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Discover Your Body Shape

& Your Top 5 Wardrobe Must-Haves

by [Style Angel, Angela Barbagallo](#)

# Welcome

Asking for help is not an easy thing to do so I am honoured and excited that you are here.

Feeling confident about yourself is an amazing feeling and you totally deserve it!

You work your butt off every day making sure the family is organised, fed and driven to all activities.

On top of that you probably work a full time job.

Every day is a routine and there is very little time for you to get ready and it is so easy to fall into the same outfits you have worn a 1000 times.

I often hear, you are sick of them, they are falling apart and the stains don't really come out anymore.

And let's talk not even talk about your best friend's party that is coming up, the school events with all the fashionista Mums who always look effortlessly amazing or your husband's work Christmas party.

You want to ring in sick... but you can't.

**Am I hitting some points here?**

Gorgeous woman, it's time to look in the mirror and give yourself a great big smile as your time has come to give back to you!

You are absolutely in the right place to get help with all of your style and questions!

**What you can expect from Style Angel**

I am going to kick your style rut to the curb and show you every single detail you need to know about looking amazing for your body shape.



**Discover Your Body Shape**

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In this ebook, you will discover your body shape and have access to all the amazing styles that are available right now in store that all suit you shape so well.

### **And you know the best part?**

By following the steps, I can assure you will be getting lots of compliments. You will see the huge difference a small detail makes.

### **It is easy doing the same thing**

Yes I agree, making a change is hard, it requires effort from your part and determination. Determination to kick some old habits and a determination to create some time for you. Now is your time!

Transformations happen when the person is ready.

### **Here is what I want you to do**

You need to be plugged in to the [Style Angel community](#) so you will have access to my 17 years of expertise as a Personal Stylist. Through the blogs and videos I post on the [Style Angel website](#) and by joining the closed Facebook group [Style Forum by Style Angel](#).

And please follow [Style Angel on Pinterest](#) as I continuously post up to date styles that will suit your body shape and that are available in stores now.



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# About Style Angel

Hi my name is Angela Barbagallo and I am a mother of two and expert personal stylist based in Sydney.

With 17 years experience I am passionate style entrepreneur who sees every day how much women struggle with the changes in their shape.

As a body shape expert, with more than 12,000 social media fans, celebrating the female body in all sizes and shapes will inspire other women to be more confident.

Every day I see examples of women who feel depressed about changes in their body due to ageing, childbirth and menopause. This can often lead to much stress and anxiety.

I help them choose clothes which suit their body shape to give them the confidence to get their identity back.

Witnessing such breakthroughs in self esteem and happiness, it brings me so much joy to see them blossom so beautifully.”

I am the author of *8 Ways to Look Fabulous, Taller and Slimmer* and the co-author of the Amazon best-seller: *The Real Woman's Guide to Hair*.



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# Client Style Journeys

## From Drab to Fab



Marriage celebrant Narelle Murray is one of Style Angel's clients who struggled with her shape and issues with her knees and feet. She was diagnosed with multiple sclerosis in 1997 and never gave much thought to what she was wearing.

"I hated my body and I always wore baggy, mainly black clothes - I looked like the Vicar of Dibley," says the 63 year-old, who lives in Sanctuary Point.

But all that changed after working with Angela Barbagallo. She not only helped her in an aesthetic sense by encouraging her to wear colour and fitted clothes, but also helped her career.

"Before I couldn't look at myself in the mirror but now I have the confidence to go out on dates. I know I don't have to be size eight to look fabulous."

## Post Baby Confidence



When Rosemary Shapiro-Liu had her child at 46 her body changed dramatically. She had been a dancer for many years but post-baby her body changed to a more maternal, hourglass figure.

"My job requires to speak in front of large audiences, so I need to feel confident and comfortable with how my new body looks" says the author and coach.



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“Angela gave me some fantastic guidance. She taught me that small tweaks can have a big impact on the way you look.

“I never realised the length on tops, can make a huge difference to an outfit. What I have learned has changed my life forever.”

## Shopping Up A Storm



For 50 year old, Karen Burke, shopping did not come naturally. Knowing she needed help, she invested a lot time into working together with Angela Barbagallo.

Karen is a Principal of a Wollongong High School and she likes to dress immaculately from head to toe. Her style is elegant and time-less with a touch of chic.

