

Curvy in New York

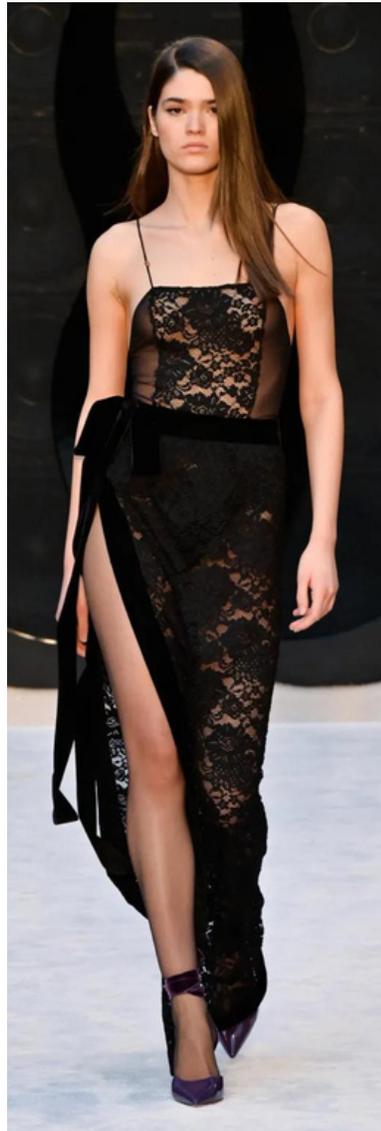
FOUNDATION BASICS &
LINGERIE TRENDS 2023-2024
NOVEMBER 30, 2023, NEW YORK, NY



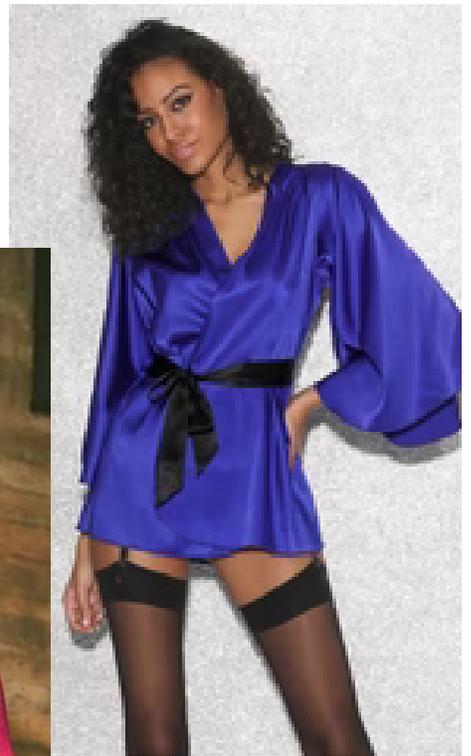
Lane Bryant wrote: "One Legend familiar to us is Terri Murray of Terri Murray Image (Models) who began her modeling career in 1994 as an in-house fit model at Lane Bryant in Columbus, Ohio. She is a fit and intimate apparel expert whose services have been utilized around the world."

Lingerie Trends

Mixed Media - Sheer Mesh Velvet and Lace



Color



Sheer Print

Sheer Embroidery



Garter Belts



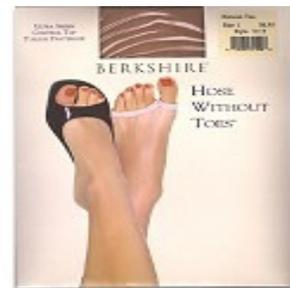
Shapewear

- First and most importantly know your measurements!!!!
- Always look at the size chart. You may be an xl in one brand and a 5xl in another brand.
- Buy a larger size if you see a bulge.
- Some shapewear tops are put on "feet first."

