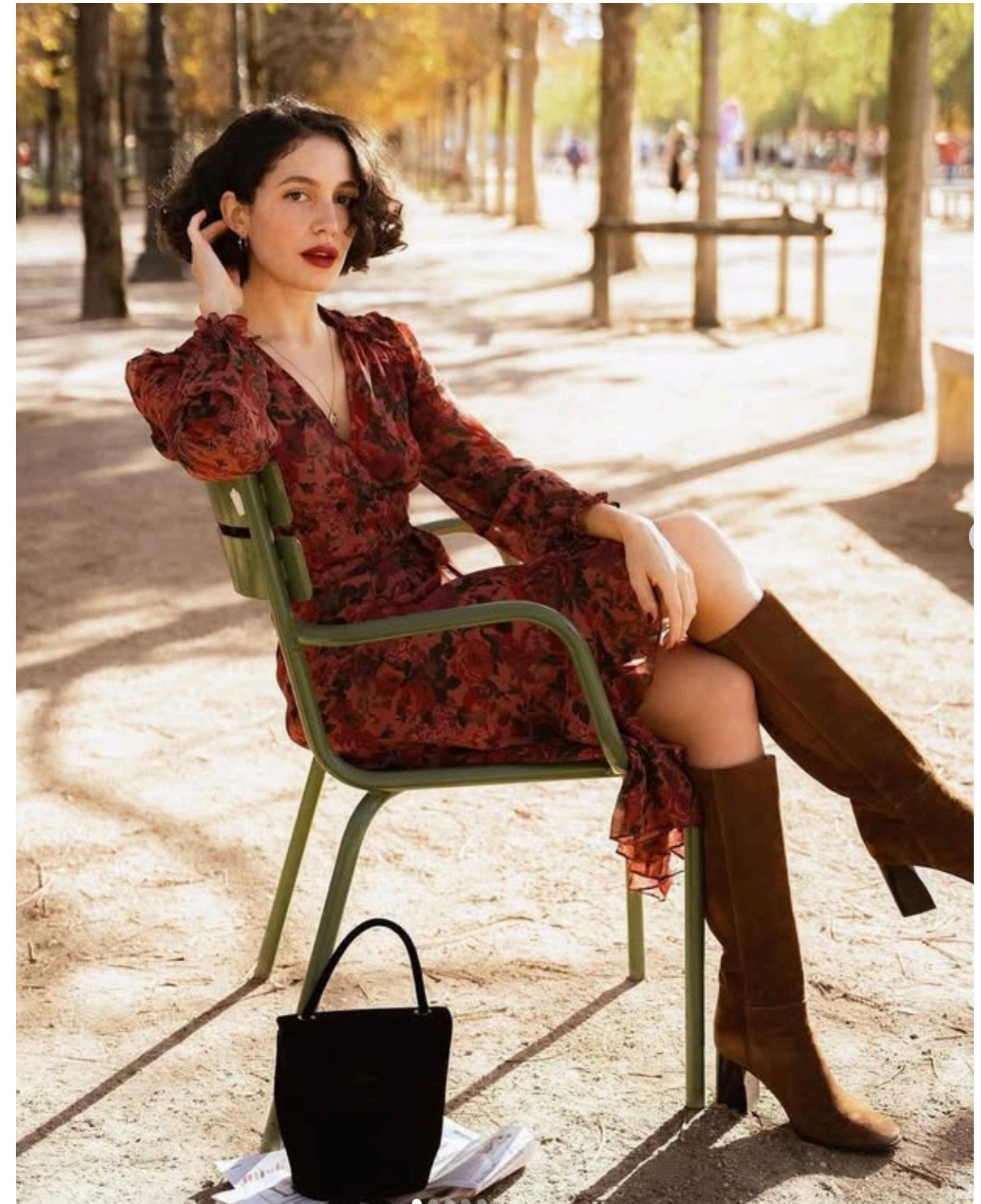
The cleavage is exposed in a chic way, the waist cinched.



# Style

Wrap dress, autumn/ winter version with the tall boots.

Tall boots, that, here are in similar shades to the dress are the perfect companion to midi length dresses as, when you are standing they let to skin appear, leaving the body to create a long vertical line.



# Style

A perfect aubergine color and shape for this small office dress.