“I used to loathe clothes shopping. I could never find anything that fitted me properly. Now I am buying and wearing clothes I’d never have looked at before,” says Karen.

This busy mum-of-two created a wardrobe she loves with Angela Barbagallo by organising firstly what worked and what was missing. When she adds new items to her wardrobe they are always a 10 out of 10.

## Giving Her Style Rut The Boot



“Raising my daughter alone, I focused on work and family and never gave any time to how I looked,” says 63 year old Judy Jones.

“I was feeling drab and frumpy before I met Angela eight years ago. She helped me create myself and build self-esteem, which changed my life in many ways.”



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Judy who is an executive assistant in Sydney, hired Angela for a colour and body shape consult and came to many Style Angel style and make up and hair workshops.

She worked hard to create a timeless wardrobe that suits her shape and her colours.

“I recently overheard my daughter telling my grandchild ‘Granny looks after herself and she is beautiful’.

I never thought I’d hear anyone talk about me like that!”

## From Corporate High Flyer To Enjoying Life



“I recently took early retirement after working in a corporate environment for more than 34 years,” says Sue Taylor, a lover of golf.

“With a wardrobe full of office wear, I had no idea what to wear casually. I was in a style rut.”

Sue met with stylist Angela for the first time at the Penrith Diana Ferrari store for a 2 hour Style Session.

She knew there was more work to be done and loved her Style Angel wardrobe styling and make up lesson.

“Angela opened my eyes to casual fashion and it’s given me a new lease on life. I feel so much better about myself when I feel confident about my clothes.”



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# Discover Your Body Shape

Your body shape is the best starting place for creating a wardrobe that you love.

The colour of an outfit might be your favorite but if the style simply does not suit your shape, you are not bringing out your best.

Discovering your body shape is done by two simple measurements that confirm the difference between your bust and hips.

Research shows that 91% of women are not happy with their body shape as they have put up with a life time of criticizing particular areas in the mirror.

The secret is that there is no perfect body shape as each one of five body shapes has parts that need balancing out.

You will learn how to become an expert at accentuating certain parts of your body and softening others.

## How to Measure Your Body Shape

You will need a tape measure and a pen to write down your measurements.

Measure yourself from your back around the fullest part of your bust, over the nipple line, with your bra on.

Continue with a measure around the fullest part of your bottom right at the point where the bottom curves under.

In case your stomach is wider than your bust and hip measurement then take your waist measurement by holding your legs still and moving your upper body. Put your finger on the pivoting point and measure.



Discover Your Body Shape

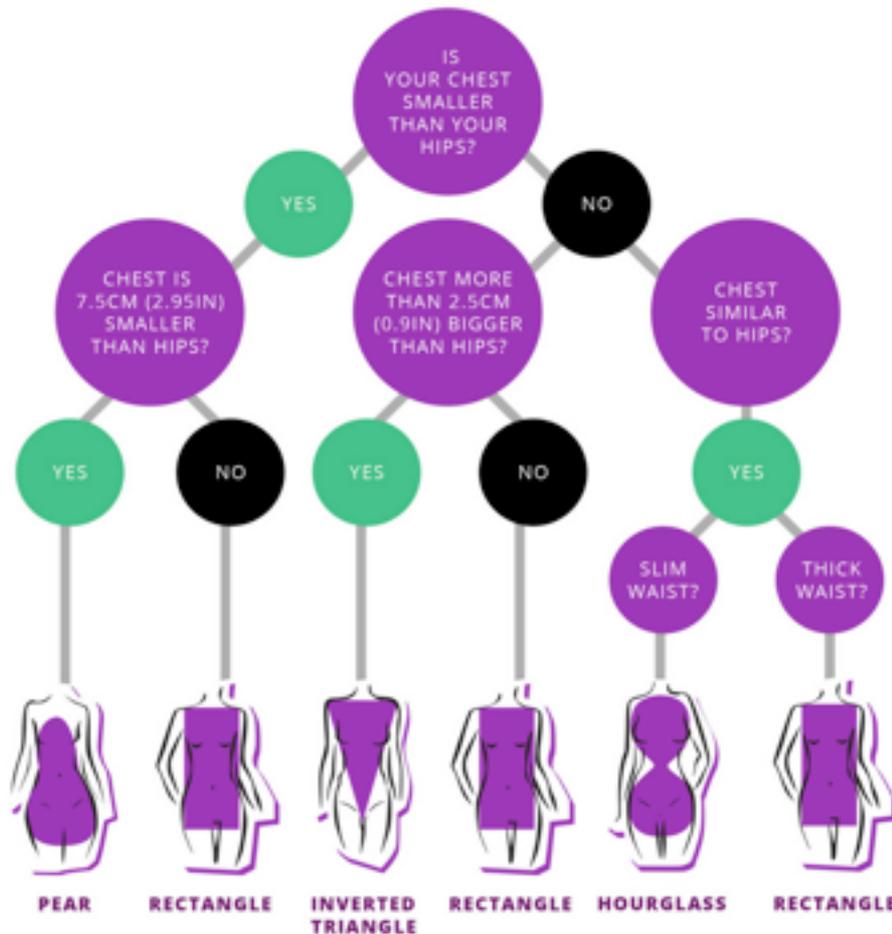
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Scroll down to the next page to go through a series of questions where you give simple “yes” and “no” answers to work out your body shape.

