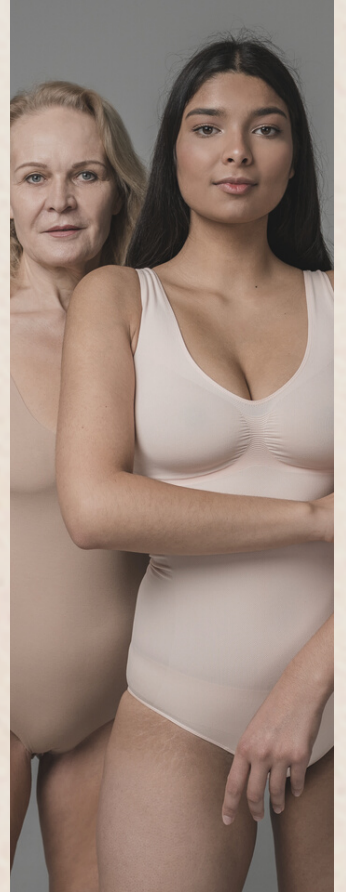


# Terri Fox Murray

## FOUNDATION BASICS LINGERIE TRENDS



*You are beautiful  
just as you are!*

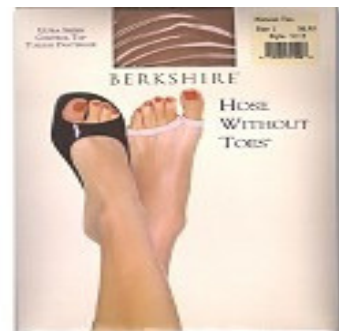
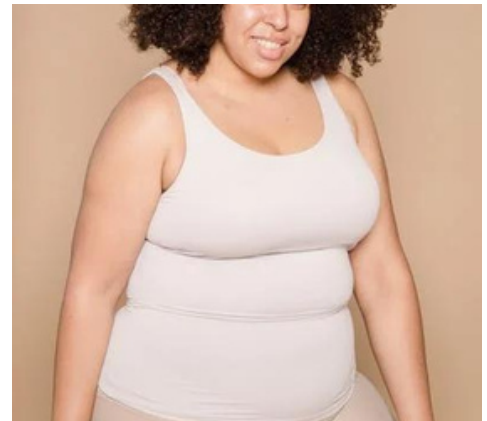


# Types of Shapewear

Light, Medium, Firm and Super Firm



Underbust shaper  
to thigh – Wear  
with Your bra



Thinstincts  
Wear 2 or 3  
Toeless Pantihose together  
for for Sandalsmore Support



# Types of Shapewear

and something new!



I am bringing one with me if anyone wants to try it.

