

Below is a checklist of what I'll need to complete your Elevated Personal Harmony Analysis report. The essence video and photos will need to be uploaded to a folder in Google Drive and shared to elyssa@elyssaaesthetic.com. These items are to be submitted within the 72 hours following ****your selected calendar date**** which you will select when purchasing this package.

I'm looking forward to getting to know you better and evaluating your personal harmony!

Kind Regards,
Elyssa

ESSENCE VIDEO QUESTIONNAIRE

The submission of an essence video is required for this package. A list of questions for you to answer in the video will be sent to you upon purchase.

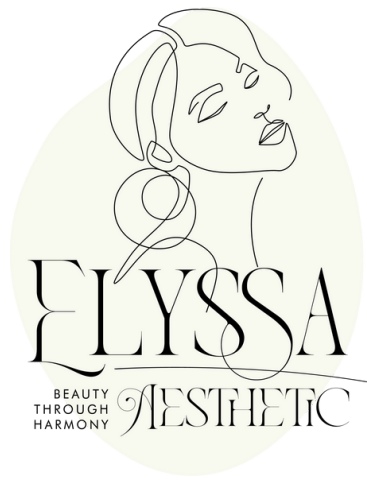
REQUIRED PHOTOS CHECKLIST

- 10-15 "Candid" photos of just you. If you cannot provide 10-15, that's ok, just provide as many as possible.

The following photos should be taken at a level angle, in natural lighting with a non-distracting plain background (I need to be able to clearly see the contours of your natural body shape and silhouette):

- 2 Photos (one front facing and the other profile) of your body in form fitting clothes/anything that shows your natural silhouette in your natural, relaxed stance
- 2 Photos (one front facing and the other profile) of your body in form fitting clothes/anything that shows your natural silhouette standing straight with your arms slightly lifted from your sides
- 2 Photos (one front facing and the other profile) of just your face with your relaxed/natural expression
- 2 Photos (one front facing and the other profile) of just your face with you smiling
- Height Measurements
- 2-3 photos of you with other adults to evaluate your scale (you can block out the faces of the other individuals for privacy purposes if you prefer)
- You in 2 complete head-to-toe looks of your choice for feedback and recommendations (these can be candid or posed/front facing). Be sure to include how you would typically accessorize, style your hair and do your makeup for best feedback.

Below is an example of the Elevated Personal Harmony Analysis Package. The evaluation of your individual beauty is taken with great consideration and as a result, you will receive a report that is completely unique to you (no two reports are exactly the same).



ELEVATED PERSONAL HARMONY ANALYSIS PACKAGE

Lauren, thank you again so much for trusting me with your analysis! You have a beautiful balance and I had a great time putting your report together! I've determined that you are most representative of the Gamine type with an undercurrent of beautiful youthful Yang. You do have some curve to your waist and hips which should be accommodated through construction, but your gorgeous facial features and essence will be best accommodated with a look that uses extreme yin detailing and effects sparingly.

As such, your beauty will be best brought forward by ensembles that offer clean construction and a fun, youthfully yang connotation.

Also, keep in mind that the notations/conclusions on your face and body analysis were based on careful study of all your photos. The mark-up's are meant to help point out my findings. Feel free to reach out if you have any questions. And I always like to add a little reminder..... this is not meant to make you feel restricted! Remember, personal style is an ever evolving personal art.

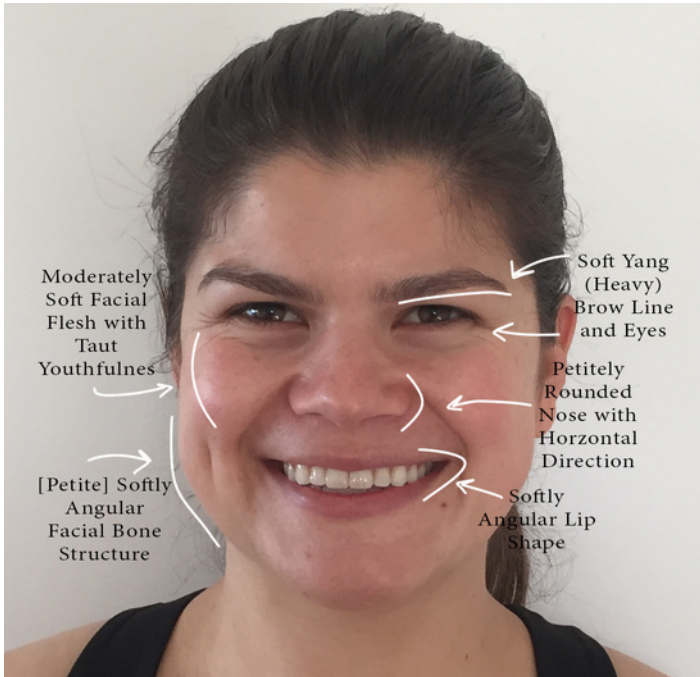
Looking forward to seeing how your wardrobe evolves!

