



Finer & Fabulous

**Build a Finer, Budget-Friendly Wardrobe That
Complements Your Body Shape & Style**

Shapewear Needs Assessment

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- Need full body coverage of multiple challenge areas & maximum support? **Choose bodysuit shapewear**
- Need full body coverage without the panty line? **Choose a thong bodysuit**
- Need maximum coverage under a dress? **Choose a full body slip**
- Need tummy / mid-section coverage? **Choose high waist shapewear**
- Need to slim your thighs? **Choose a high waist shaping short or leg shaper**
- Need leg support? **Choose a long leg shaper or shaping hosiery**
- Need support of the lower abs and booty? **Choose control briefs or bodysuit shapewear**
- Need to smooth back fat and bumps beneath your favorite Zeta tee? **Choose a slimming camisole**



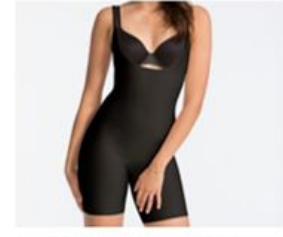
Slimming Camisole



Hi-Waist Leg Shaper



Body Shaper / Body Suit



Open Bust Body Suit



Hi-Waist Shaping Short



Shaping Hosiery



Thong Body Suit



Control Brief

Additional Shapewear Tips

- It's important that your shapewear is the right size and fits you comfortably. You should be able to breathe and move around fairly easily in it. If after putting on your shapewear you find yourself holding your breath to walk and/or walking like a robot because you're bound too tightly, it's probably time to go up a size.
- Trying to squeeze into shapewear that's too small will have the opposite effect of slimming you down, instead giving you bulges in places you shouldn't have them.
- If you carry extra weight in the middle, avoid shapewear that finishes at the waistline. Instead, go for a high-waisted option that starts beneath your bustline and finishes at the top of your legs.
- Go for shapewear with silky, sheen fabrics. Matte fabrics can cause friction with other fabrics you might be wearing.
- Choose the correct color shapewear for your outfits. If you are wearing white, then select darker colored shapewear so it doesn't show through your outfit. Whatever color you choose, use your full length mirror to inspect your final look (from top to bottom) to ensure that your shapewear isn't visible for the world to see.
- Shapers and support clothing can help you to feel more confident in your outfit, but you must choose your shapewear carefully. If it's difficult to put on, restricts your movement, or causes discomfort, ***don't wear it***. Overly tight shapewear can impair your circulation, which can be dangerous.
- Look for cotton-blend shapewear to keep you cool in the summer. Shapewear is typically made of nylon and spandex, both synthetic fabrics that don't breathe. That's great news for the winter months, but during the summer, it makes you more prone to sweat. Several brands, including Wacoal, offer a wide selection of summer shapewear that are lighter, more breathable versions of their original shapewear.