It has structure, a cinched waist and a slight flare, cleavage, buttons and details, all well done and chic.

I would have preferred the shoes to be nude (color of the skin, or black or dark brown)



# Style

Another dress style that would look lovely on you, with a tight skirt and a slightly louse shirt effect.

It is perfectly office appropriate. Especially if you add semi opaque black tights.

The print is geometric yet light and blurred due to the small scale of it and the light contrast between its colors.



# Style

A versatile dress perfect for mid season. The puffed sleeve add some structure and height, and the skirt reveals the legs.

The flounces and collar really confers feminity and structure to the dress.

The print has a soft blurred contrast and a playful raspberry color that would look lovely on you.



# Style

Now a party dress, in a pop print yet light contrasting.

The nude natural looking sandals are a perfect match to one of the colors of the dress (you can skip the socks haha).



# Style

Also sexy going out dress, same thing soft colors, shoes match the dress and prints blurs potential tummy.



# Style

Going out dress but classier for dinners or cocktails. The dress is tight overall but with a knit texture that blurs the curves (and you can always wear Spanx under!) the leg is naked here but a sheer black tight would work perfectly.

I'd finish the leg with a black shoe too to lengthen it and keep the vibe.

And of course the outfit would work with any type of dark colors.



# Style

This body hugging yet flowy dress is a good example of an event dress you could wear in warmer season.

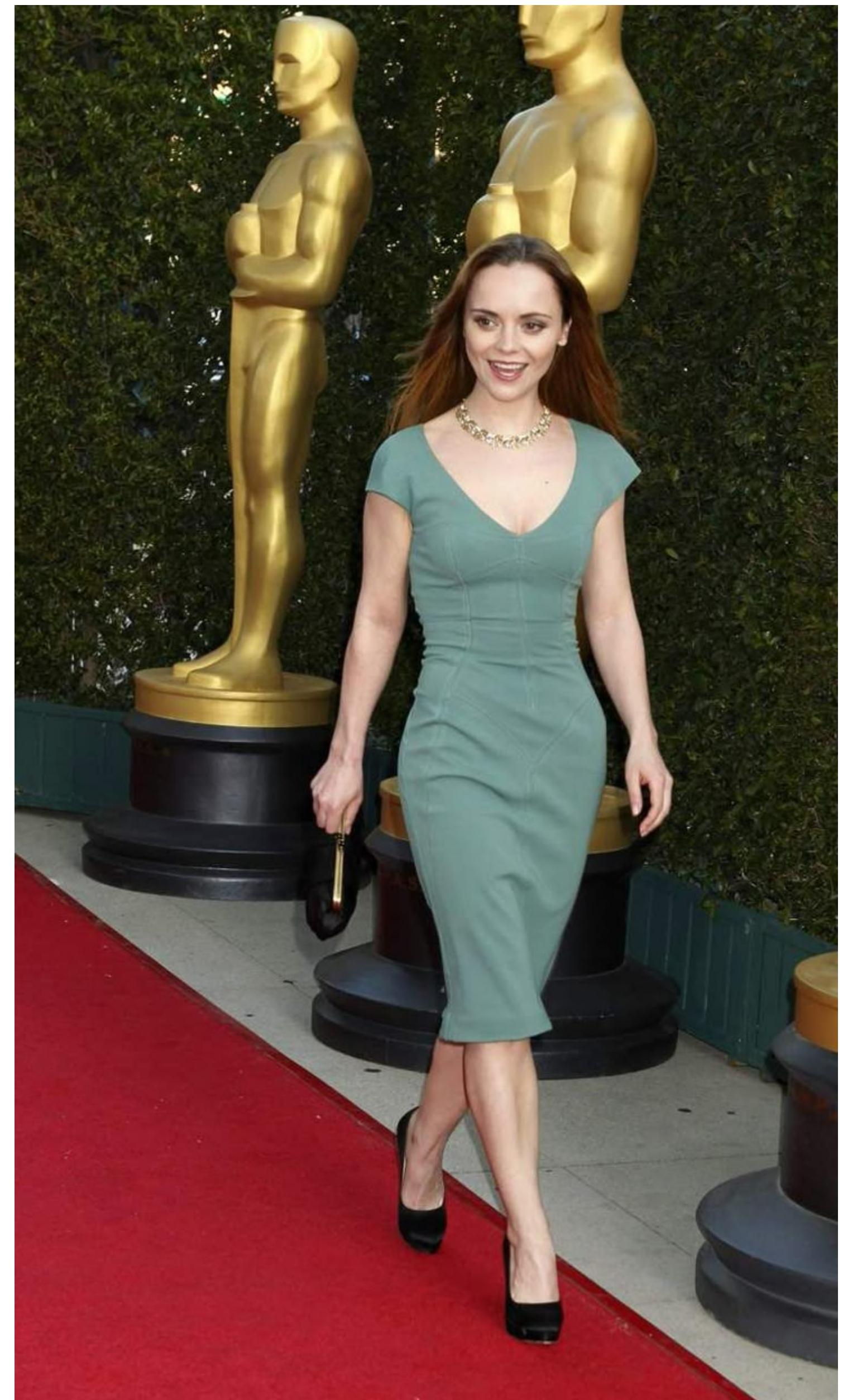
And the dark shade that is not black is also a good idea.