Happy Styling,
Elyssa ♡

LAUREN S.

BY ELYSSA

BEAUTY TYPE - [SOFT] YANG GAMINE



YANG

- Slight Appearance of Elongation
- Petily Angular Frame
- [Petite] Softly Angular Facial Bone Structure
- Soft Yang (Heavy) Brow Line and Eyes
- Softly Angular Lips

YIN

- Shortened Vertical Line
- Rounded Shoulders
- Defined Waist
- Slightly Soft Bone Flesh
- Moderately Soft Facial Flesh with Taut Youthfulness
- Petily Rounded Nose

PHYSICAL AND ESSENCE ANALYSIS

PHYSICAL

Body - Your overall body composition is small scale Yang with some added softness. This is made apparent by your small scale stature combined with your softly angular frame which creates a contrasting effect. You also have a beautifully defined waistline and soft contours at your hips. This makes for a body composition which is most representative of a Gamine with slightly softened angularity rather than sharp. As a result, emphasis should be placed on creating segmented lines and upward movement in head-to-toe looks as well as maintaining neatness and clean outside edges.

Face - Your facial features are fairly congruent with your body architecture, but also offer an added air of youthful yang beauty. Your facial bone structure is softly angular and you have a gorgeous heavy gaze which offers grounded drama to your facial features. But, your slightly soft flesh and pettily rounded nose add an extra dash of contrast against your yang features. As a result, contrasted effects and youthfully yang elements should be incorporated to frame our beautiful face.

Maturity - Your facial features and small scale offer a youthful quality to your overall balance. However, your nuance of youthfulness is not "frilly". Instead, it indicates a "spry" quality. As such it's advised that you avoid a conservative or matronly/serious appearance. Your appearance of maturity will be best honored through a segmented rhythm and fun/quirky interest.