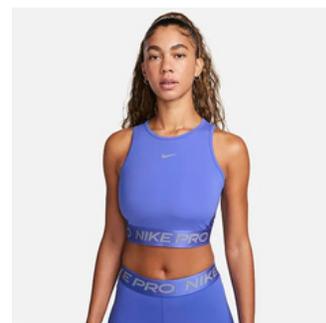


Thinstincts -wear 2 or 3 together for more support. Great with a tank as well.

Wear these together for a smooth waist- a shaping tank and footless pantihose. Footless pantihose also great with pants and long dresses.



Great for summer or evening shoes. To smooth waist, wear with a tank.



For running, wear a compression top to protect breast tissue.

Another option to smooth waist, choose a highwaist shaper.

More Shapewear Options



Waist Trainers With and Without Straps

I have one with me.
Anyone want to try it?

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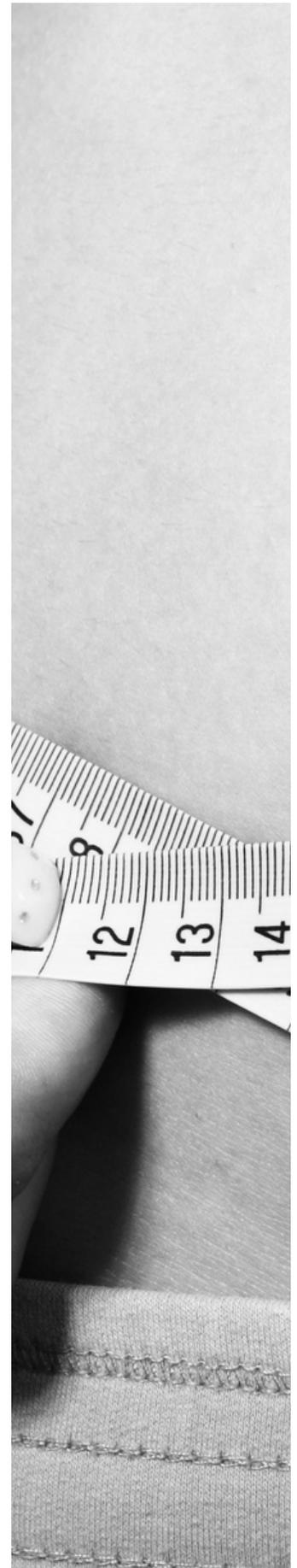
Great for a dress like this with a slit

Fancy Plunge by Spanx for a
Special Top or Dress

This is a great article::
<https://www.harpersbazaar/fashion/trends/g392889O6/best-shapewear-for-women/>

General Info

- Always have your measurements with you. Check the size chart and buy according to your measurements. Mine are in my notes in phone.
- Go up a size if you need to. Try on the larger size. Consider taking two sizes in the dressing room.
- Use two pieces of shapewear to smooth rolls.
- Be aware that some tanks, bodysuits and shapers must be put on by stepping into them. Check the tag.
- Don't need to wear panties if there is a cotton gusset.
- Sometimes I wear my shapewear tank inside the bottom piece. Helps keep the tank from rolling up.
- If ordering online, check the country of origin. Usually will take longer to receive if coming from another country. And sometimes you cannot return at Amazon or Walmart..



Bra Size Info

- Measure your full bust and under bust. If you need to, have a friend help you and write down your measurements
- Center gore of the bra should rest on your body
- Use these photos as a guideline
- Apex (nipple) should be between shoulder and elbow.

HOW TO FIND YOUR BAND SIZE

Under Bust Measurement	Band Size
28 - 29"	32
30 - 31"	34
32 - 33"	36
34 - 35"	38
36 - 37"	40
38 - 39"	42



Check on website of your brand to find how many inches to add to underband measurement. For example, some companies add 2" instead of 4 or 5."

HOW TO FIND YOUR CUP SIZE

Bust Meas. - Band Size =	Cup Size
< 1	AA
1	A
2	B
3	C
4	D
5	DD/E
6	DDD/F
7	DDDD/G
8	H



Bra Band - Sister Size

If your cup size is good but your band is too small or too big, use this chart to go up or down in band size. You will notice that if you go up in the band, you go down in cup size for the larger band. If you go down in the band, you will go up in the cup size for the smaller band. This is sister sizing.