## Body Shape Calculator Online

If you find the below chart too confusing then keep your measurements and visit the Style Angel website to use the online [Body Shape Calculator](#).



Complete your body shape measurements here

Body Shape Calculator

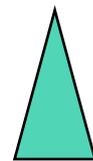
Centimetres

Chest

Waist

Hips

Calculate



[Body Shape Calculator on the Style Angel Website](#)



**NOTE:** If you fall in the Rectangle Body Shape category and your waist measurement is larger than hips and bust. Your shape is **Apple**.

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BY ANGELA BARBAGALLO

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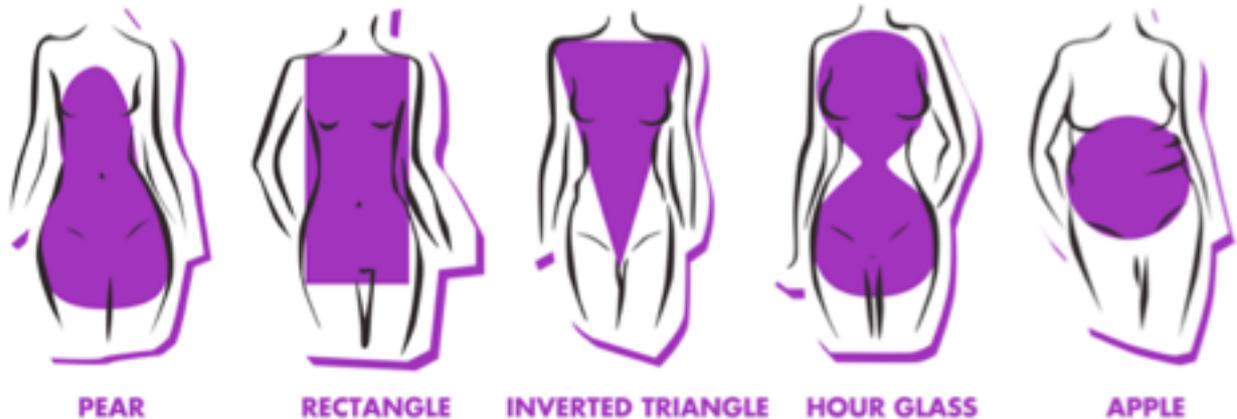


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# Discover Your Best Styles

Simply click on the links below to learn more about what styles suit your body shape.



## [PEAR Body Shape](#)

## [RECTANGLE Body Shape](#)

## [INVERTED TRIANGLE Body Shape](#)

## [HOURGLASS Body Shape](#)

## [APPLE Body Shape](#)

Most images below used for style recommendations are from Australian Fashion Label [Diana Ferrari](#).



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# PEAR Body Shape

Your Pear shape is the body shape category that the majority of women fall into.

For the best looking outfit your focus needs to be on balancing your hips area with the upper body.

Accentuating your slimmer waist with the right size, length and style of top, jacket or dress will give your look the definition it deserves.



## Style Recommendations

### Tops

Necklines like v-neck, cowl neck, turtle, square neck, boat neck and round neck are all great choices for your Pear shape.

Cross over top styles usually flop open due to the smaller bust size and a v-neck will instantly create a better look.