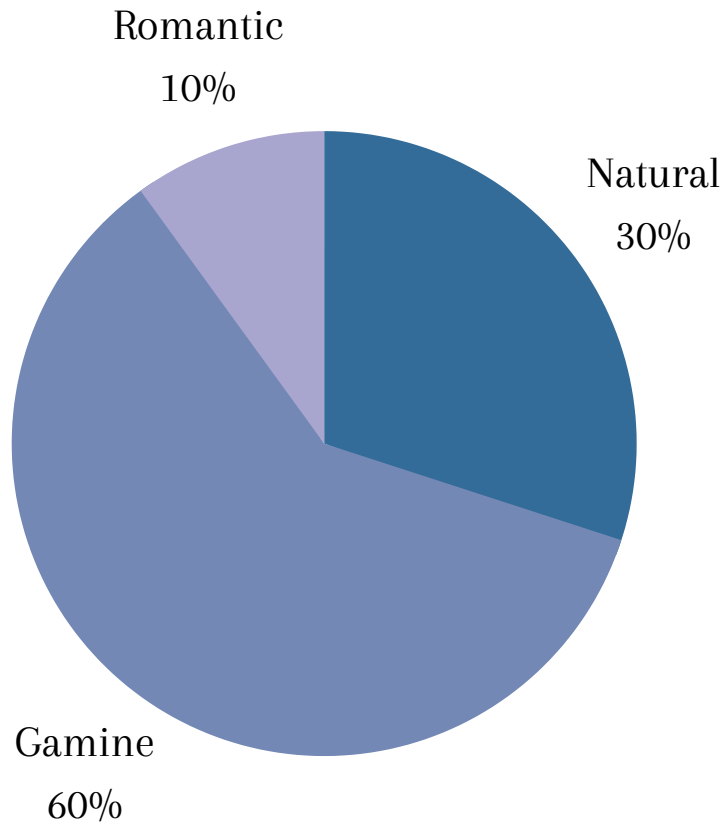
ESSENCE

Overall you have a naturally friendly and upbeat tempo which is brought in by your chipper and open demeanor. Your movements and mannerisms lean into being expressive and lively; you tend to smile when you speak. You also have an air of bright lightheartedness which offers a humorous quality to your overall beauty. And, your facial features offer a youthfully yang influence to your overall balance. As a result, looks should offer a dash of androgyny as well as some liveliness or an uplifting humorous/interesting quality through details, accessories and color.

OVERALL BALANCE

Your body architecture sets the precedence for a clean, segmented approach to line and a crisp, contoured silhouette. Your essence traits and contrasting features will be best complimented by defined prints, fun color interactions and some degree of interest in even the simplest of looks. This makes for a total personal harmony best described as a Lively Yang Gamine.

ARCHETYPAL BEAUTY MAKEUP



APPLIED PRINCIPLES

Gamine

- Pops of Interest and/or Excitement
- Upward Moving, Segmented Line
- Defined Prints
- Playful Elements

Natural

- Approachable/Casualness
- (Clean) Softly Squared Shapes

Romantic

- Accommodate Contour to Waist and Hips

KEYWORDS AND DESCRIPTORS

Colorful

Playfully Androgynous

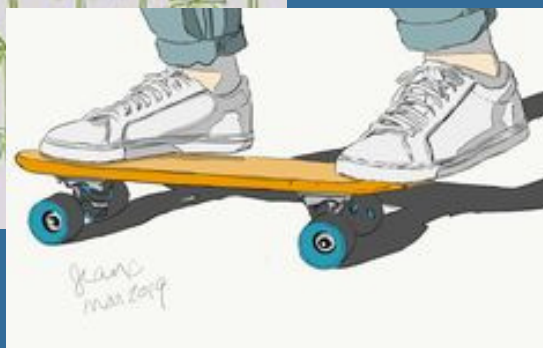
Approachable Quirkiness

Fresh

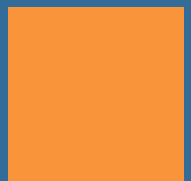
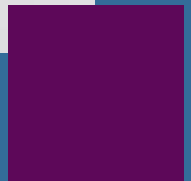
Clean, Yet Interesting

Upbeat, Yet Casual Tempo

LAUREN



ESSENCE
AESTHETIC



SHOP YOUR CLOSET

OUTFIT 1



What's Working: The fit of the pants is quite complimentary to your frame as they create a clean tapered effect. This is also a good example of how the slight width in your shoulders is able to support a top that does not closely contour your waistline (the clean, softly squared silhouette mimics your natural shapes). The fitted jeans help to connect the languid quality of the top back to you frame.

Critique: Overall the ensemble is slightly understated as there are no elements of interest to connect the look back to your gorgeous facial features. The look is not necessarily distracting, but it's not pushing your beauty forward to it's full potential. The idea is frame you face as the focal point through overall harmony. I would suggest opting for a top that offers a color blocking effect or added detailing to help create an upward moving line. I would also suggest to cuff the hems of your pants for a slightly more tailored effect.

OUTFIT 2



What's Working: The fit of the pants are quite complimentary to your frame. And the overall base silhouette is a good foundation.

Critique: There is nothing connect your facial features to the overall ensemble as the neckline is quite low and there's an absence of accessories or upward moving interest. And the overall ensemble is missing interest which can create an understated effect against your natural beauty. When opting for a very simplistic look I would suggest adding an element or color that helps to bring in interest. I would also suggest cuffing the hems of your pants to give a more precision look (they look like they're bunching up just a bit at the hem which can create an unkempt effect on you).

SHOP YOUR CLOSET

OUTFIT 3



What's Working: The pants are a great fit for your frame and the hem length is perfect without having to cuff them (the overall line is clean). The neckline of the top is complimentary as it's kept shallow. And your frame can handle a fit such as this top, particularly when tucked in at the front.

