

# UNDER CONTROL

*Your need-to-know guide to shapewear*

Looking to smooth out problem areas? It's all in the shapewear. With our top picks and tips to match your body and wardrobe, we have you covered.

Shapewear has undergone a remarkable evolution: the once bulky and uncomfortable nylon compression garments have evolved into a varied wardrobe staple that balances comfort with hold.

"Modern shapewear comes in soft satin fabrics that contour to the body, tighten soft areas and create curves while being comfortable," says Michel Schumacher, creative director of Bella Bodies. "It can make a size 16 look like a curvy size 14."

As a general rule, bike short styles are the best thigh-slimmers; a bodysuit or slip works wonders to define the waist and smooth curves under clingy fabrics; high-waisted underpants firm the tummy and reduce butt jiggle under skirts and pants; and a basic camisole can instantly help you look trimmer in fitted tops.

The key is to try before you buy – one style won't suit every outfit, so you might need a few options in your wardrobe. Here are our favourite shapewear finds to cover all problem areas.

## FAB FINDS *Everyday Shapewear*

"The number one priority for everyday shapewear is comfort," says Lucy Hosken, creator of Nearly Nude. The winning combo of comfortable control and breathable cotton-blend fabric means modern shapewear creates hold without cutting off your circulation or making you break out in a sweat. Here are some staples to add to your wardrobe.



Nancy Ganz Dream Fit Cotton Slip, \$79.95

**This light-control cotton blend slip has wide straps for extra support. Wear it under flirty dresses to define the waistline, disguise panty line, glide over the hips and for an all-round smoother figure.**



Hold Me Tight Sheer Seamless Brief, \$20.95

**To help hide extra weight around the middle go for this seamless high-waisted undergarment that finishes at the bust. It's comfy enough to wear all day under work gear for a smooth, sleek leg line.**



Bella Bodies V Summer Camisole, \$59.90

**A great basic for layering – wear it under your favourite tops for tummy support or wear with jeans and a bolero – yes, it can easily pass as outerwear without raising eyebrows! >**



## *Shop smart*

WALK AWAY WITH THE BEST FIT  
BY FOLLOWING THESE TIPS.

- Look for brands that have non-roll-down tape sewn into the top of the garment to avoid your shapewear riding up or slipping down.
- Finding the right fit is crucial. “If it’s too tight it can create bulges, or can flatten but not contour. If it’s too loose, you’re not firming anything,” says Michel. If you need help finding the right size, most major department stores have shapewear fitters at hand.
- If you’re shopping for a special occasion, take your outfit with you – it’s the best way to find the perfect shapewear fit and makes sure it doesn’t show at the hem, bust or back.
- Flesh-colours aren’t as sexy, but they’re the most versatile – you won’t see them under white clothing.
- Some clothing fabrics, such as jersey, look best with silk-satin shapewear because these softer fabrics tend to cling to matte-textured undergarments.

**Nearly Nude High  
Waisted Briefs,  
\$35.95**



Nearly Nude  
Slimming Slip,  
\$89.95

## FAB FINDS *Problem solvers*

Have an outfit in mind or a problem area that needs sculpting? Here are our top picks for shapewear to solve all body dilemmas and make you feel fabulous.



Spanx Skinny  
Britches, \$89.95

**GREAT FOR** Firming the tummy and thighs  
**CONTROL LEVEL** Medium. However, you can up the control level by adding another layer to create a taut contour.

**WEAR IT UNDER** Soft fabric dresses and skirts. This style tucks everything in and the high coverage eliminates underwear lines.



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BUDGET  
BUY

Hold Me Tight  
Couture Lace Slip, \$39

**GREAT FOR** Smoothing over lumps and bumps around the midriff and hips

**CONTROL LEVEL** Firm

**WEAR IT UNDER** Fitted dresses – it makes muffin tops and love handles disappear, but still shows off shapely curves. The slip style means you won't see underpant lines, either.



Bella Bodies Underbust  
Bodysuit, \$69.90

**GREAT FOR** Holding in the tummy

**CONTROL LEVEL** Firm

**WEAR IT UNDER** Short dresses and skirts. Wear it with your own bra for a perfect bust.



Nancy Ganz  
Seamless  
Seduction Full  
Legging, \$49.95

**GREAT FOR** A tauter tummy, hips and thighs

**CONTROL LEVEL** Firm

**WEAR IT UNDER** Maxi dresses, or on their own as you would regular leggings. They go almost up to under the bust to suck in your whole torso.



Spanx Bra-llelujah, \$119.95

**GREAT FOR** Visually reducing back fat

**CONTROL LEVEL** Medium

**WEAR IT UNDER** Everything! This is the ideal T-shirt bra – the front-closure eliminates back bulges and it has less seams, which means you get a smooth fit. It has underwire and wide straps for good control.



Nearly Nude High  
Waisted Briefs, \$35.95

**GREAT FOR** Giving definition to your waist

**CONTROL LEVEL** Medium

**WEAR IT UNDER** All dresses, from casual to special occasion. Lined with control panels from the waist to just under the bust, these strike a good balance between comfort and control. ■