

Shapewear

Wallace Reyburn

The Bra Book Jené Luciani, 2017-04-18 It's time to have FUN finding the perfect fit—fashion expert Jené Luciani is here to help. In 2009, *The Bra Book* helped countless women find the right bra. Now, Luciani, known as Dr. Oz's Bra Guru, returns with this updated edition of her one-and-only guide to all things underneath. If 85 percent of women are wearing the wrong bra, what else in their undergarment drawers doesn't fit as well as it could? Luciani continues her mission to arm women with the knowledge they need to find the right fashion support. From the best bra for every outfit to important information about bras and breast health from puberty to retirement, from the physics behind bra design to how you can best ensure a proper fit, *The Bra Book: Second Edition* is still the ultimate resource on bras for women everywhere. Lucky for us, Jene has expanded the book to include new and updated, yet essential, information from the ever-changing world of intimate apparel. In the era of smooth is better, thanks in part to the Spanx movement, *The Bra Book: Second Edition* now features a guide to the often overwhelming world of shapewear and swimsuits. Luciani eliminates confusion with her friendly guidance on finding the perfect fit and even tackles the uncomfortable questions, such as, What really causes sagging? Discover new ways to best flatter your figure—and have fun shopping for that perfect fit. *The Bra Book: Second Edition* doesn't just tell women how bras and shapewear work; it shows them how to make those garments work for them!

Waist Training 101 Everything You Need to Know About Corsets Shapewear and Waist Trainers Sebastian B. Black, 2023-01-01 Transform your body and enhance your life with the power of waist training. Discover the secrets of waist training and transform your body with this comprehensive guide. *Waist Training 101: Everything You Need to Know About Corsets, Shapewear, and Waist Trainers* is the ultimate resource for anyone looking to improve their posture, reduce back pain, achieve an hourglass figure, and boost their confidence. Dive deep into the world of waist training, starting with its history and the various types of waist trainers available. Learn how to correctly measure your waist, choose the perfect waist trainer, and understand the risks and benefits associated with this practice. Master the art of waist training with detailed instructions on how to get started, exercises to complement your waist training routine, and guidance on incorporating waist training into your fitness regime. Enhance your waist training results by learning about the role of diet, nutrition, and self-care in achieving your desired body shape. Find the answers to your burning questions, such as whether you can sleep in a waist trainer, how waist training affects pregnancy, and the relationship between waist training and weight loss.

Troubleshoot common problems and avoid mistakes to maximize your waist training results. Be inspired by real-life success stories and learn how to maintain your waist training results for a healthy and happy life. With this comprehensive guide, you'll be well-equipped to embark on your waist training journey and transform your body and life. Unlock the hidden secret of waist training and join countless others who have successfully reshaped their bodies and improved their lives. Waist Training 101: Everything You Need to Know About Corsets, Shapewear, and Waist Trainers will be your go-to guide for understanding the intricacies of waist training, from choosing the right shapewear to mastering proper technique. Get ready to learn how waist training can improve your posture, strengthen your core muscles, and give you a better understanding of your body. Explore the future of waist training and the role it plays in promoting body positivity and self-love, as well as emerging trends and innovations in the field. Whether you're new to waist training or a seasoned pro, this book offers valuable insights, practical advice, and the motivation you need to make waist training an integral part of your lifestyle. Embrace the transformative power of waist training and experience the benefits for yourself with Waist Training 101: Everything You Need to Know About Corsets, Shapewear, and Waist Trainers. Order your copy today and start your waist training journey towards a more confident, healthier, and happier you!

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Jiggle Wendy A. Burns-Ardolino, 2007 Jiggle: (Re)Shaping American Women explores the relationship between American women and their bodies as mediated by both traditional and contemporary foundation garments. This post-corsetry study begins in the 1930s with a discussion of traditional foundation garments and continues with an analysis of contemporary shapewear as these garments shape women physically, culturally, and socially. Jiggle focuses on the corporate, cultural, and individual practices and meanings of women's experiences with foundation garments. Referencing trade journals, industry data, statistics, advertisements, telephone surveys, and interviews with women, Jiggle argues that women should not be complicit in alienating themselves from their bodies, but rather should embrace their bodies' multiple capacities as they practice fashion, femininity, and gendered performatives. Book jacket.

