



Warmer's
What It Does: The No Side Effects bra (SSR, hush.com) fits while stabilizing skin.

How It Does It: It provides side coverage, elastic-free sides and back, smooth foam cups, and underwire.

Hooked Up Shapewear
What It Does: The High Waist Shaping Brief (SSR, hookedupshapewear.com) eliminates muffin-top.

How It Does It: It has hidden hooks that link right up to your bra.



Body Wrap Shapewear

What It Does: The Long-leg Bodysuit with underwire (SR, bodywrapshapewear.com) creates an instant hourglass.

How It Does It: There's a great combo of seamless construction and snug, breathable fabrication.



SHAPE SHIFTING

Get the body you want without going under the knife. By *Betsy McLain*

Think that liposuction is the key to the perfect body? You are not alone. A study from the American Society for Aesthetic Plastic Surgery has found that liposuction was the most common plastic surgery in 2013—with more than 3,000,000 procedures and \$1 billion spent nationwide. At the same time, costs range from \$5,000 to \$10,000 for liposuction and \$1,000 and up for non-invasive treatments. Who wants to experience that level of buyer's remorse?

Luckily, there's an easy, pain-free way to get the sexy liposuction look at a fraction of the cost, with no risk of side effects. Is it a miracle? Indeed—a miracle called shapewear.

Gone are the days of uncomfortable, unflattering shapewear that rolls and bunches, creating everyone's favorite "muffin top" rather than simply trimming your hips. The most recent entries into the market are cutting-edge, with super-lightweight, breathable fabrics and designs that create a

smooth silhouette while hugging (and even enhancing) your curves. Shapewear devotees frequently notice that they appear five to 15 pounds lighter.

What's more, certain fabrics are infused with microencapsulated caffeine, which is said to help reduce cellulite. They claim to make muscles work as you wear them by improving your circulation and increasing muscle stimulation. (While such claims are currently inconclusive, it's a great concept, no?)

Such a wide variety of choices allows you to zero in on specific body parts, or go for an all-over sleek silhouette. There is also a two-in-one option—outerwear that features built-in shapewear, such as pieces in the NUÉ by Shani line. "These dresses have an inner construction made of a compression fabric that's specially woven with spun Lycra to comfortably shape and mold the body," says founder Shani Gross.

Before scheduling that lipo, give shapewear a fair shake. You'll be amazed at the instant gratification it offers. ☺

Shapeez

What It Does: The Tanktop Slip (SR, unbelievable.com) shaves off pounds in an instant. Also from Shapeez: The Shortee bra (SR, unbelievable.com) for a smooth, slim silhouette.

How It Does It: Tanktop: There's extra support at the drier and hip area, plus top-tier comfort. The Shortee: Moisture-wicking Cool-Tex Lycra and the absence of back bands or closures make it smooth and breathable.

Hourglass Angel

What It Does: The PowerTech Hip Hugger Slimmer Shorts (SR, hourglassangel.com) hide the hips and extra tummy. Meanwhile, the All-Inclusive Underwire Bodysuit (SR, hourglassangel.com) provides smooth control at the midsection and thigh.

How It Does It: The Hip Hugger: It has extra gentle construction at the midsection—plus the natural effect of an unrestricted bra area. The Bodysuit: It gives focused attention at the midsection, plus extra fit via underwire bra cups.

NUÉ by Shani

What It Does: This full-body line (prices vary, adresses.com) offers slim comfort.

How It Does It: A woven inner compression fabric shapes and molds the body, plus it has precision darting and ruching. "The built-in shapewear is like Botox for the body," says Gross.