Cup Volume → 

Band Size ↓	30	30B	30C	30C½	30D	30D½	30E (DD)	30E½	30F (DDD)		30G (DDD)								
	32	32A	32B	32B½	32C	32C½	32D	32D½	32E (DD)	32E½	32F (DDD)	32F (DDDD)	32H						
	34	34AA	34A	34A½	34B	34B½	34C	34C½	34D	34D½	34E (DD)	34F (DDD)	AA	34H					
	36				36A	36A½	36B	36B½	36C	36C½	36D	36E (DD)	36F (DDD)	36G (DDDD)	36H				
	38						38A	38A½	38BV	38B½	38C	38D	♥	38E (DD)	38F (DDD)	38G (DDDD)	38H	38I	
	40								40A	40A½	40B	40C	♥	40D	40E (DDD)	40F (DDD)	40G (DDDD)	40H	
	42												♥	42B	42C	42D	42E (DD)	42F (DDD)	42G (DDDD)
	44													44B	44C	44D	44E (DD)	44F (DDD)	

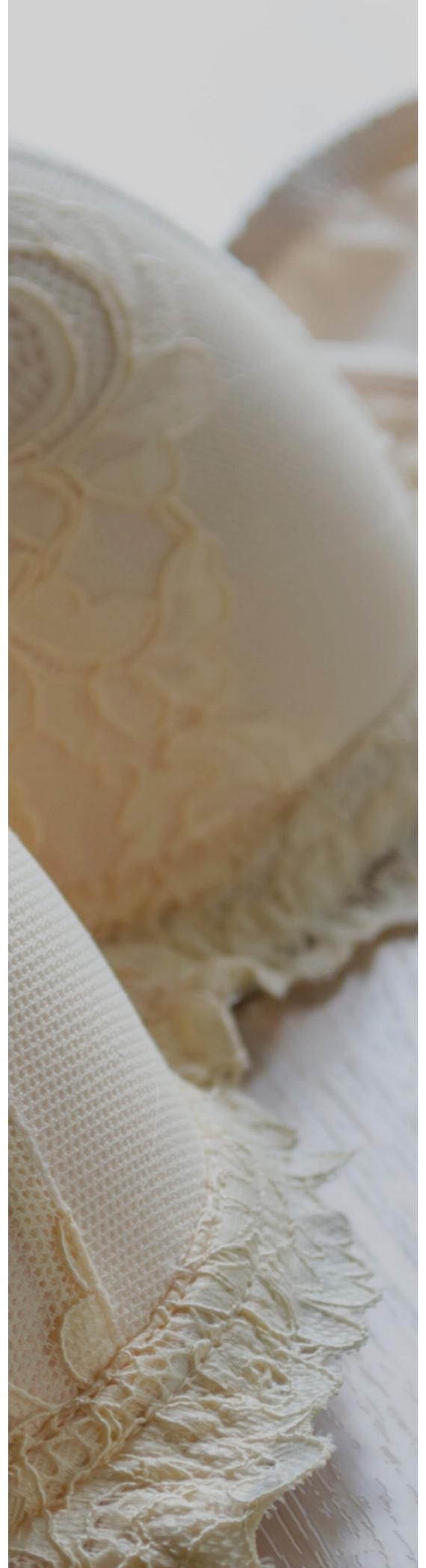
Example:
For size 40D bra:

To go down or smaller in band would be 38DD or 38E (up in cup)
To go up in band or larger you would choose a 42C (down in cup)

More Bra Info



- Do not place in a dryer.
- New size every 6 months, or when weight changes, after a baby, etc.
- Wear once, rest it 2 days.
- Recommended 2 skin color (nude), 2 black, strapless and sport bra.
- Store in drawer open, as in the photo above.
- Wear nude color under white for light skin; black or brown for darker skin.