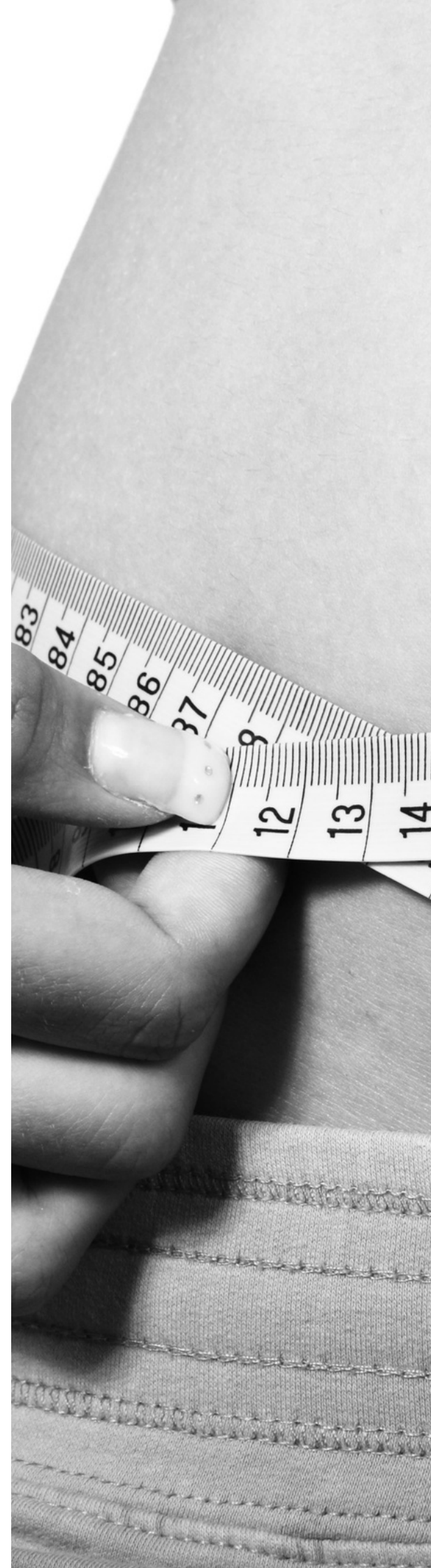


Cami for smoothing. Don't need bra with these  
[RubyRibbon.com](http://RubyRibbon.com)

# General Info

## Regarding Sizing

- Know your measurements.
- Check size chart and buy according to your measurements. DO NOT BE TEMPTED TO BUY SMALLER. Remember the fluff comes out somewhere.
- Go up a size if you need to. Try on the larger size and cut out the tag if it bothers you.
- Use two pieces of shapewear to smooth rolls. For example: If you purchase a bodysuit and you notice rolls at the legs, add another piece of shapewear to your bottom to smooth it out. Same for thighs. I have found for me that I show rolls when I wear thigh shapers so I prefer to wear a smoothingfootless shaper over or under so you don't see rolls at the thigh.
- Be aware that some tanks, bodysuits and shapers must be put on stepping into them. Look at the tag.





# Best Tips!!!!!!!!

Always check size charts. (True for all apparel, shapewear and lingerie.)

Always if ordering online, check what country is shipping and know that if it is out of the country, there will be delays in getting your merchandise typically. Amazon will tell you what country and give you estimated delivery dates.

(How many shapewear pieces do you need? As many as you need to look SMOOTH. I'll help you.)



# Not all size charts are created equal. Always double check size charts!

What is your size in this chart? Some intimate apparel companies still use "OLD" size charts. Always check!

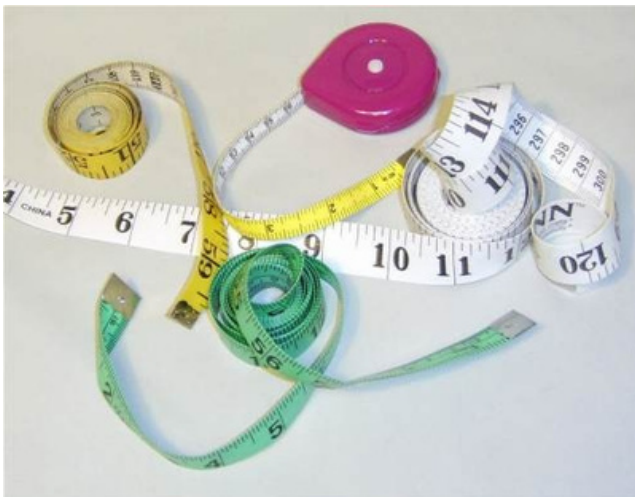
<i>Measures / 2021</i>			
<i>SIZE</i>	<i>Contour (inch)</i>	<i>Waist (inch)</i>	<i>Hip (inch)</i>
2XS	26 - 28	23,5 - 25,5	32,5 - 34,5
XS	28 - 30	25,5 - 27,5	34,5 - 36,5
S	30 - 32	27,5 - 29,5	36,5 - 38,5
M	32 - 34	29,5 - 31,5	38,5 - 40,5
L	34 - 36	31,5 - 33,5	40,5 - 42,5
XL	36 - 38	33,5 - 35,5	42,5 - 44,5
2XL	38 - 40	35,5 - 37,5	44,5 - 46,5
3XL	40 - 42	37,5 - 39,5	46,5 - 48,5
4XL	42 - 44	39,5 - 41,5	48,5 - 50,5
5XL	44 - 46	41,5 - 43,5	50,5 - 52,5
6XL	46 - 48	43,5 - 45,5	52,5 - 54,5

For example: I normally wear a 2XL. But according to this chart, I would be a 5XL. BIG difference. If you order your usual size, you will be very disappointed.

