

Below is a checklist of what I'll need to complete your 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](mailto: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

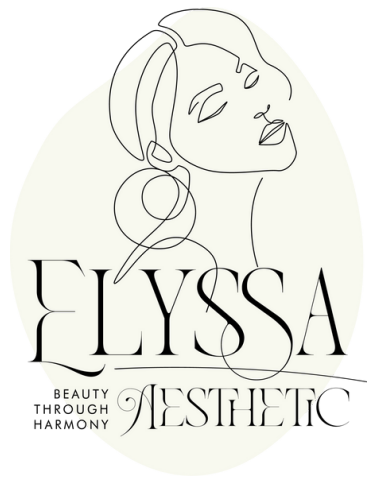
- 10-15 "Candid" photos of just you. If you cannot provide 10-15, that's ok, just provide as many as possible.

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 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).



## 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.

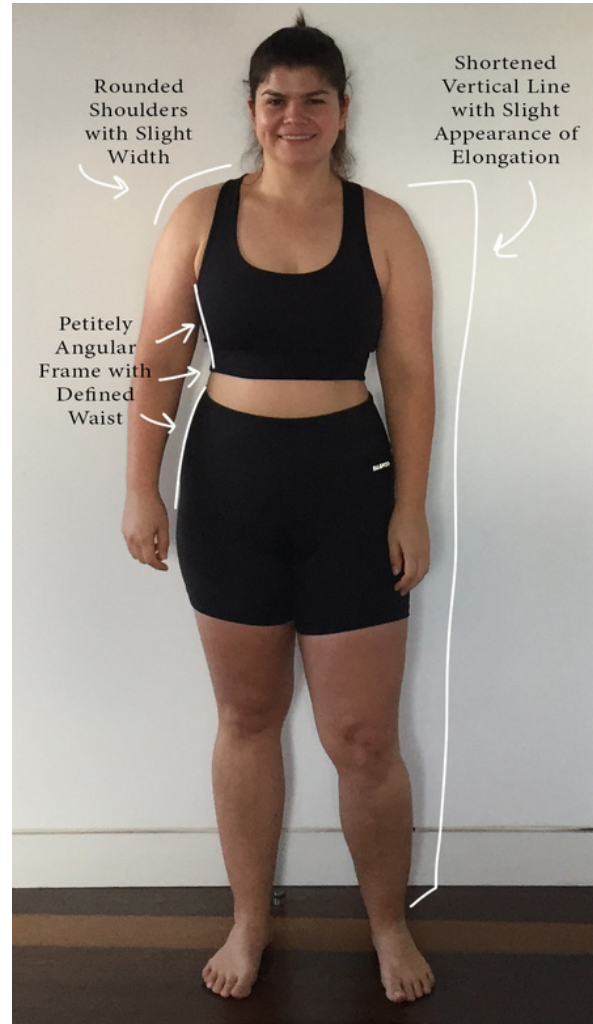
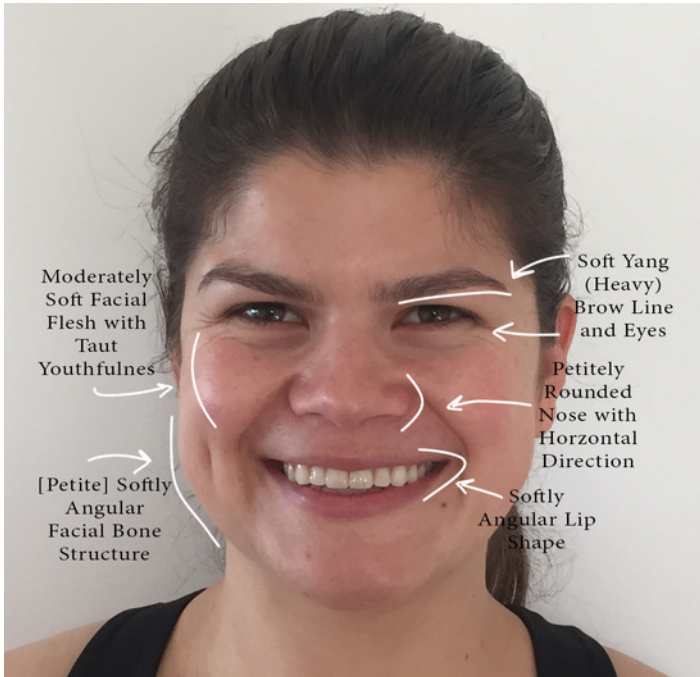
Looking forward to seeing how your wardrobe evolves!