Panties - 2 Pairs for Each Bra is Recommended



Period Panties - not new but maybe you haven't heard about them

There are period panties and period thongs – available for light, medium and heavy flow – which is the innovation we've been waiting for. Super comfortable, the Wuka period thong will take you from the (home) office to the gym.

For All Sizes and Ages



A Few Favorite Online Shops



www.bare necessities.com Click on your bra size and bras in your size appear that are available. My recommendation is to find the bra or garment you love, search online. You already know it fits well so you can be confident in the fit and quality. And bonus - Great return policy. It is the only place where I can find all the bras that are available in my daughter's size 38B.



www.amazon.com What I like about Amazon is that I ordered three top of the line bras through the prime program. They send to me without charge. I have a week to return before I am charged. I keep what I like and return the rest. And I like the choice to return locally at Kohl's or UPS.



Pinterest.com Search anything. Intimate Apparel, Hair, Travel Capsules on What to Wear Where and When.

What are your favorites online websites? Do you like shopping online?

Lingerie Shopping in New York



Fleur du Mal New York Boutique
175 Mott Street
New York, NY 10013
Phone: +1 (917) 237-0008
boutique@fleurdumal.com
<https://fleurdumal.com/collections/new-lingerie>

Victoria's Secret
1328 Broadway
New York, NY

Rigby & Peller Madison & 90th St
1252 Madison Avenue
New York NY 10128
www.rigbyandPeller.com

Bravissimo
443 W Broadway
New York, NY 10012 SOHO
www.Bravissimo.com
100s of D-L Cups