# What size should I buy?

## Very Important!!!

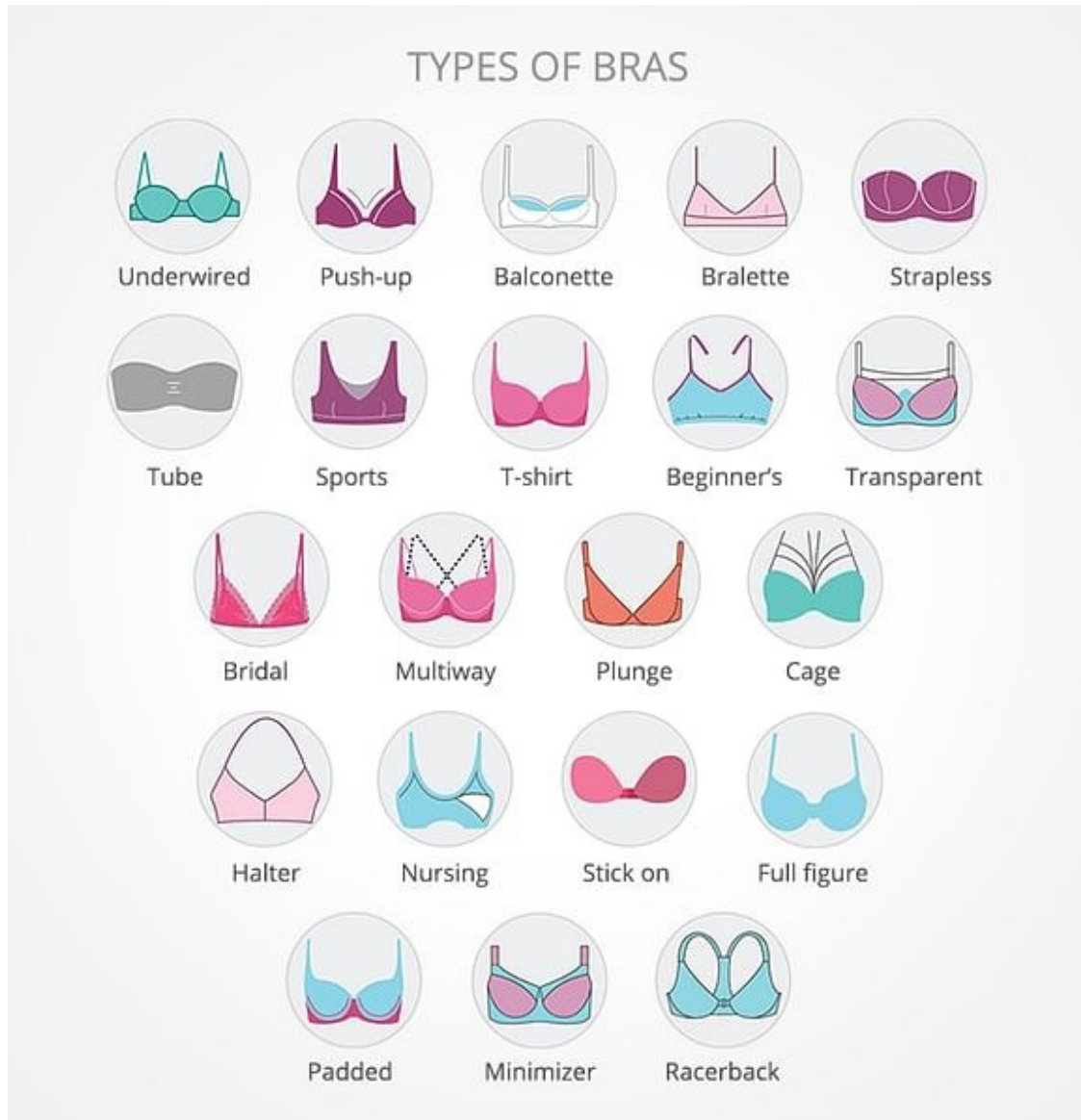
- Know your body
- Measure your full bust, under bust and above bust. If you need to, have a friend help you and write down your measurements
- [http://www.ehow.com/how\\_4472080\\_learn-use-measuring-tape.html](http://www.ehow.com/how_4472080_learn-use-measuring-tape.html)
- Center gore should rest on body.
- For bras, I like to create a size range for my clients:
- 38DD Down in Band 4OD Measured Size 42C Up in Band
- This is "sister sizing." I'll explain in class.





