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## Lingerie Fit Tips

We spoke to two lingerie experts who filled us in on everything you need to know – from new technologies to the bras every woman should own

*By Caitlan Moneta*



### Which colours are hot for Spring 2008?

*Liliana:* The spring 2008 colours are truly feminine - hues of pink and bougainvillea, blues that remind me of the seaside and glaciers, strong reds and burgundy. Navy and soft green are also present in many lines, as is contrast lace on bras and daywear.

### What new bra technologies are emerging in the market?

*Liliana:* There are two distinctive directions in the bra department. One is to use microfibre on moulded bras and to offer those bras in all sizes and colours ( as they are so popular with customers). Secondly, beautiful lace bras that are feminine, comfortable and also have great support.

*Melanie:* The 3-D cup is very big right now. That's a padded cup with a honeycomb fabric so that it breathes, since a lot of the padded cups are very hot in the summertime.

### What's a common mistake women make when buying a bra?

*Melanie:* It's always about the fit. Most people will buy too loose in the back to accommodate the cup size. Coming in for a fitting is absolutely a great idea. It's like a pair of jeans, trying on is essential. Different companies fit differently, even

different coloured bras don't fit the same – black bras tend to be smaller as the dye shrinks the fabric.

### **What style of panties is the most flattering for most women?**

*Melanie:* French cut – French cut lengthens the legs. It's the style that comes up higher in the leg. Boy shorts are a big trend but can make you look wider as they cut you across the middle.

*Liliana:* There is no such thing as a style flattering on most women. We are so individual in our taste and shape that we each have a different pick!

### **What underwear is best for white pants? A white t-shirt?**

*Liliana:* The best panty for a white pant is a nude one – it will disappear under the white. Stylewise, a panty with invisible seams or a thong will always be more flattering. Under a white t-shirt a nude colour bra is always better than a white or ivory. As to the style, if it flatters your body than the moulded styles are recommended.

### **With transparency being a huge trend on the runway, what are the best options for undergarments?**

*Melanie:* Nudes, lightly padded cups so you're not showing through, seamless panties and thongs or laser-cut panties that don't have a sewn edge. And slips are making a big comeback. Nude won't show under black or white so it's going to be the best all around. Black will tend to stand out under sheer black clothing, so nude lets clothing be seen.

### **What is the best way to care for fine lingerie?**

*Melanie:* Definitely hand wash in cool water and we suggest Forever New, a softener that brings life back into your lingerie so it looks less limp. It also lengthens the life of your lingerie without damaging the fabrics. And never, never put them in the dryer as heat kills the elastic.

### **What are the lingerie drawer essentials every woman should own?**

*Liliana:* Every women should have bras in her lingerie drawer that are the base from which all of her clothes look better. One should remember the 5 "S"s - seamless, seamed, strapless, sports and of course sexy! Also the matching underwear to different coloured bras, nude and black in every style, a support garment (if needed), a good camisole and of course some cute P.J.s and sexy numbers for "sleeping."

### **What should men know before coming in to buy a special Valentine's Day gift?**

*Melanie:* They could find out if she's registered anywhere, as she may already be on file and they would know her size and what she likes.

*Liliana:* Men should remember that the gift should be as much for them as it is for their partner. Be prepared with the sizes and be willing to ask for help in a good store that has an exchange policy.

*Melanie Heenan is the owner of Melmira Bra & Swim Boutique, [www.melmira.com](http://www.melmira.com).*

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