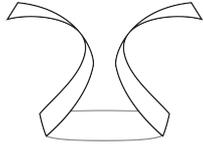


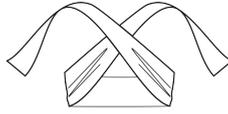
# COMMENT ÊTRE SEXY DANS VOTRE MULTISHAPE

## BANDEAU CROISÉ



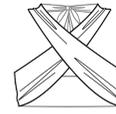
### STEP 1

Centrez la bande sur votre dos et ramenez les pans devant



### STEP 2

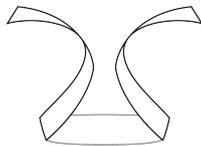
Couvrez la poitrine et croisez les pans sous le cou



### STEP 3

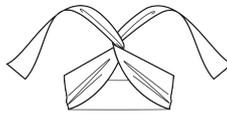
Nouez les pans autour du cou

## BANDEAU TWIST



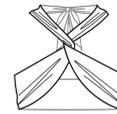
### STEP 1

Centrez la bande sur votre dos et ramenez les pans devant



### STEP 2

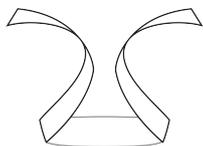
Couvrez la poitrine et croisez les pans 2 à 3 fois sous le cou pour créer un twist cool



### STEP 3

Nouez les pans autour du cou

## BANDEAU NOUÉ



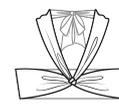
### STEP 1

Centrez la bande sur votre dos et ramenez les pans devant



### STEP 2

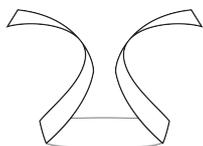
Nouez les pans 2 fois sur la poitrine



### STEP 3

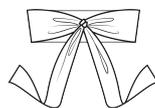
Nouez les pans autour du cou

## BANDEAU LARGE



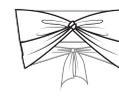
### STEP 1

Centrez la bande sur votre dos et ramenez les pans devant



### STEP 2

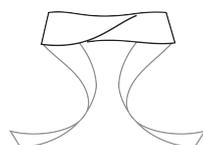
Nouez les pans 2 fois sur la poitrine



### STEP 3

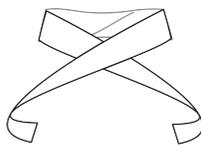
Nouez la fin des pans au dos

## BANDEAU NOEUD



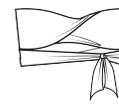
### STEP 1

Tournez la bande sur elle-même 1 fois au centre pour créer un twist. Ne serrez pas trop pour un rendu parfait !



### STEP 2

Centrez le twist sur la poitrine et croisez les pans au dos

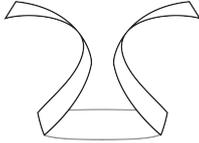


### STEP 3

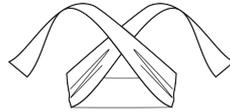
Ramenez les pans sur le devant et nouez-les sous la poitrine légèrement sur le côté pour un rendu cool !

# BE SEXY IN YOUR MULTISHAPE

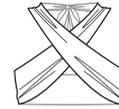
## CROSSED TOP



**STEP 1**  
Center the band on your back  
and bring the tie ends to the front

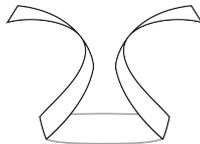


**STEP 2**  
Cover the chest and cross  
the ties under your neck



**STEP 3**  
Tie the ends  
behind your neck

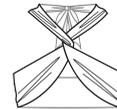
## TWIST TOP



**STEP 1**  
Center the band on your back  
and bring the tie ends to the front

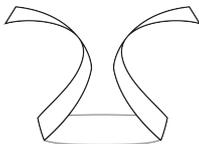


**STEP 2**  
Cover the chest and cross the ties  
under your neck 2-3 times to create  
a twist

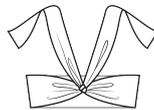


**STEP 3**  
Tie the ends  
behind your neck

## TIED TOP



**STEP 1**  
Center the band on your back  
and bring the tie ends to the front

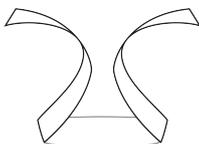


**STEP 2**  
Knot the ties 2 times  
on your neck

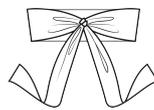


**STEP 3**  
Tie the ends behind  
your neck

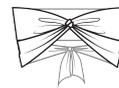
## LARGE TOP



**STEP 1**  
Center the band on your back  
and bring the tie ends to the front

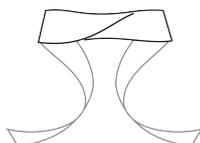


**STEP 2**  
Knot the ties 2 times  
on your chest

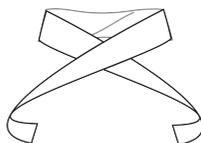


**STEP 3**  
Knot the tie ends  
in your back

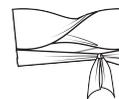
## KNOT TOP



**STEP 1**  
Twist the band on itself  
1 time at center



**STEP 2**  
Center the twist on your chest  
and cross the ties in your back



**STEP 3**  
Bring the ties back to front and  
knot the ends under your chest