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## Skirts and Dresses

Soft a-line, stiff a-line, straight or high waisted skirts are all great fits. The material on the slimmer fitting skirts needs have some stretch in the material to fit nicely over your hips.

Just above your knee or just below your knee are great finish lines. Mid calf length looks great if you are above average in height and your calf size is slim to medium.



## Pants

You will need to try on quite a few pairs to find the perfect fit. The rise of your pants looks best at 23cm and above.

The material needs to have some flow to it to be able to accentuate the slimmer parts of your legs as you walk.

Depending on the width of your hips you are best to find a dress pair of pants that falls straight from the hips.

Jeans styles need to be mid to high rise and straight or slim fit with stretch in the material will make you look better than bootleg or skinny jeans.

Side opening pockets or heavy embellishments are best avoided as well as bright coloured stitching as this will create attention to the heavier part of your body and make you appear bigger.



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You will look the slimmest if you wear darker on the bottom and light in the tops, giving the eye an instant focus on your upper body.



## Jackets

Tailoring is what you need to look for in the perfect jacket to accentuate your slimmer upper body. A nice fit in the shoulders as well as a great length and waist definition is a great basis for a jacket.



## Underwear

The right seamless underwear will make a difference how nice a slimmer fitting dress, skirt or pants looks. A great pair of shape wear from mid thigh



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to under the bust will even out all the curves for those special occasion dresses.



## Your Top 5 Pear Shape Wardrobe Must-Haves

1. A great pair of pants or jeans.
2. A jacket that will work on a dress, jeans, skirt and pants.
3. A fantastic belt to cinch your waist.
4. A nice collection of scarves that inspire you.
5. Accessories to help you bring the attention to your upper body.



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# RECTANGLE Body Shape

Your Rectangle shape is the body shape category that approximately a third of women fall into.

Your curves are evenly proportioned and usually the waist is not as defined.

This shape can come with wide shoulders and chunky calves.

For the best looking outfit your focus needs to be on wearing shapely garments. Jacket and tops as well as dresses must “create” your waist for you, giving you a slimmer and more curvier look.

The line and design of the upper body garments are crucial in looking less boxy and colour blocking is your best friend.

## A Change from Pear to Rectangle Body Shape With Age

The possibility is very high that you become more rectangular with age, when your hips are just 7.5cm/3” wider than your bust.

During menopause, you may experience thickening of the waist and the upper body and slimming of the hips. This is most commonly a result of the vertebrae collapsing ever so slightly.

Less height and a smaller upper body means less space to distribute your organs which leads to a thickening of the waist and stomach.

## Style Recommendations

### Tops

Necklines like cross over, v-neck, cowl neck, square neck and round neck are all great choices for your Rectangle shape.



**RECTANGLE**



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Tops where the sleeve extends to the neckline (this is called Raglan) will give you more upper body width. The key with these tops is to try a size smaller than your regular size. If this fits the top will skim your upper body creating instant shaping.



Set in sleeve tops will work just as nicely for you as long as you keep a close watch on how well it fits in the shoulders. A shorter and longer finish also instantly make you look slimmer, more feminine and more shapely.



Shirt styles with extra darts at the back will also create more upper body width preventing the pull at the front buttons.



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## Skirts and Dresses

Lots of dress styles will look amazing on you. A nice high waist definition in a dress will work to make your waist look slimmer.



Skirts can look amazing but when there is a little weight around your stomach it means that you need to select the right top and add an element of a longer cardigan or jacket to finish the look without looking boxy.



## Pants

Most pants and jeans styles look great on your Rectangle shape. Slim, straight, bootleg and wide leg all work for you.



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The secret of your outfit looking great is in wearing a rise of the pants of at least 23cm/9” so your stomach is being held in by the waist band and not pouring over the edge like a muffin top.



## Jackets

Jackets play a really important part in slimming you, shaping you and making your outfit look amazing.

There needs to be lots of tailoring to “buy in” the waist but also enough room for you to close your jacket.

Leaving your jacket open to give your top the chance to create a slimming vertical colour block will look great.

Cardigans fall in the jacket category and create a mix and match smart casual.