# TYPES OF BRAS

## WHAT IS YOUR FAVORITE?



What is sister sizing? If you need to go down or up in a size, what size do you reach for?

You've probably heard the statistics - it's estimated that up to 85% of women are wearing the wrong size bra.

# 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.
- How many bras should I have? 2 skin color (nude), 2 black, strapless and sport bra at least.
- Store in drawer open, as in the photo above.
- Wear nude color under white for light skin; black or brown for darker skin.
- How to put on a bra, where apex should be as well and bust height (between shoulder and elbow – no reason to be hanging low

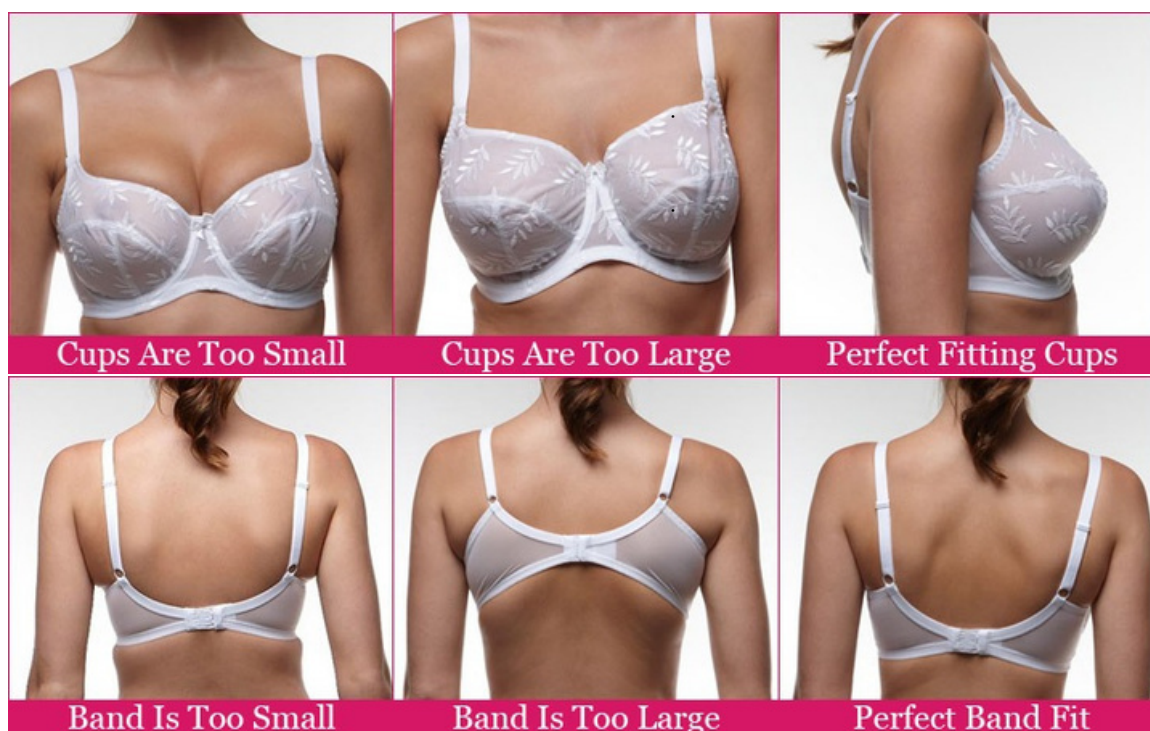






## BASIC HOW TO FIT A BRA 2 – Terminology

1. Measure underbust – add 5 if you are missy size, 2 for plus size to round up or down to even number. Some plus size do not add any inches.
  2. Measure fullest part of bust to closest even number.
  3. Plus size underbust measurement is 38, add 2 and the band is 40.
  4. Plus size fullest part of bust is 45.
  5. Subtract band (40) from bust (45) = 5 inches for a 4ODD Bra Size.
- Note: 1" over band size is A cup; 2" is B cup; 3" is C cup; 4" is D and 5" is DD in the US typically.



Notice band too large. Tendency is to keep shortening straps which hikes up band in back when you really need a smaller band.

Measure underbust. Not all in the industry agree on how many inches to add to this measurement.



# For Larger Busts – BiggerBras.com



Minimizer decreases bust  
 $\frac{3}{4}$  to 1"



Up to a 44O Notice the u-  
shaped straps in back that  