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.

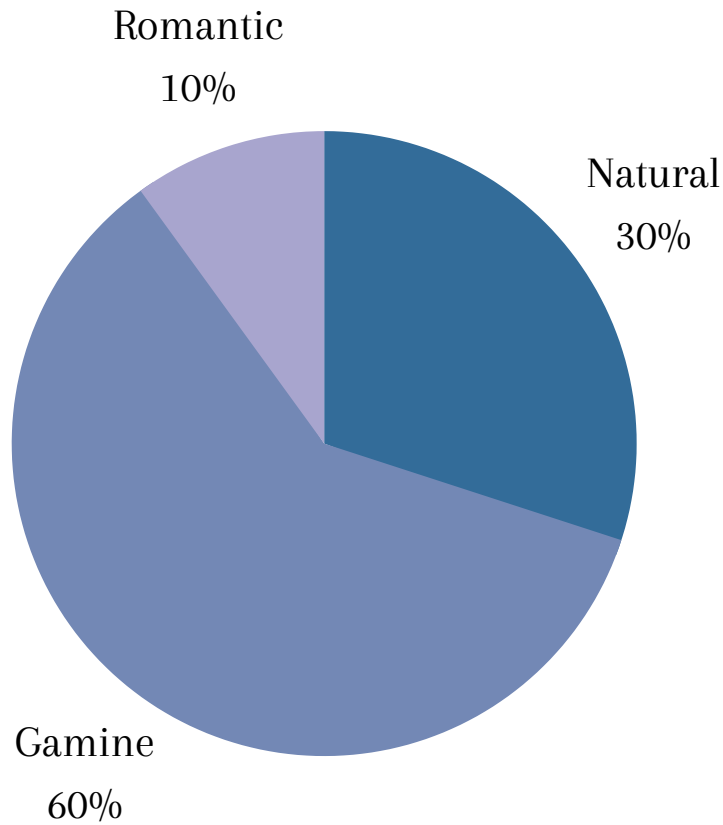
## ESSENCE

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

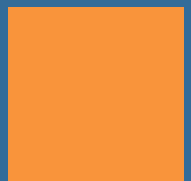
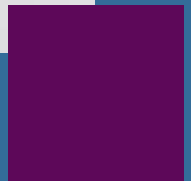
Clean, Yet Interesting

Upbeat, Yet Casual Tempo

# LAUREN



**ESSENCE**  
**AESTHETIC**



# SHOP YOUR CLOSET

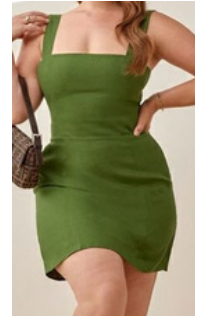
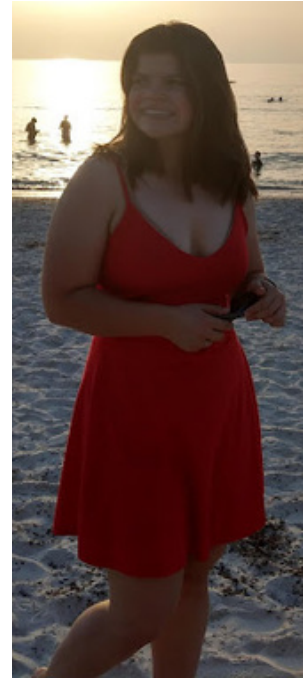
**OUTFIT 1**



**What's Working:** 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.

**OUTFIT 2**



**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.