# Style

Same idea, more strict in shape but more fresh in color with this beautiful soft almond green.

Shoes and bag have nothing to do with this outfit, I would have chosen a light champagne gold like to necklace for an overall fresh and sparkly vibe.



# Style

To warm up your dressed a tied shirt or knit is perfect, easy to fit in the bag and defines the waist in a fresh and feminine way (over the non knotted cardigan that can often look square/ frumpy/ grandma).



# Style

Voilà, with the knit, here she did with one that is not designed to be knotted but some are! But customising what you already have also is a perfect way to go.

See how the boots and midi dress create one long body line?



# Your colors

Voilà, a knit that is designed to be knotted :)



# Style

I do not know whether this is a skirt or a dress here, but what I know is that you can always wear jumpers on top of your dresses to warm them up (and de facto transforming them into skirts).

Here in a monochrome but you do not have to.

Again the tall boot trick and no leg show.

The different textures add interest to this rather classic/minimal duochrome outfit.



# Style

Cropped knits that are tight or have a cinch waist also serve that purpose to warm up a top (here with high waisted pants).

I would personally have buttoned at least one button to cinch the waist (but influencer wanted to show the sexy underwear).



# Style

If, like in this outfit, the top is longer than the cinched high waisted pants or skirt, tuck it all in (flat) to define the waist.

Love the V on this knit and how the cream stripe blends into the pants.