helps keep straps from  
falling off the shoulder.



Sizes: 32 - 46 E, F, G, H  
(Candlelight, White,  
Black); 48 - 56 E, F, G, H  
(Candlelight); 32 - 56 I, J,  
K, 34 - 48 L, M, N, O, P  
(Candlelight); 32 - 46 I, J, K  
(Black)



Sizes: 38 - 46 DD; 36 - 46  
DDD, G, H; 34 - 46 I, J, K;  
34 - 44 L; 34 - 42 M, N, O

# For Smaller Busts – One is Pepper.com

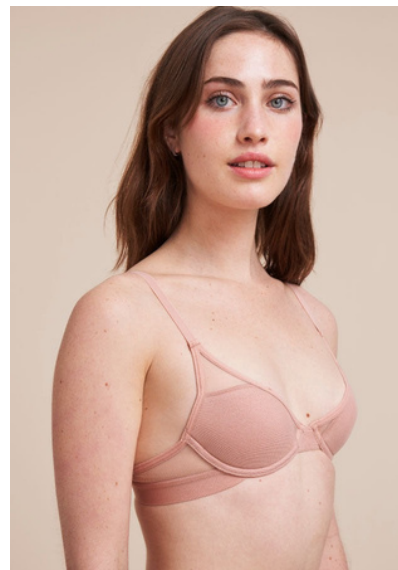


I personally love the DKNY balconettes for small busts.

Cup too big.



Perfect fit



Bra Size Chart, Bra Cup Size Calculator, European and US Bra Cup Size Charts. Good info for fitting bras: [www.hauteflair.com](http://www.hauteflair.com). Also check out the Wacoal "My Bra Fit" for a fun, virtual fit.

International Bra Cup Sizes							
Cup Sizes - (See BAND Sizes Above)							
UCS®	USA	UK	Europe	France	Italy	Australia	Japan
	AA	AA	AA	AA	A	AA	A
	A	A	A	A	A	A	B
	B	B	B	B	B	B	C
	C	C	C	C	C	C	D
D1	D	D	D	D	D	D	E
D2	DD or E	DD	E	E	DD	DD	F
D3	DDD or F	E	F	F	E	E	G
D4	G	F	G	G	F	F	H
D5	H	FF	H	H	FF	FF	I
D6	I	G	J	J	G	G	J
D7	J	GG	K	K	GG	GG	K
D8	K	H	L	L	H	H	L
D9	L	HH	M	M	HH	HH	M
D10	M	J	N	N	J	J	N
D11	N	JJ	O	O	JJ	JJ	O
D12	O	K	P	P	K	K	P

International Bra Band Sizes						
Band Sizes - (See CUP Sizes below)						
USA	UK	Europe	France	Italy	Australia	Japan
28	28	60	75	0	6	60
30	30	65	80	0	8	65
32	32	70	85	1	10	70
34	34	75	90	2	12	75
36	36	80	95	3	14	80
38	38	85	100	4	16	85
40	40	90	105	5	18	90
42	42	95	110	6	20	95
44	44	100	115	7	22	100
46	46	105	120	8	24	105
48	48	110	125	9	26	110
50	50	115	130	10	28	115
52	52	120	135	11	30	120
54	54	125	140	12	32	125
56	56	130	145	13	34	130