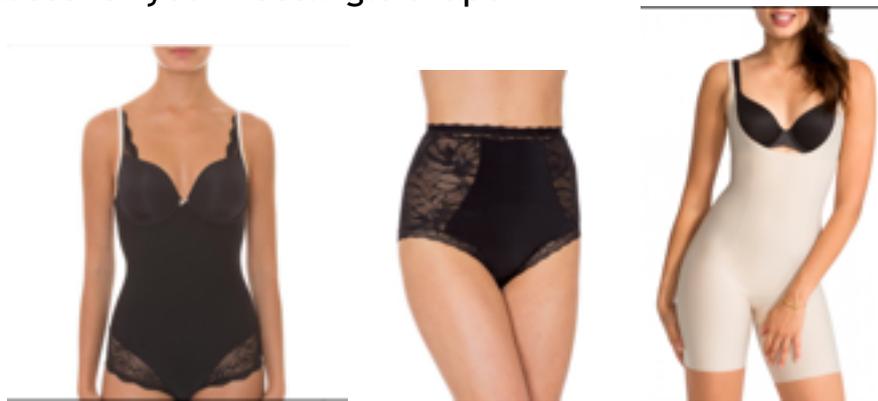
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## Underwear

Stomach shaper underwear and one piece shape wear that hooks under your bra are the best for your Rectangle shape.



## Your Top 5 Rectangle Shape Wardrobe Must-Haves

1. A great dress that shapes your waist nicely.
2. You look great in pants so a well fitting pair of jeans is a must.
3. A long pendant to dress up your tops.
4. A longer cardigan to mix and match your summer tops in winter.
5. A nice light-weight shapely coat you can wear over jeans, a dress or to the office.

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# INVERTED TRIANGLE Body Shape

Your Inverted Triangle body shape is the body shape category that less than 5% of women fall into.

You could call it a cocktail glass as you start broad in the shoulders and you narrow down in the legs.

To make the most of your body shape, you will need to create balance by giving the impression of a wider lower part of the body and drawing attention away from the upper body.



## Style Recommendations

### Tops

Tops are the most important part of your outfit to get right. Your body shape requires that there is ample room in a top in the upper body. A stretchy material as well as a raglan sleeve will allow for this.

A v-neck, low round, cross over, cowl, square neck in a stretchy material are all styles that will look great on your Inverted Triangle body shape.

Tops where the sleeve extends to the neckline (this is called Raglan) will give you more upper body room.

The key with these tops is to try a size smaller than your regular size. If this fits the top will skim your upper body creating instant shaping without being enormous at the waist.



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& Your Top 5 Wardrobe Must-Haves

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## Skirts and Dresses

The dress dilemma you will find with your Inverted Triangle body shape is that the upper body in the dress is usually very tight and the bottom too wide.

Dresses in stretchy material in a straight shape with high or mid waist definition is the most flattering and will fit your upper body. Pick the size that fits your shoulders and bust nicely.

Straight skirts look great and the stretch in the material will allow for the wider waist area.



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## Pants

Most pants and jeans styles look great on your Inverted Triangle shape. Slim, straight, bootleg and wide leg all work for you.

The secret of your outfit looking great is in wearing a rise of the pants of at least 23cm/9" so your stomach is being held in by the waist band and not pouring over the edge like a muffin top.



## Jackets

Jackets give your upper body great slimness as instantly a vertical colour block gets created by the difference between your top and jacket. It makes people's eyes look up and down and therefor making you look slimmer in your upper body.

The right fit is crucial of course. Due to the width of your upper body, it is best to buy jackets with the correct fit on your shoulders and know that you are most likely not going to do the jacket up.

Use scarfs for warmth instead of squeezing the zipper past your bust and feeling claustrophobic.



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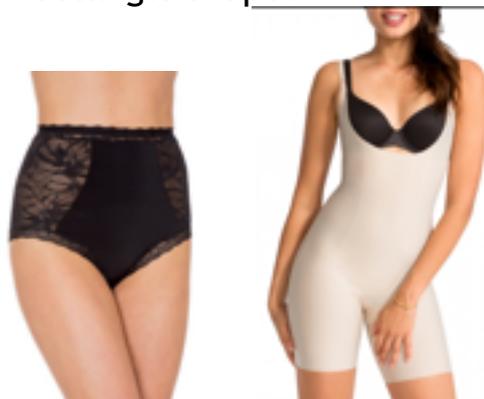
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## Underwear

Get a really great bra that lifts your heavier bust properly so you create the maximum waist. It is worth going to a specialty store to get properly measured as it will make your outfit so much better.