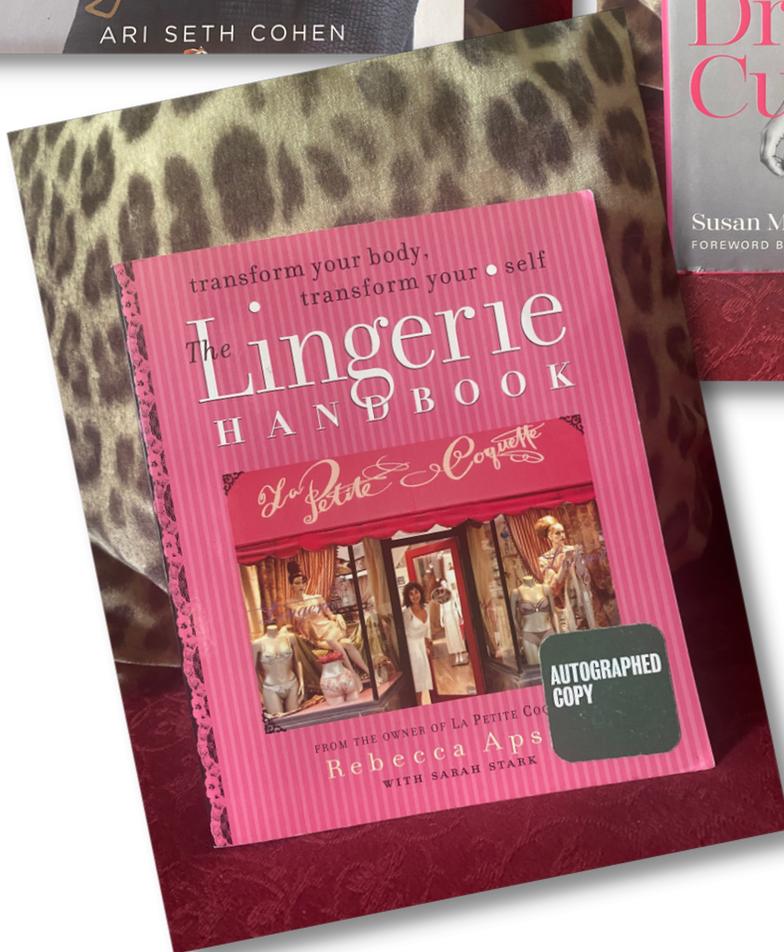
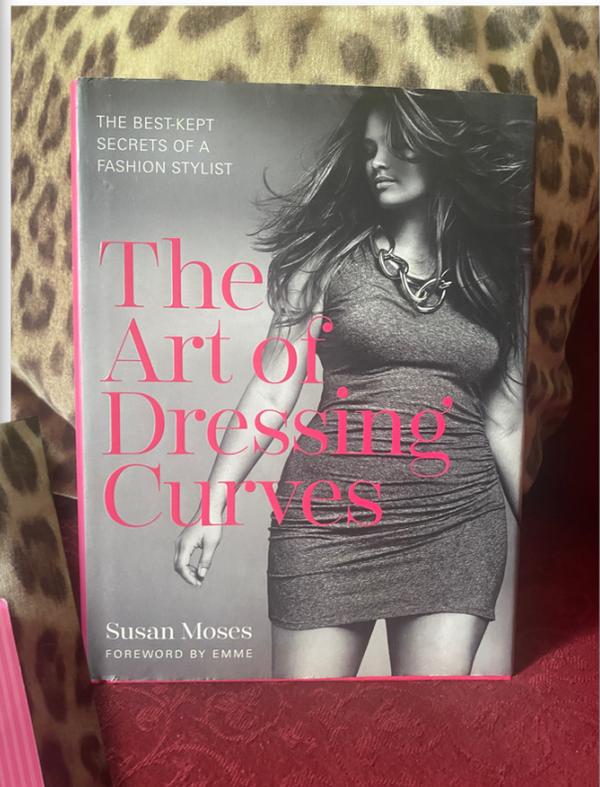
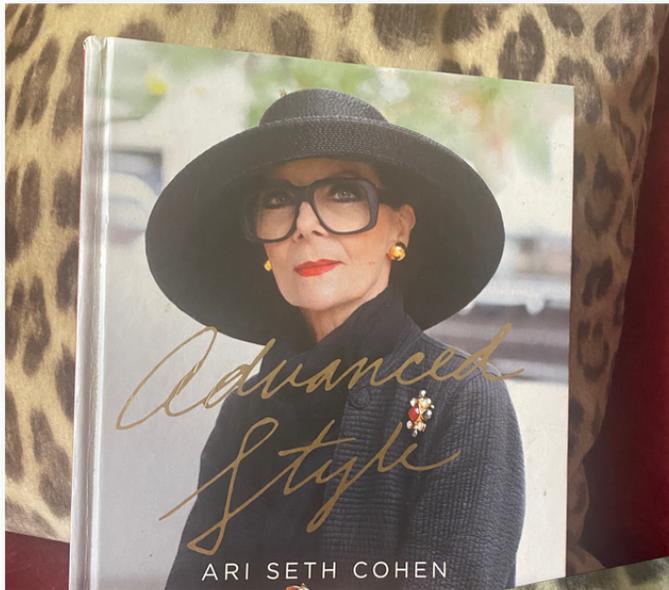
Bradelis NY Lingerie
66 Madison Avenue
Between 27th and 28th St.
917-330-1385
<https://www.bradelisny.com/en/journal/news/>



Check out www.timeout.com for a list of the 10 best department stores and consignment shops in NYC as well as interesting things to do.

Fabulous Books

There are so many amazing books for you to learn from but here are the ones I swear by and love.



YOUR MODELING IS MORE THAN WALKING A RUNWAY. YOU MODEL INSPIRATION AND POSSIBILITIES. YOU ARE A "STUNNING" SUCCESS. PLEASE CONTINUE TO SHARE YOUR STORY. WOMEN OF ALL SIZES NEED TO HEAR IT. BE BLESSED. YOU ARE A BLESSING!
GAIL THREET WEBB

TMM
Your Source for Excellence

**I LIKE
MY BODY**

Thank you!!!



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