

THE ESSENTIAL
Lingerie Guide

BY

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Hey, Good-lookin'!

Knowing how to choose the right lingerie can be a challenge. A great piece of lingerie can help hide trouble areas, accentuate your favorite features, and really bring out your personality!

However, a poorly chosen, unflattering lingerie outfit can do exactly the opposite by hiding the features you want to put focus on and shine more spotlight on the features you might prefer to camouflage.

Since lingerie is supposed to make you feel super sexy and boost your confidence, it's so important that you know exactly how to choose the lingerie that's going to make you look drop-dead gorgeous! That's why we want to share this guide with you.

In our Essential Lingerie Guide, you'll learn about different types and styles of lingerie, how to choose the best fit, some extra tips, and more!

Ready? Let's get sexy!



Bra & Panty Sets

One of the most popular lingerie choices of women is the bra and panty set. You might even have some in your dresser drawer right now! They're flattering for a wide variety of body types. About the only time you might not be comfortable in a bra and panty set is if you are concerned about showing your stomach due to stretch marks, size, scars, and other personal concerns of that nature. (Of course, none of that stuff matters to us! We believe you're gorgeous no matter what!) So let's start out by taking a look at different styles of bras and panties.

Bras

The Push-Up

Named for their ability to push up those assets, a push-up bra helps create the appearance of larger, fuller breasts. Since padding can sometimes make "the girls" look disproportionate to the rest of the body, smaller-chested woman may choose to go for a bra with more support rather than heavy padding. This can also be true of larger-chested women; too much extra padding can make the breasts appear too large and out of proportion. Take note of this when you're trying on push-up bras!

Note: It's important to make sure you try them on and choose the proper size. A poorly fitting push-up bra can seem to sit under the breast. That can make them appear saggy, or misshapen, quite the opposite of the sexy, voluptuous ta-tas we all want, right?



The Balconette

Also called a Demi-cup bra, the balconette offers great support even though it only covers the bottom half of the breast. Even though these bras are typically not heavily padded, their shape allows more cleavage to show (and be seen!) by simply supporting your natural assets in a very flattering way.

Note: Be sure to choose a proper fitting demi-cup bra. A cup that is too large can create an unflattering gap or make the tops of the breast appear to fall flat. Who wants that, right?



The Underwire

Pretty much any style of bra that has a wire running along the bottom of the cup is an underwire bra. The wire offers great support and can be very important for those of us who may need the extra lift due to breastfeeding, weight loss, and other factors that may have affected perkiness!



The T-Shirt Bra

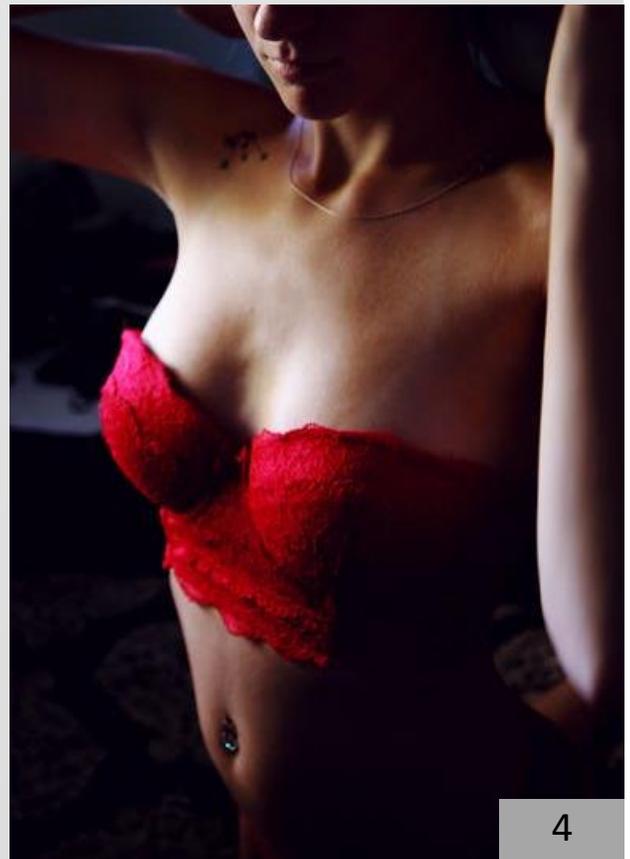
These bras are lovingly known as T-shirt bras because they're most often worn under T-shirts (wow...crazy, I know!) They typically have minimal to no padding and are most often made with smooth fabrics without much lace or decoration. This gives a smooth appearance under T-shirts and other more form-fitting clothing.



The Strapless

This is a complicated one...it's a bra without straps. (I know you already knew that, but it had to be said!) While these can be a sexy option for smaller-breasted women, in general the strapless bra may not be your sexiest option. The lack of support from shoulder straps can make larger breasts seem droopy.

Remember that the primary goal of a piece of lingerie in the bedroom or for a boudoir photo shoot is to make you feel sexy. So keep these things in mind while you're trying on bras and finding that perfect sexy piece!



Panties



The Thong

The thong panty is such a popular style, mostly because of its lack of panty lines under clothing. Proper fit is crucial for a thong to ensure that the crotch doesn't hang too low and look loose. Nobody needs that!