Building a Million Dollar Side Hustle Juliana Richards, 2018-06-26 Juliana Richards arrived in the United States from Nigeria with little more than 100 dollars in her pocket. Ten years later she was the founder and CEO of Slim Girl Shapewear, a fast-growing global brand and multimillion-dollar company. Her body shaping and contouring clothing line has opened up a whole new category of clothing for women around the world and become go-to wardrobe necessities for high profile celebrities such as Khloe Kardashian, Nicole “Snooki” Polizzi, Carmen Electra, and others. In Building a Million Dollar Side Hustle, Richards shares her compelling and inspiring journey of immigrating to the United States and starting a company using her college loans, expanding it into a global brand leader in body shapers, swimwear, and lingerie. In sharing her story to inspire other entrepreneurs, Richards explains her three-word philosophy: poise, obsession, and persistence. The story of Slim Girl Shapewear—Juliana’s story—is her testament and her gift to anyone who wants to achieve success. This is a book for anyone who believes in the American Dream, and for anyone who wants to be deeply moved by a story filled with wisdom, inspiration, hope, and humor.

Uplift Jane Farrell-Beck, Colleen Gau, 2002-10-22 Over the years the bra has been stereotyped as an object of seduction, glamour, and even oppression. In Uplift: A History of the Bra in America Jane Farrell-Beck and Colleen Gau use this item of

clothing to gauge the social history of women and to understand the business history of fashion. Viewing fashion as a means to entertainment, self-creation, and everyday art, the authors illuminate the effect the brassiere has had on women's lives—their style, health, and economic opportunity. Rich in examples from advertising, movies, and other areas of popular culture, Uplift moves beyond featherbones and fiberfill to provide a sense of the dynamic relationship of the bra to wider issues in society.

The Corset and Underwear Review, 1913

The Lingerie Handbook Rebecca Apsan, 2006-01-01 It's the essential guide to dressing to undress, from the basics of bras, panties, slips, and shapewear to the sexy extremes of corsets, sheer chemises, balconets, and bustiers—perfect for the tens of millions of fans of *Fifty Shades of Grey* who are now wondering what to wear. Written by lingerie expert Rebecca Apsan (the best bra-fitter in the country—*New York* magazine), *Lessons in Lingerie* covers it all: The revelation of a properly fitted bra. How to cultivate your inner coquette. How to look ten pounds thinner. What works under a clingy dress or a sheer white blouse. The basics of shopping, cleaning, organizing. And Ms. Apsan's manifesto for change: Stop wearing underwear!

Innovation and Technology of Women's Intimate Apparel W Yu, J Fan, S-P Ng, S Harlock, 2014-01-23 The intimate apparel business is undergoing major technological change. New measurement and design techniques, combined with innovative materials and production methods, are transforming the range, quality and applications of women's lingerie. This important book provides an authoritative review of these developments After an introductory chapter on the concept of body beauty, a first group of chapters discuss innovations in the manufacture of brassieres, including developments in breast measurement and sizing, innovations in bra design and improvements in bra pattern technology. The following sequence of chapters reviews key developments in girdles. Topics discussed include innovations in girdle design and use and research on the physiological effects of body shapers. The book concludes by assessing developments in intimate apparel with special functions such as sports bras, and innovation in knitted and seamless intimate apparel. Innovation and technology of women's intimate apparel is a standard reference for designers and engineers working in this important area of the textile industry. Reviews the technological and innovative developments of ladies intimate apparel Describes the research principles and scientific understandings of size, materials, pattern and fit to achieve functional and technical design Written by leading experts in the field