Critique: Similar to Outfits 1 and 2, this ensemble is lacking in interest which can create an understated effect on you. A casual top which offers a graphic or some element of interest (perhaps even within the color) would help bring your beauty to life.

OUTFIT 4



What's Working: This casual/athleisure-leaning ensemble is quite complimentary. The base silhouette is simple and defined. But the element that connects the look beautifully to your features is the 3rd layer jacket. The color blocking effect allows the eye to travel up to your beautiful face with ease and compliments the contrast within your beauty. Also, the "weight" of the shoes balances beautifully with your frame (they are not delicate and offer a slightly wide platform design).

Critique: The weight of the tissue tee is a little delicate. I would suggest opting for a regular weight woven cotton tee for a more defined look.

SHOP YOUR CLOSET

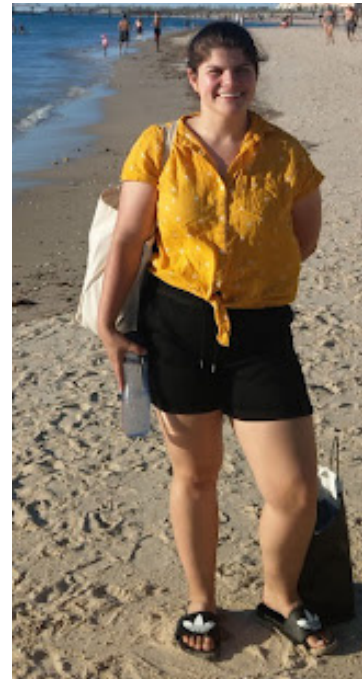
OUTFIT 5



What's Working: The silhouette of this dress is very complimentary. This is a great example of how to bring some of the yin qualities within your frame forward (your waist is beautifully defined and the fit and flare silhouette balances well with your frame).

Critique: When wearing more simplistic garments/ensembles that are mainly focused on excellent execution of line and silhouette, I would suggest bringing in interest around the face with a unique pair of earrings or hair style to help bring your face fully into focus. I would also suggest opting for a pair of shoes that offer some expression/interest. Additionally, a softly squared neckline with slightly wider straps would make the neckline appear more clean in conjunction with your natural shapes. So, similar to Outfit 1, this dress is not necessarily distracting from your natural beauty, but it has potential to be elevated. with a few minor changes.

OUTFIT 6



What's Working: Based on this photo, the shorts are a complimentary construction for your frame. and the button-up top is a good start to a garment.

Critique: Although the top is a good start due to the collar, neckline, color and overall design, it's not creating a clean outside edge and swamps your frame and creates an unkempt effect. This is a good example of a garment that does not offer enough "tidy" construction.

STYLE ELEMENTS RECOMMENDATIONS

LINE/RHYTHM

Your body composition calls for lines that are segmented, cleanly constructed and/or offer clean/tidy outside edges. You also have some rounded edges at your hips, which should be accommodated with precision-fit contouring and tailoring. The slight width at your shoulders can harmonize well with strategic use of base layer and 3rd layer garments that do not closely contour your natural waistline. However, there should be a connection point back to your frame with crisp, defined construction in at least 1/3 of the silhouette. In your head-to-toe ensembles opt to create a "broken" vertical line. This can be implemented with garments that offer shorter, segmented lines such as cuffed and cropped hemlines, tapered lines or contact points at your joints (wrist, ankles, elbows) as well as with color-blocking designs and effects. This staccato rhythm provides upward movement and interest which creates an effortlessly elevated effect on you. Not all garments in a head-to-toe look need to contour your natural silhouette as your shoulders can support, and are complimented by clean, semi waist-less silhouettes such as contoured shift dresses, 3rd layers and garments that are slightly "away" from your frame. As such, extremely cinched waist definition is not necessary for every look, but it can be used to create a tailored appearance or connect the look back to your frame in silhouettes that are "away" from your natural silhouette. Complimentary waist definition can be accomplished with garments that crisply contour your natural waistline OR by tucking your top garment into your bottom garment in looks that use separates. In general, keep lines clean around your face.

Complimentary necklines include crisp high necklines, precise turtlenecks, mockneck, man-tailored, softly squared shapes, geometric shapes and crisply rounded shapes. Avoid extremely unconstructed, cowl, languid and extremely bouffant necklines. In necklines that are slightly lower, adding a necklace or statement earrings to help maintain an upward moving line is recommended. Structured A-line skirts and dresses as well as fit-and-flare silhouettes will also compliment your body architecture well. Avoid flounciness and overly busy ruffles as these will fight against your yang attributes.