# Style

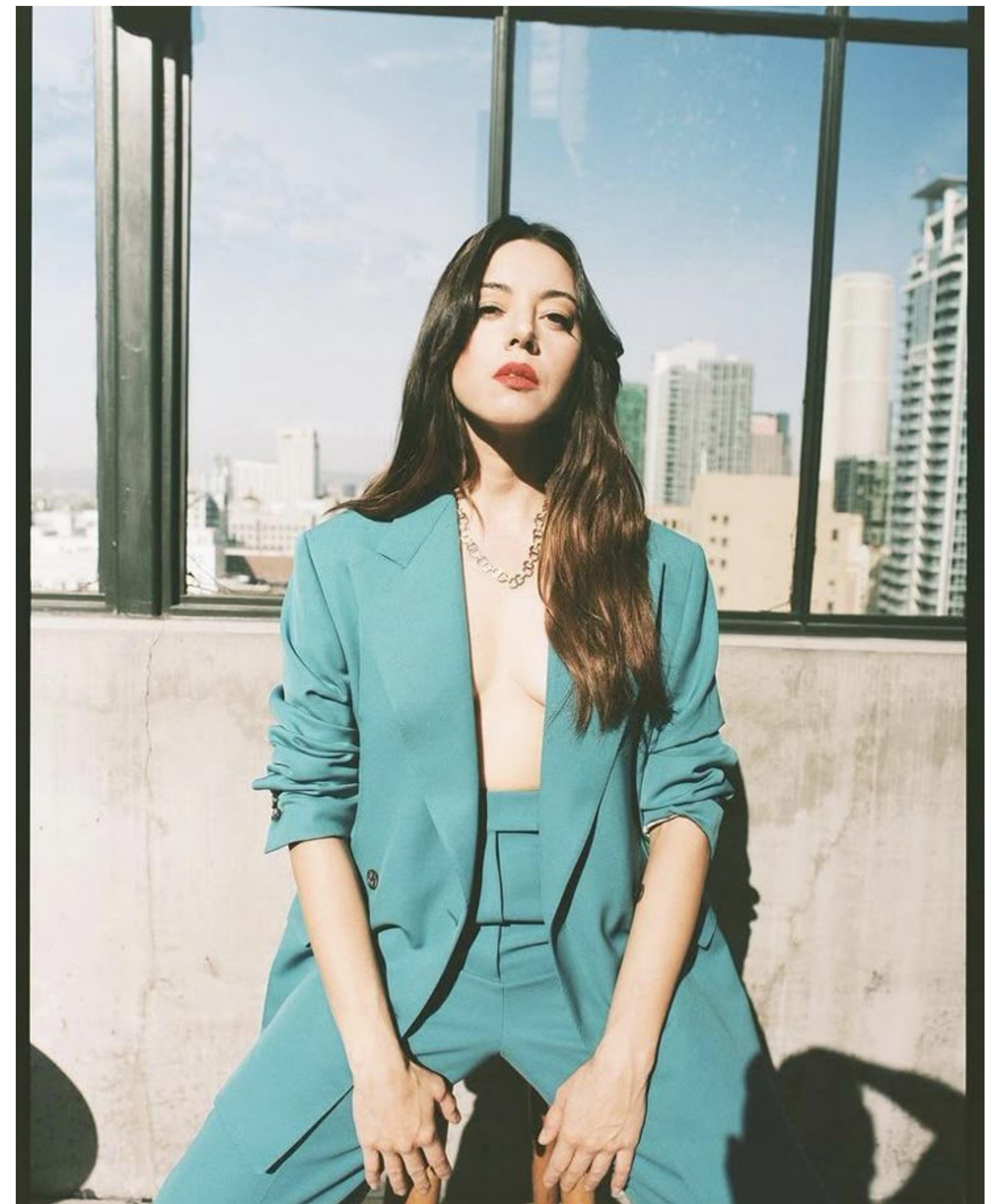
Back to our petite influencer: mild contrast between top and bottom, cinched waist, flared pants and shoes same color as pants.



# Style

For work you can indeed wear suits as you already do.

A creamy teal like here with soft apricot lips would look lovely



# Style

For both professional venues but also dinners you could throw a short square jacket on your jeans. (Can look conservative with other type of pants).

Here she is super shiny for Cannes but plenty of in between tweed options :)



# Style

Waist cinched, crotch length blazers are also an excellent option. With any type of bottoms! Jeans, skirts, dresses...

And in a variation of colors.



# Style

More casual option, the short leather jacket.

I like this shirt like option that appear lighter than a biker jacket and all its zips.

Here the outfit features soft neutrals and a touch of fun with the leopard print detail on the shoes.



# Style

Another example of cropped mid season outerwear with this cropped trench coat like jacket paired with jeans in an analogous shade of blue creating a long vertical body line.

In the same way, could work with a short crotch length belted trench coat (same effect as the cinched blazer on Natalie Portman above).



# Style

Petites can wear long too! Choose under the knee length and a structured shape that is not too wide (you do not want to be swallowed by your coat).

A neutral color in your palette (like this dark brown) is ideal to match most of your outfits.

I usually recommend to own two winter coats in two neutral colors.

The straight leg jean with structured fabric, small heels, thin knit and elegant buckled belt would also be perfect on you.

