

# Fashion FACTS & FIGURES

## Comfort And Control Where You Need It

(NAPSA)—Despite fad diets, miracle pills and other “quick fixes” to lose weight, the only tried and true way to get and stay physically fit is to maintain a balanced diet and exercise regularly. However, there are simple things you can do to maximize—and, if necessary, minimize—your assets.

From playing up your best features to “minimizing” the worst, the right undergarments can make all the difference.

Begin from the top and make sure your bra fits properly. If you're uncertain, have a knowledgeable saleswoman from the intimate apparel section of a department store measure and fit you, especially if you've recently lost or gained weight. Bra size can fluctuate as your clothing size changes.

For your bottom half, look for a body-slimming undergarment that comfortably controls the tummy, thighs and rear while zapping visible panty lines (not only do they draw attention to your butt, but they make you bulge in places you otherwise wouldn't).

For example, Spanx Power Panties is a body-slimming undergarment that combines the comfort of underwear, the feel of hosiery and the power of a shaper all in one.

“Women rely on control top hosiery to offer a smooth, shaped look under their favorite skirts and slacks, but in summer they want a stylish, cool, bare leg look that they can wear with open-toed sandals,” noted Sara Blakely, Spanx founder and creator of Power Panties. “Finding the right supportive undergarment for summer clothing can be difficult.”

Blakely added that many women find traditional body shapers lacking in comfort and control. From too-tight waistbands and leg bands that create a visible bulge on the thigh to the fancy seaming on some styles that creates two posteriors instead of one, bodyshapers can call attention to the problem areas women



**New options in undergarments offer control and comfort, so you can feel as good as you look.**

are trying to hide.

When shopping for an undergarment, look at its label to see what fabrics and materials are used as they can affect the fit and comfort. As an example, look for panties with a cotton gusset to allow for breathability.

Another key ingredient is Lycra®, which provides amazingly comfortable body shaping, so that you can feel as good as you look.

Made with a patent-pending shaping technology using DuPont™ Lycra®, Spanx Power Panties have no leg band and a nonbinding waistband. This new knitting technology not only keeps the garment from riding up the thigh, but it also provides comfortable bodyshaping support that allows women to look an entire size smaller.

Spanx Power Panties come in five sizes to fit women 95 to 265 pounds. They can be found in bare, black, cocoa and white at major department stores and online at [www.spanx.com](http://www.spanx.com) or 1-877-99-SPANX. They're also available in lime, pink, red, and sky at Neiman Marcus.