Avoid: continuous and elongated lines, long relaxed lines, extremely flouncy lines, busy ruffles, tight gathers, extremely languid/unconstructed lines

CONSTRUCTION

Overall, your head-to-toe looks will appear most complimentary with crisp, contoured construction. Third layers can be added to bring in more interesting silhouettes, but your base layer will appear most complimentary when it highlights your natural silhouette. Third layers can also offer a *slightly* oversized construction so long as it's kept crisp and does not overwhelm your small scale frame. Hemlines and edges should be kept neat (avoid flowing asymmetric handkerchief hemlines). In general, extremely languid and unconstructed garments can end up creating an unkempt effect on you due to your petite angular frame. Additionally, your tight, angular lines will tend to fight against or overpower delicate and featherlight garments.

Avoid: bodycon construction in thin materials, extremely unconstructed garments, relaxed/languid construction

COLOR

Your yang attributes can easily carry ensembles which offer depth and richness in color. And your essence will be beautifully complimented by "fun" primary colors. Additionally, some form of color blocking or contrast will be a foundational tool to create complimentary lines in your head-to-to looks. Monochromatic ensembles can be complimentary so long as you incorporate some interest through details and accessories and the silhouette/line is well executed. And although you have some youthfulness, your yang beauty can look a little unharmonious in an extremely youthfully yin color pallet such as airy pastels.

Avoid: youthfully yin pastels, cool muted colors

DETAILS & ACCESSOIRES

Accessories - Earrings and necklaces are an excellent way of introducing playful drama and providing upward movement in your line which will help the eye effortlessly focus on your gorgeous face. Aim to keep jewelry pieces interesting in design and earrings fairly tight to your ear (earrings can dangle, but avoid extremely narrow, elongated designs). Moderate to larger scale earrings that offer a softly geometric, interesting design can be very complimentary in conjunction with your gorgeous contrasted features. Larger scale, bold designs can be used as a statement/focal point within an ensemble. Jewelry shapes which are softly geometric, offer some degree of interest or have a playfully unique connotation will interact beautifully with your facial features. In general, avoid extremely narrow, sleek, sterile and elongated necklace lengths as well as extremely prim and conservative pieces as they can create an uncomplimentary effect against your natural beauty.

Avoid: prim and conservative jewelry pieces, dainty feminine jewelry (extremely "cute & girly" designs), extremely earthy and naturalistic materials (feathers, wood, etc.)

Details - Garments that are adorned with moderate to small details will help compliment your small scale characteristics without appearing unrefined or juvenile. This includes details such as consecutive buttons, cuffed hems, piping and contrasted stitching or materials. These details contribute to your use of line and as such should be kept precision-tailored, crisp and clean.

Avoid: complete absence of detailing, flowing details (long fringe), extremely yin detailing (tight ruffles, extremely rounded and dainty/delicate details, etc.)

MATERIALS & TEXTURES

Your balance calls for a healthy dose of interest and tasteful contrast. Materials and textures are a great way to achieve this in your looks. Materials that lend themselves to being layered, have some "grip" to them (feel textured or have visible textured effects) or offer crisp construction will harmonize well with your beauty. In general, avoid featherlight and extremely delicate (ethereal) materials as these can appear very separate from you. Complimentary materials can include woven cottons, wool, knits and corduroy. However, pay special mind to the weight of materials and how much you're using them in head-to-toe looks as your compact frame can get overwhelmed if extremely heavy materials are overused. Additionally, interest and contrast can effectively be introduced into monochromatic looks with the use of contrasting materials and finishes.

Avoid: head-to-toe looks using extremely delicate materials (light silk, dotted swiss, angora, extremely plush fabrics, delicate lace), extremely luxurious heavy fabrics (extravagant/exotic furs), ethereal and extremely weightless fabrics

PATTERNS & PRINTS

Patterns and prints are a great way to introduce interest and help to facilitate a broken vertical line, or bring in complimentary contrast in head-to-toe looks. Patterns which offer intersecting, horizontal line breaks and color blocking will interact beautifully with your frame and facial features. Your personal beauty can be complimented by playful geometric designs and stripes as well as with larger scale abstract and blocking effects. Additionally, your lighthearted, youthfully dramatic beauty and essence calls to be honored through the use of uplifting, playful or humorous patterns/prints which have a "snap" to them (well defined).