# Sustainability



## Clone Your Bra

Fed up with buying stuff online that looks great in the picture but then doesn't match up? Sad that your favourite ever bra is wearing out and has been discontinued so you can't replace it? Disappointed that the bra you have that fits beautifully is only available in black and nude? Send us your bra to have its shape copied, we can work to this shape to make new bras for you in styles and colours of your choice. Bras will be unharmed and returned with your new lingerie.

We will also recycle wires and components from your old and worn out garments.

Work is individually made with great care and small stitch lengths so your bra will last a lot longer than a mass produced high street garment. We will keep your pattern on file for future designs.

**[www.buttressandsnatch.co.uk/bbespoke-and-special-services](http://www.buttressandsnatch.co.uk/bbespoke-and-special-services)**

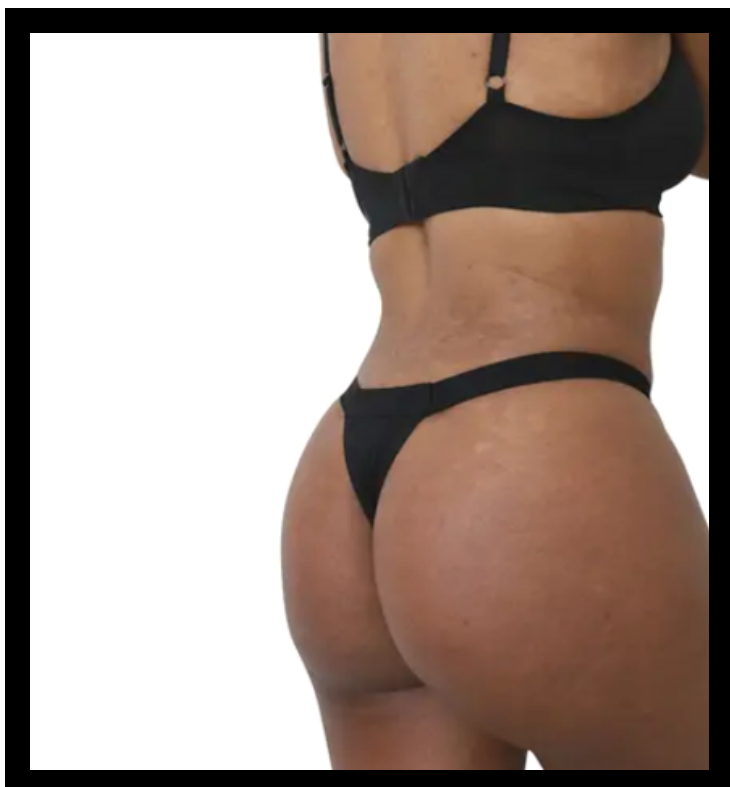
## Bespoke making for your size and shape

If you like the look of one of our styles but it doesn't appear in your size in the drop down menu get in touch, We can make lingerie in pretty much any size. and in most cases can make a few changes and custom make it for you to your size. We can adapt patterns specially for you to allow for long backs, short backs, small backs, large hips or larger cup sizes. There is a lot of extra work involved in changing patterns so we charge extra for bespoke work, we will be able to tell you how much it will cost when you let us know just what you would like.

# Panties

2 Pairs for each bra is recommended.





# PERIOD PANTIES

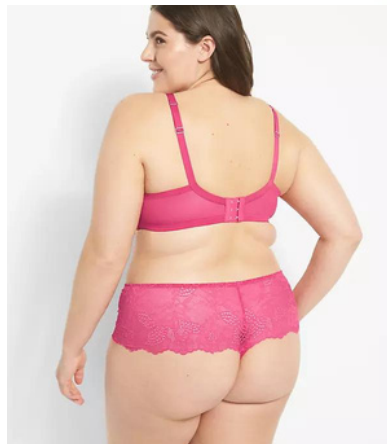
## Wuka basics thong

There are period pants and then there are 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 to the bar.