The Spanx Story Charlie Wetzel, Stephanie Wetzel, 2020-10-27 What can you learn from one of the most successful companies in the world? The Spanx Story will help you understand and adopt the competitive strategies, workplace culture, and daily business practices that enabled entrepreneur Sara Blakely to dominate the shapewear industry and become a billionaire. Sara Blakely had a problem. She had a beautiful pair of white designer pants hanging in her closet just calling out to her to wear them, even though they accented her least favorite feature: cellulite. After searching high and low for a

solution and coming up empty, an idea was born: Spanx. The Spanx Story chronicles Sara's journey from long nights researching patent and trademark law, to years of cold shoulders she received from the titans of the pantyhose industry, to the cold call that led to the shelves of Nieman Marcus. It was a long road of incredible hard work and determination that led Spanx to become the iconic brand it is today. Through Sara's story, you will learn: How to develop an idea and turn it into a business. How to start a company with very little capital by thinking outside of the box and dedicating every spare moment to your goal. How to recognize when it's better to hire a CEO than to be the CEO. How to stay the course and continue to believe in your idea, despite naysayers and going against an industry resistant to innovation. The Spanx Story educates and inspires entrepreneurs and innovators to find the problem for their solutions and persevere through the hard work that goes into building a billion-dollar company.

Busting Out Shirley Archer, 2013-01-04 Just in time for swimsuit season, *Busting Out* offers a revolutionary, all-natural program to enhance the breasts. No matter what the cup size (be it double-A or double-D) or shape (post-pregnancy or pre-bikini), this handy guide puts readers on the fast track to a beautiful bustline—without surgery. Internationally renowned fitness educator Shirley Archer outlines easy exercises to lift and strengthen chest muscles and tone the arms and back. Best of all, Hollywood stylists reveal tricks of the trade, showing how easy it is to work with what you've got.

Underwear and Lingerie Woman's Institute of Domestic Arts and Sciences, 1926

Bra Talk Susan Nethero, 2005-10-01 After multiple guest spots on The Oprah Winfrey Show and many other features on TV and in national magazines, Susan Nethero is one of the best-known bra-fit experts in the country. In *Bra Talk* she offers basic information based on body types and activity levels. Transform your look by switching the best bra for your figure needs.

Full Support Natalee Woods, 2019-12-03 Lingerie is the foundation for every woman's wardrobe, but it's also where we feel the most pressure to be beautiful—and feel the most shame at falling short of impossible standards. Concerns about our age, body type, family expectations, jobs, and romantic partners crowd into the dressing room with us. The result is a bra that fits other people's standards instead of our own bodies. As a bra-fitter at a high-end department store for more than a decade, Natalee Woods watched women bravely facing down their fears and embracing what worked for them. FULL SUPPORT shares their stories.

Bound & Determined Kristina Seleshanko, 2013-04-09 This revealing history of corsetry ranges from the 19th through the mid-20th centuries to show how simple laced bodices developed into corsets of cane, whalebone, and steel. Lavish illustrations include line drawings and photographs.

Bust-up Wallace Reyburn, 1972

Experimental Corsets Val Holmes, 2016-03-14 An exploration of the corset as a motif for textile artists, with practical tips

and examples. Used for the last 400 years to contort the female body into a variety of fashionable silhouettes, the corset has become a fascinating and hugely popular motif for modern textile artists who wish to represent the female body using the largely feminine traditions of textile and stitch. Beginning with a step-by-step guide to constructing a simple fabric corset, the book goes on to explore more contemporary and experimental approaches to construction, from using unusual materials such as lace, metal, paper and found fibres to up-cycling or repurposing existing garments to make a statement. This practical guide is full of exercises for creating intimate garments and wearable art in two- and three-dimensions and is packed with inspiring work and installations by other contemporary artists.