Stomach shaper underwear and one piece shape wear that hooks under your bra are the best for your Rectangle shape.



## Your Top 5 Inverted Triangle Shape Wardrobe Must-Haves

1. A great well fitted and bust lifting bra.
2. Tops you feel great in as this is the hardest part of you to dress.
3. The perfect pants to show off your slim pins.
4. LBD, once you have found the perfect one, you will look a million dollars!
5. A nice longer necklace/pendant to slim down your upper body



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# HOURGLASS Body Shape

Your HOURGLASS shape is the body shape category that less than 5% of women fall into.

You have perfect proportions between your upper and lower body with a well-defined waist.

Dressing is often quite easy as many styles with stretch in the fabric suit an Hourglass shape. Your only limitations will come from other factors such as bust size, weight, curved back.

The key is to always accentuate your waist and find tops and bottoms to not only show off your curves but that actually fit properly.

Clothes that are made generously in the bottom will leave a huge gap in your waist and alteration is often the only way to get the perfect fit.

## Style Recommendations

### Tops

The sole focus on when you buy tops is how does it fit your bust and how slim does it make your waist look?

Lots of necklines look fantastic on you so you will have plenty of choice. Round, V, cowl, square, cross over all look great.

Tucking tops into your pants and skirts will slim down any top and create a perfect hourglass figure.

A set-in sleeve is the best look for you instead of where the sleeve extends to the neckline (this is called Raglan). You need to show as much definition



**HOUR GLASS**



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with your top of where your body starts and finishes and extra upper body room in a top is wasted on your Hourglass shape.

Stretchy material will be your best friend.



## Skirts and Dresses

Straight skirts and pencil skirts will look great and stiff or a soft a-line will work as well as they will show off your small waist.

Make sure you tuck your tops into your skirts to enhance your waist as much as possible.

In case your features such as a sway back and extremely small waist make the standard waist fit too big always invest in alteration if you love the skirt.



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## Pants

Due to the more extreme difference in measurement from your waist to your hips you may find it hard to find a pair of jeans and pants to fit.

The rise needs to be at least 23 cm and the material needs to have some stretch.

Pockets fixed on the side of your hips should be avoided at all cost and a side zip is often the most flattering.

Wearing darker colours on the bottom will make your overall look slimmer.



## Jackets

Tailoring is what you need to look for in the perfect jacket to accentuate your slimmer upper body.

A great fit in the shoulders as well as a great length and waist definition is a perfect basis for a jacket that you will wear for years.

Selecting a material that has a slight stretch to it will help with the bust size.



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Deciding to leave the jacket open and showing off the different colour of the top underneath will create a vertical slimming effect.



## Underwear

The correct fit of your under garments is crucial in creating maximum lift and minimum lines and curve “spillage”.

The right seamless underwear will also create a fantastic slim-lined look under skirts, dresses and pants.

Your shape wear must come past the widest part of the hips and finish preferably under the bust for maximum slim-line.



## Your Top 5 Hourglass Shape Wardrobe Must-Haves

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1. A great alteration place on speed dial as you may have to alter a few items to get them perfect for your curvy shape.
2. A great bra fit to create maximum upper body and waist leverage.
3. A belt to show off your small waist.
4. A perfect pair of jeans to fit your curves and height
5. A fantastic dress you can dress up or down for work or functions.

## APPLE Body Shape

Your Apple shape is the body shape category that only 1% of women fall into.

Even though lots of women think they are an apple shape, as they might feel heavy around the stomach, when you do the measurements you should only be reading this information if you can say “yes” to **all** the following questions:

1. Your waist measurement is *larger* than your bust.
2. Your waist measurement is *larger* than your hips.
3. Your weight classifies in the obese or very overweight category.



## Style Recommendations

### Tops

The line and design of your top will make or break how much slimmer you look.

It is easy to confused what brands produce in plus size designs as they are not always the most slimming line and designs so here are a few special rules:

- Avoid square finish lines, instead opt for angled or rounded edges. Deep necklines such as round and v-neck will look great.