Wuka's products are made in a female-founded factory in China, whose mission it is to eradicate single-use disposable products is closely aligned with Wuka's own. Wuka report it has stopped more than 1 million pads and tampons going to landfill to date. Wuka pants can be used for at least two years, and research suggests every pair of pants replaces around 200 disposable period items from going to landfill. This represents a saving of £44.50 – and an easy win-win.



# Lingerie Trends



Sexy to Cutesy  
Lots of Lace  
Sheer

# More Lingerie Trends



Sheer | Colorful | Prints



# All Sizes, Ages - More Lingerie Trends

Sexy, Classic to Cutesy

Lots of Lace

Sheer

Colorful

Prints





# A few favorite online shops!



[www.barenecessities.com](http://www.barenecessities.com) Click on your size bra and hundreds of bras appear that are available in your size. 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.



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 at Kohl's.



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

What are your favorites? Do you like shopping online?

# French Lingerie to buy in Paris



## **Romantic and Elegant, try La Perla - [La Perla](#)**

Locations: Boutiques at 24, rue du Faubourg Saint Honoré, 8e and 179, Boulevard St. Germain, St. Germain des Prés, 7e. Also at all major department stores.

Parisian Chic, try Chantal Thomass

Location: 211 rue Saint Honoré, 1e

Playful yet Exotic, try Rien of France

Location: Major Parisian department stores like Galleries Lafayette or Printemps.

Beautiful on a Budget, try Monoprix

Location: Monoprixs are located in most Parisian neighborhoods. To find the closest Monoprix to you, visit the [Monoprix website's](#) location finder.

Chantelle

Location:: Paris France Hotel, Rue de Turbigo

Questions?

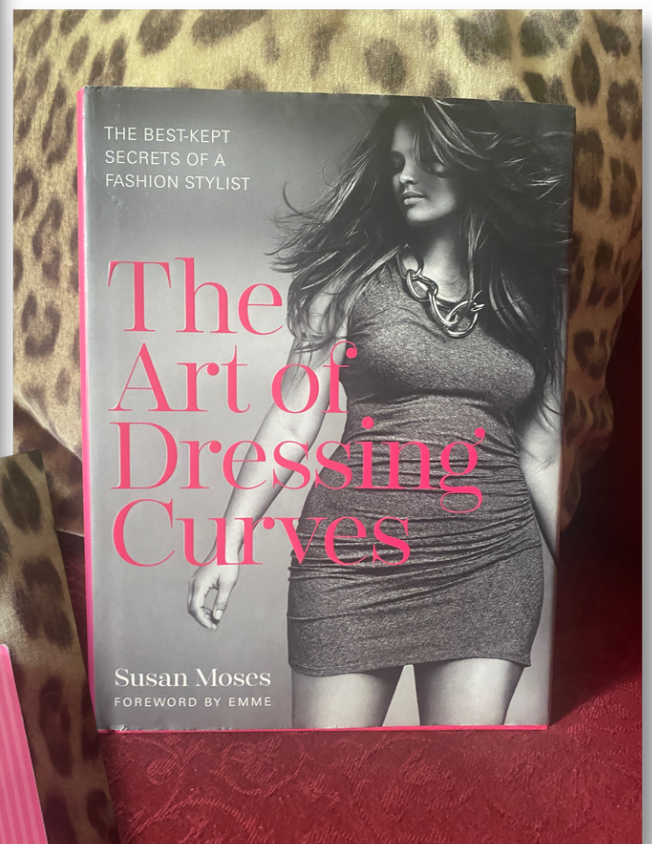
Write questions down  
ahead of time and we will  
discuss during the class!

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Fabulous Books

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





# Thank you!

Thank you for giving me the opportunity to show you beautiful lingerie and shapewear.

As you can see, there are too many to highlight in this presentation. That's a good thing. It wasn't always so. There is something for everybody!



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