



press clip

Squeeze in ... shape up

Shapewear's come a long way since Bridget Jones flashed her control wear panties on screen.

Gillian O'Meagher reports.

It's copped a bad rap for years, but most women who have donned contour underwear will quietly sing its praises.

Body control wear is the modern woman's (comfortable) corset — shaping the body and smoothing out lumps and bumps. And the good news is, today's designs are no longer dowdy either. Couture designer Collette Dinnigan

has released a debut shapewear lingerie range for those looking to shape up in style.

Fabrics have moved with the times, too. The Yummie Tummie range, founded by The Real Housewives of New York City reality star Heather Thomson, now has a paper-thin shapewear sub-collection, called Paperdolls, designed for hot climates.

"For me, it's about taking shapewear to a new level for women who only want the most lavish, comfortable fabrics touching their skin," Thomson said.

The Galzal Group, which makes shapewear brands Nancy Ganz and Spanx, said women in the US had long been wearing control wear, but Australian women had just caught on.

There was even shapewear available for men now.

If you've ever worn shapewear and noticed bulges where the garment stops, often around the top of the torso or the top of the legs, Nancy Ganz designer Janine Anggara said this was usually a sign that you were wearing the wrong size. Shapewear should feel snug but you should also be able to breathe.

Shapewear had moved into swimsuits too.

"Look, none of us is Miranda Kerr, and we all want to look the best we can," Berzelli Australia swimwear founder Irene Berzelli said. "The swimsuits I design camouflage certain aspects, and include a lot of tummy control."



Collette by Collette Dinnigan Couture Control shapewear lingerie strapless bra, \$79.95, and Below Bust Control brief, \$69.95, from selected David Jones stores.

HOT!

Check out these great swim and underwear body-shaping garments



Yummie Tummie Paperdoll Alex tank in black, \$79.95 from David Jones, selected boutiques, and online at yummielife.com.au.



Nancy Ganz Belly Band bodysuit in Warm Taupe, \$139.95, stockists: 1300 131 701 or nancygantz.com.au.



Hold Me Tight swimwear Kasia sculpting swimsuit in animal print, \$62.95, stockists: 1300 131 701 or holdmetight.com.au.

Spanx Simplicity Booty Buster short, \$68, stockists: 1300 131 701 or spanx.com.