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- A longer tunic style is a great way to create length in your upper body. The right style tunic should finish at the bottom of your finger tips when you have your hands by your side.
- Multiple layers of fabric with different finish points with enough room around the stomach will look smart.
- Use jackets, cardigans and long vests to create a vertical colour block.



\*Images kindly provided by Talking Shape

## Skirts and Dresses

As the stomach area is the part of your body shape that needs to be evened out by what you wear.

Skirts need to be worn with a longer top and will only look great if you are quite tall.

Dresses are an easier solution for you and with a focus on lengthening line and design and some nice dark tights this will look great.



\*Images kindly provided by Talking Shape



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## Pants

Pants finishing 3/4 or 7/8 on the lower legs will make you look slimmer.

Pull up elasticized is the best option for you to make the area around the stomach look the slimmest.

Pants with stretch in the fabric will give you room to breathe.



## Jackets

Layering pieces will serve you the best to elongate lines.

The size of the jackets or cardigans needs to be determined by the size of your shoulders and upper arms and not the stomach area. This will give you more options across all brands.

You will need to watch for the right length and some shaping at the back to give you definition and create the waist.

In my styling career I have seen many ladies go down 1 to 2 sizes in out wear as they would not wear the jacket or cardigan done up.



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## Underwear

The right bra and underwear will be so important in how great you look. Lift the bust and slim line the stomach with high rise support underwear.

Shape wear will make a dress look good and the straps over the shoulder will give comfort that your shape wear does not move.



## Your Top 5 Apple Shape Wardrobe Must-Haves

1. A great coat to break up the body in 3 slim lines.
2. Patterned tops in great colours with a focus on vertical designs.
3. A well fitting bra and underwear.
4. Cropped 3/4 pants and a soft pair of pants.
5. Great longer pendants to break up the outfit.



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# Style Packages



## STYLE FOR WOMEN

A [personal styling session](#) is perfect if you feel you are in a style rut. You may feel your body shape has changed and you have lost your sense of style.

What used to look great, doesn't any more and you simply need some style help.

“I felt comfortable trying different styles and Angela gave me positive and fresh approach to selecting clothes. I would recommend Style Angel with a gold star. Put it on your bucket list!”



## STYLE FOR MEN

[Two hours](#) is perfect if you are looking for a seasonal update. [Three hours](#) is great if you know you need a complete wardrobe makeover.

“You have changed my entire wardrobe! I can no longer contemplate wearing the stuff I used to wear now that you have helped to open my eyes! Thanks again. The session was very helpful.”



## ONLINE STYLING

If you simply don't have access to Sydney styling services and stores an Online Personal Styling session is for you.

I will help you create a wardrobe you love, wherever you are!

“I wasn't confident I was looking my best and I wanted to improve my appearance and self confidence.” Narelle Murray based 2 hours away from a major shopping centre.



## STYLE BLOG

There is so much more style, colour and wardrobe advice available on the [Style Angel website](#).

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## CLIENT REVIEWS

# Client Reviews

Having a Personal Styling Session can be very daunting.

My focus is to make my Style Angel client at ease as quick as possible and enjoy our time together.

I am not there to judge but to share all my styling knowledge that is relevant at that time with my client so she is more confident about how she looks.

Witnessing jumps of exhilaration, squeals of joy and very big smiles in the change room.

My job is an honour!

*"Thank you so much for today, it was the first time I have enjoyed clothes shopping since I was a teenager. I'm very happy with all my purchases and have already discarded clothes from my wardrobe that I now understand don't flatter me. I will definitely be telling friends and family about your wonderful service."* Sue

*"I had a great time and learnt a lot, I really enjoyed it. I can definitely tell you that your advice has really helped when shopping for clothes. I am starting to look at what detail in the clothes works best for me and I am not buying anything unless I am 100% certain I like it and will wear it "*  
Jane

*"I had a lovely afternoon and appreciated your advice and honest appraisal. I am looking forward to wearing my new outfit tomorrow and figuring out how to combine the items with my other bits and pieces. I hope I also cull the rest of my wardrobe like I keep promising too!"* Anita

*"Thanks so much for all your help yesterday. It was the most productive shopping day I have ever had!"* Gabrielle

*"Thank you so much for your time and fabulous advice."* Mei



Discover Your Body Shape

& Your Top 5 Wardrobe Must-Haves

by [Style Angel, Angela Barbagallo](#)