Stays and Corsets Volume 2 Mandy Barrington, 2018-08-14 In this second volume of Stays and Corsets, Mandy Barrington continues to create historical patterns for a modern body shape. This book contains all new corset patterns with a range of silhouettes that span over 300 years, from the late 16th century to the early 20th century. The corset patterns are generated from an original historical garment and have been designed for a wide range of female figures and sizes. The technique of flat pattern drafting your stays or corset will enable you to change the shape of the wearer to create an authentic historic silhouette. All calculations have been worked out for the reader and are provided in easy-to-read tables, which avoids extremely difficult, time-consuming and inaccurate re-sizing of historical patterns. Some prior knowledge of pattern drafting is helpful; however, each pattern has step-by-step instructions supported by clear diagrams that will take you through each stage of the pattern drafting process. The final result is an accurate period stays or corset pattern for your model.

Stays and Corsets Mandy Barrington, 2015-12-22 Stays and Corsets: Historical Patterns Translated for the Modern Body goes a step beyond traditional historical costuming texts by not only providing you with historical pattern diagrams and information, but by showing you how to adapt these patterns to the contemporary body shape. Using her original pattern-drafting system, author Mandy Barrington will show you how to draft a historical pattern for a modern body shape, while still retaining an accurate historical silhouette. Each pattern has been generated from an original stay, corset, or pattern taken from a historical garment. The instructions to follow these new patterns are designed to accommodate any size of female figure, allowing you to avoid extremely difficult, time consuming, and inaccurate historical pattern re-sizing. Requiring only basic prior knowledge of pattern drafting, all calculations have been worked out for the costume maker and are provided in simple tables accompanied by easy-to-read, step-by-step diagrams that clearly show how the historical pattern is plotted onto the female basic block, coupled with photographs of the constructed stays and corsets.

Bare Essentials: Bras - Third Edition Jennifer Lynne Matthews-Fairbanks, 2019-07-07 The third edition of this book introduces the Porcelynne Pattern Drafting and Manipulation Method. This method is a mathematical approach to determining measurements for drafting. Jennifer Fairbanks approaches pattern manipulation and design unlike previous methods. Developing the methods used in this book was not only challenging, but it was also thorough. This third edition of

Bare Essentials: Bras introduces drafting for torso shape and height. The Bare Essentials series is an invaluable resource for anyone entering into the field of lingerie design. This volume summarizes the basics of bra design, from sewing and construction to drafting and pattern grading; introducing these subjects in a manageable capacity. Bare Essentials is organized into three main sections based on the complexities of the information provided. Patterns for this book can be downloaded at Porcelainne.com. They are located as an option for the book. What you will learn: • Construction methods using elastics and stretch fabrics • Manipulation of basic patterns • Pattern drafting from measurements • Sloper creation and complex pattern manipulation • Developing grade rules and grading patterns

Victorian Secrets Sarah A. Chrisman, 2015-04-07 On Sarah A. Chrisman's twenty-ninth birthday, her husband, Gabriel, presented her with a corset. The material and the design were breathtakingly beautiful, but her mind immediately filled with unwelcome views. Although she had been in love with the Victorian era all her life, she had specifically asked her husband not to buy her a corset—ever. She'd heard how corsets affected the female body and what they represented, and she wanted none of it. However, Chrisman agreed to try on the garment . . . and found it surprisingly enjoyable. The corset, she realized, was a tool of empowerment—not oppression. After a year of wearing a corset on a daily basis, her waist had gone from thirty-two inches to twenty-two inches, she was experiencing fewer migraines, and her posture improved. She had successfully transformed her body, her dress, and her lifestyle into that of a Victorian woman—and everyone was asking about it. In Victorian Secrets, Chrisman explains how a garment from the past led to a change in not only the way she viewed herself, but also the ways she understood the major differences between the cultures of twenty-first-century and nineteenth-century America. The desire to delve further into the Victorian lifestyle provided Chrisman with new insight into issues of body image and how women, past and present, have seen and continue to see themselves.

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Shapewear Introduction

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