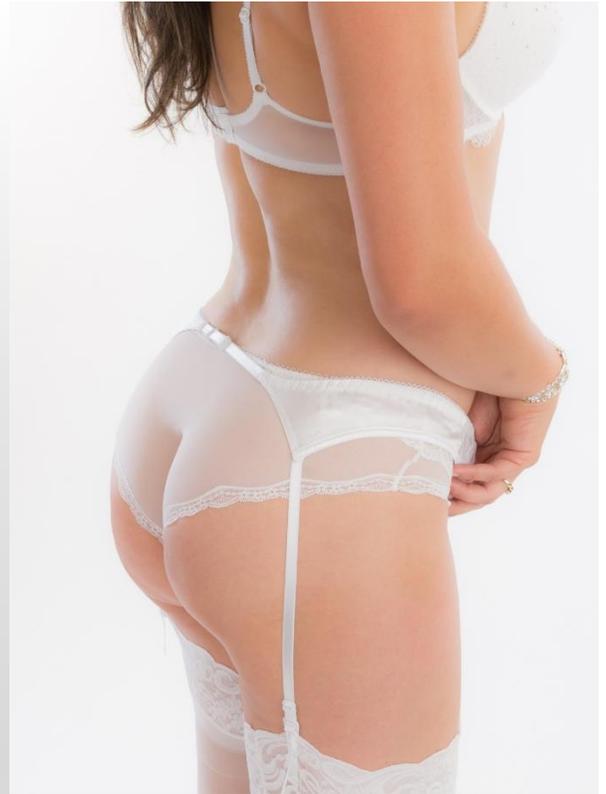
The Bikini

This panty offers more coverage than most styles. It typically sits on the hip and gives full coverage in both the front and back. For a sexier feel than just a plain, everyday pair of undies, look for bikini panties that have creative designs and embellishments.



The Cheeky

The cheeky panty style is usually a cross between the thong and the bikini. It offers more coverage than a thong, but not quite as much as the bikini panty. The edge of the panty usually sits on the "cheeks" in such a way that makes the tush appear rounder, hence the name Cheeky.



The Boy Short

Basically, these are made to be a sexy pair of shorts. They generally sit on the hips and offer the most coverage of all the panty styles.

NOTE: There could be drawbacks to wearing boy shorts depending on body type. Try these on first! Some women get a lot of bunching on the sides. Others may notice their hips appear square while wearing boy shorts.



Corsets & Bustiers



The Corset

The corset is generally identified by heavy boning and a shape that cinches in the waist to create or highlight an hourglass shape. Corsets can either be made to go over the breasts or under the bust, though covering the breasts is the most popular choice. Larger-chested women may want to avoid a corset since they can make the bust seem flat and squished due to the lack of supportive cups.



The Bustier

Similar to a corset, the bustier is another option designed for more coverage and to help slim and cinch in the waist. The bustier has cups to support the breasts, and generally a more flexible boning to help keep the shape of the torso. They are often less expensive than a corset, so these can be a great option for most people with concerns about cost, coverage, or support.



Note: There are many pieces of lingerie that are a cross between both the corset and the bustier. They may have some features from each piece combined in one outfit. Try some on and see what you feel sexiest in!

More Styles

The Teddy

This is a one-piece outfit that somewhat resembles a bathing suit, only a whole lot sexier! It's generally a very flattering option for almost any body type and since it's such a popular style, there are many different choices available. Some may be sheer and lacey, some have cups built in. It's not hard to find these in a style you'll love!

Note: A bodysuit is similar to the teddy but is typically made of thicker fabrics that could double as streetwear.



The Chemise

A chemise is basically a sexy piece of lingerie that has the same basic style as a fitted mini-dress. As with the teddy, there are a lot of different style choices to fit your personality and support needs. These are wonderful options for women who'd like to conceal a little more of their bodies under their lingerie!





The Vintage Style

This term, in this case, refers to lingerie styles from past decades. Think vintage fabrics, colors, and cuts like high waisted panties (which are often very good at creating the illusion of a smaller waistline for women with a straighter shape or a larger middle they'd like to conceal.)



The Babydoll

This style of lingerie generally has cups built in of some sort. The cups can be made with padding or sometimes made of just lace. A flowy skirt falls from the bra band and the entire ensemble resembles a short nightgown. This is another good option for coverage, just try to stick to a sheer material for the skirt because these can sometimes make a woman look larger than she really is!



Shoes

If you're planning your lingerie outfit for an occasion such as a boudoir photo shoot, you'll probably want to incorporate shoes. High heels are always hot! They create the illusion of longer legs and more toned muscles. Try to avoid shoes with ankle straps, since they make the legs appear shorter. This is a great opportunity to add a fun pop of color to a lingerie outfit too!



Props & Jewelry

Again, depending on the purpose and occasion for your lingerie outfit, another thing you may want to think about is jewelry. Adding some luxurious accessories can really amp up the effect of your sexy lingerie!

If you're creating a photo shoot for your honey, you might consider including props that they love. Football fan? Bring a football to use in your photos! Little things like that can make a boudoir photo very unique and even more special.



The Stockings

While there are many different styles of stockings to choose from, we generally recommend lace-topped thigh highs to pair with a lingerie outfit. They are by far the sexiest option and won't interfere with another part of your outfit as other styles might.

Note: Some thigh high stockings have a thin rubber on the inside of the tops so they can stay in place without needing to be attached to garters. Stockings without this rubber will generally not stay up on their own, so you'll want to consider a garter belt.



The Garter Belt

The garter belt is meant to attach to the tops of thigh high stockings in order to hold them up and keep them in place. In some pieces of lingerie, garters are already built in. The garter itself is a little strap that hangs down with a clip that attaches to the top of the stocking. If your lingerie doesn't have them built in, you can easily add a garter belt that goes around your waist to give you a way to hold up your stockings.