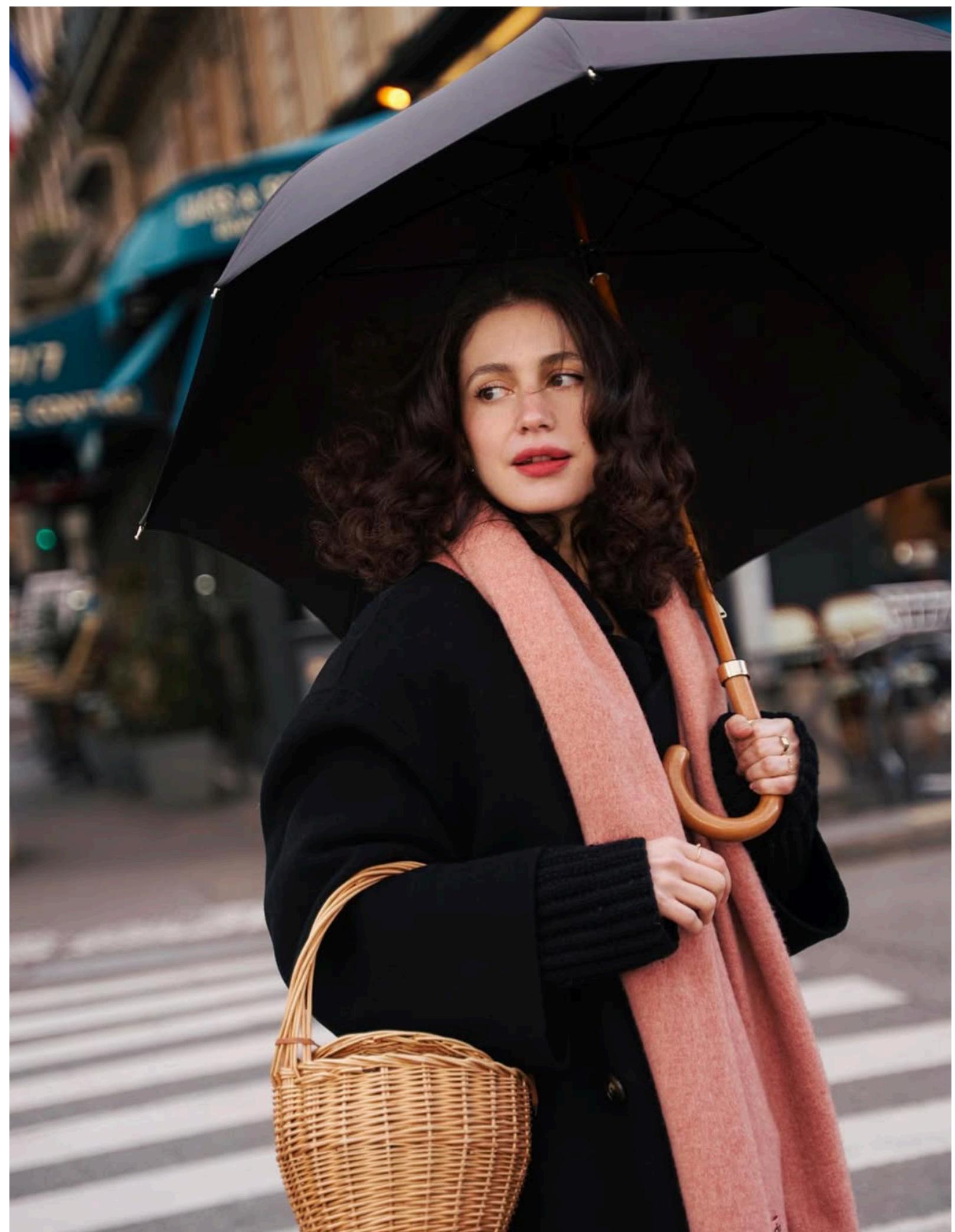


# Style

Owning a few nice scarves to keep yourself warm in winter is important.

I recommend plain over printed to be sure to match most.

Maybe start with three, a neutral same color as your coat, a colored one in a color that makes you glow and, if you want a printed one in neutral colors that also are in your palette.



# Style

Love the idea of pointy ballet heels on you, so chic and modern! And if with a small barely there square heel, perfection.

Goes with a lot, all kinds of dresses and straight/ cigarette pants.

For flare pants, prefer a tad bit more height.



# Style

Here you see with straight leg jeans.



# Style

Under the flare pants I envision this more sturdy and higher option.

They can also go with the dresses ofc.

And this dark berry shade is ideal, versatile but also a nice pop of color in any outfit.



# Style

And the winter version for under long flared pants.