Classically inspired patterns/prints can be incorporated, but should be used in moderation and with your color pallet in mind as these can appear a little too serious in conjunction with your essence if not kept "lighthearted" or "fun" (examples include plaid, argyle and glencheck).

Avoid: nature inspired "edgy" and unrefined prints (i.e. rock 'n roll snake print), large feminine florals, regal ornate prints

HAIR AND MAKEUP

Hair: Your facial features will harmonize well with medium to shorter hair lengths (bust to shoulder length) that offer texture and dimension. Shapes that are softer around the edges, but come to a geometric blunted edge will compliment your facial shapes well. A blunted bob will frame your face beautifully. For something a little more dramatic and daring opt for a side shave.

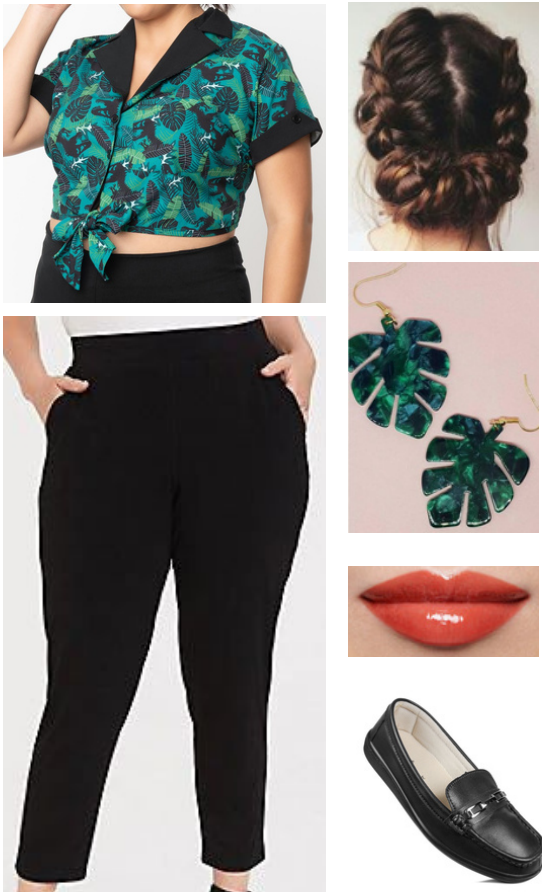
Avoid: extremely conservative/formal hair styles

Makeup: A soft approach to makeup that offers a subtle pop of enhancement and color will harmonize best with your natural balance. For everyday looks skip the contouring and opt for a makeup application that focuses on definition to your eyes, and lips. It's suggested to cleanly define your brows, enhance your eyes with mascara and a satin eyeshadow close to your natural tone, and elevate your lips with a satin lip shade which adds richness to your natural lip color. For elevated ensembles which call for some vibrancy opt for a brick red lip color.

Avoid: heavy makeup looks with lots of glitter, ethereal and iridescent effects

RECOMMENDED LOOKS

LOOK 1 CASUAL



This casual ensemble aims to create an effortless and go-to silhouette while also offering comfort and tasteful interest. Start the look off with a pair of black cigarette pants for a beautifully contoured and tapered silhouette. Pair the pants with a cropped button up top that offers a complimentary neckline and interest through the color and print type. Opt for a braided updo, themed moderate-scale earrings and warm lip gloss to frame your beautiful face. And complete the look with a pair of black loafers that are specifically designed with comfort technology for a casual day out.

LOOK 2 ELEVATED



This elevated look aims to offer refinement while also maintaining a polished approach to interest. This beautiful sheath dress offers a medium weight to the fabric which will beautifully contour your natural silhouette to create a clean, sleek appearance. It also offers a refined color blocking effect which helps draw the eye up to your beautiful face and adds just a dash of interest. Opt for a blunted bob with refined bend, moderate weight gold earrings and a soft warm lip color to frame your gorgeous face. And complete the look with a pair of simple block heels.