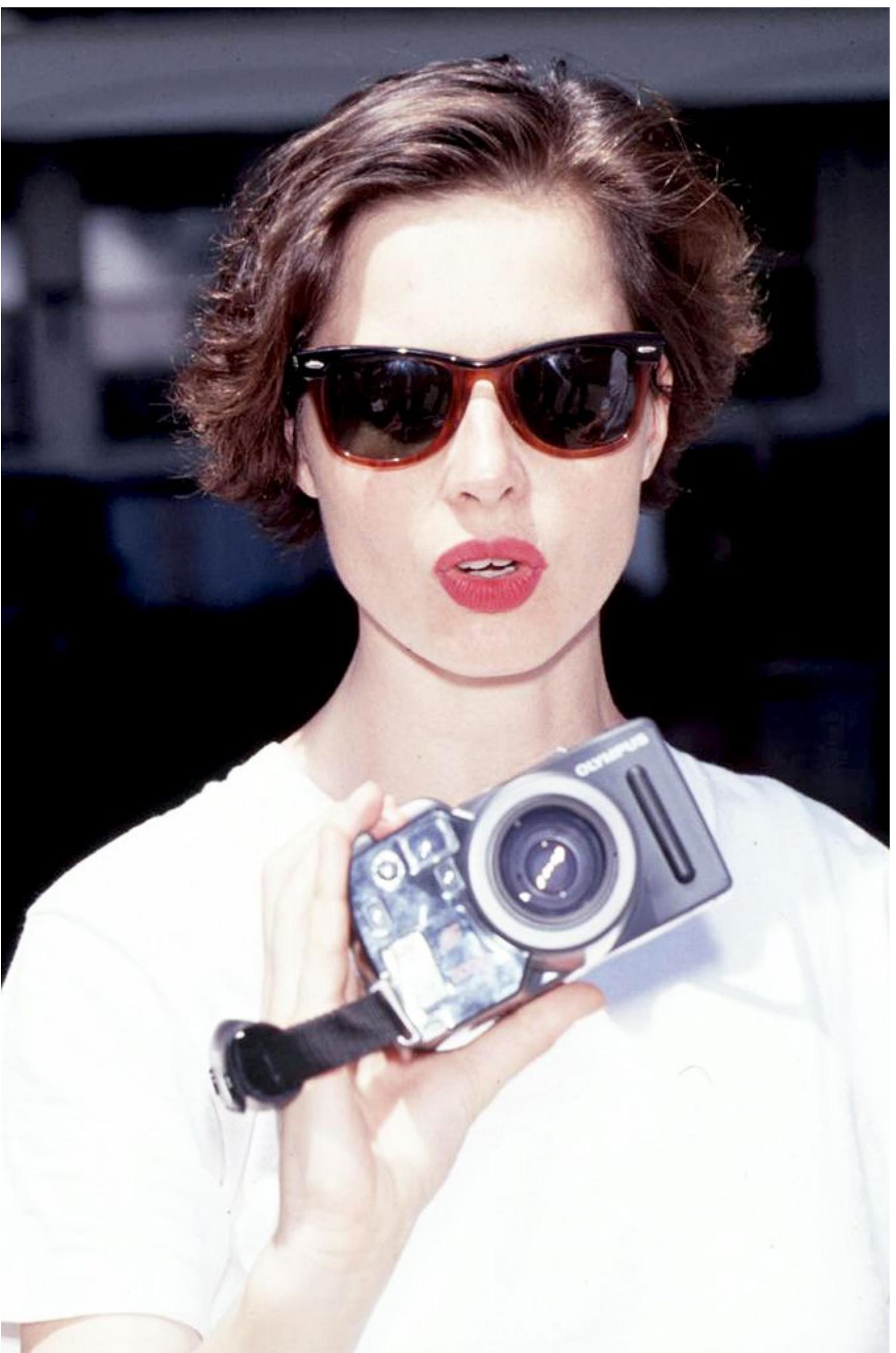
For shorter cropped pants they work as well or even a version with a daintier heel.



# Style

It is important to own a pair of beautiful sunglasses but not sure we discussed it!

I recommend you to go at fauve rue de Poitou in le marais, they are a small brand and the founders, who are in the shop selling are excellent advice.



# Beauty

# Beauty

I think you would look gorgeous with shorter hair to give them more volume and shape.

Love the idea of the side slit for a chic timeless effect.

And you could have fun with the earrings that would be more visible.

To get the best out of your curls, I recommend « Bouclette » hair dresser.



# Beauty

Your hair could also be styled in a more blow up fashion for events.



# Beauty

Or even for daily life.

Also love the hairdresser « les dada east » Paris  
12.



# Beauty

Love a shiny dusty rose manicure, so elegant and goes with every thing!



I hope I inspired you

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