

COOUTURE FMG BIKINI

Guide Book



When Should I Order?

HOW MANY WEEKS OUT?

For Couture designs we suggest getting in 20 weeks out from your competition.

Measurements will be taken closer to the date at 12 weeks out from your show to ensure it is the correct fit.

We also re-confirm your hip measurement at 5/4 weeks out.

READY TO SHIP

Straight from our Showroom in Adelaide!

These can be shipped out within 2 days of purchasing

TURN AROUND TIME

Our current production time is around 6-8 weeks

This allows time for your bikini to be hand made, embellished and brought back to us for dispatch. This does not include shipping time - Please choose Express Shipping!

REMEMBER The estimated shipping time at checkout doesn't include bikini production time!

SHIPPING

AUSTRALIAN SHIPPING

The exact price of shipping will be calculated at checkout when you pay for order via our website

Express: 2-4 business days

Standard Shipping: 5-14 business days (not recommended)

INTERNATIONAL SHIPPING

For international orders we recommend DHL express only to ensure it arrives to you quickly and safely!

Usually standard international shipping is 4-6 weeks.

EParcel express is 3-4 weeks.

DHL express is 3-7 business days.

Colours!

HOW DO I CHOOSE THE RIGHT COLOUR?!

TRUST YOUR GUT, GO WITH THE COLOUR YOU LOVE

Is there a colour you love to wear or get complimented in?
Stalk our IG and see what colours stand out to you!

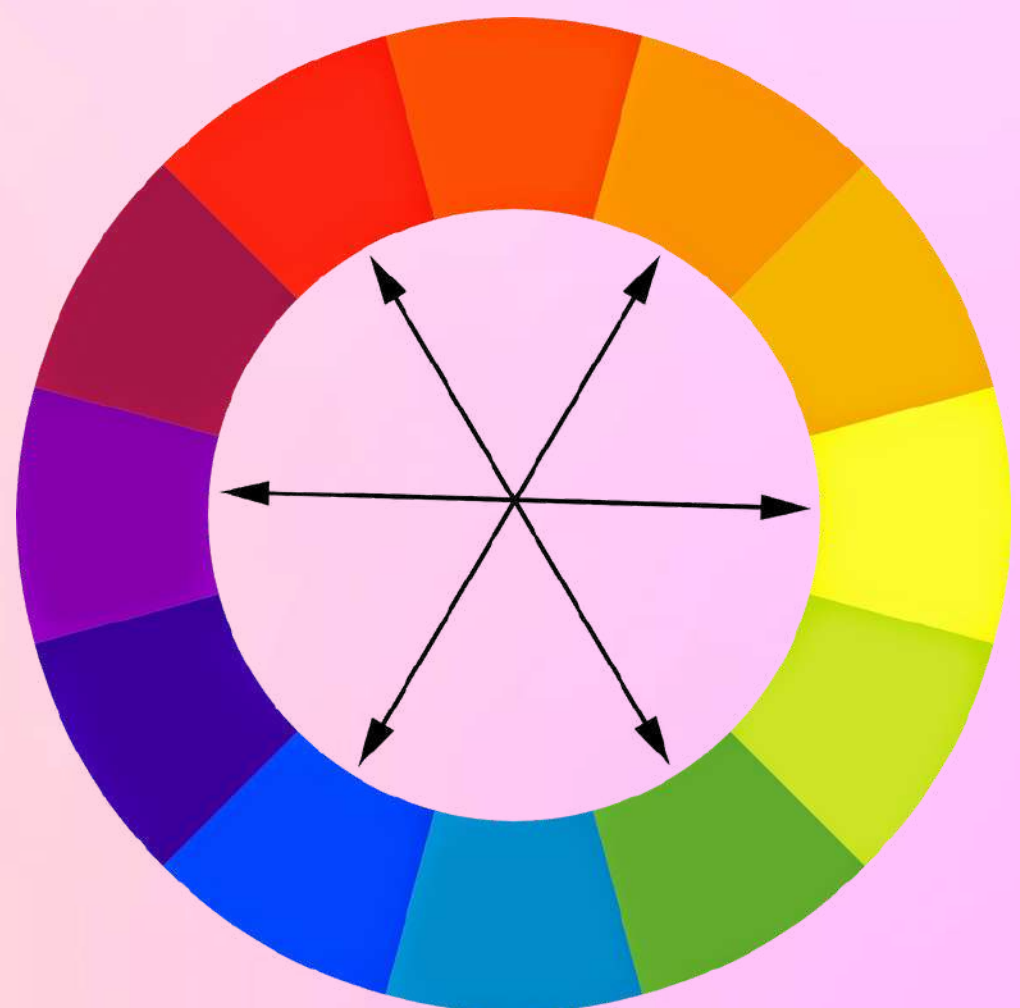
TAKE OUR QUIZ!

Choosing a bikini colour is not always easy. You must take into consideration your hair colour, the comp tan, and what will make you feel the most confident. If you have no idea where to start, take this quiz to find out which colour might be right for you!

CONSIDER YOUR TAN

Remember your skin tone will look very dark with the competition tan. Every tanning company will have a different undertone or look slightly different but you always want a bikini colour that will stand out from your skin colour and not blend in.

the
opposite
colour will
always
stand out!



STAGE LIGHTING & BACKDROP

Look at photos from the previous Season's competitions. The venue, lighting and stage conditions will usually be the same as previous years. This is a great way to see what colours stand out against the backdrop and what colours are popular.

Hair Colours

BLONDES

Blondes can wear a huge variety of colours!

Bold colours like Red, Royal Blue and Teal look great as do softer colours like Coral, Pink, Mint, White or Turquoise



BRUNETTES

Deep or bold colours look great on brunettes

Cranberry, Midnight Blue and Emerald Greens are stunning. You can also wear Bright Pinks, Purples or even Black.



REDHEADS

Teal, Turquoise, Burgundy and Deep Purples are all stunning on red heads

Royal Blue is a beautiful choice. Avoid Orange!



Okay so...

HOW DO I
ORDER ?



My Design



I KNOW WHAT I WANT

You already have inspiration photos saved, you've been planning this for months!

COUTURE ENQUIRY

Submit your inspo photos, budget and general measurements to our Couture Enquiry. Our amazing design team will then design and sketch your dream bikini.

If you'd like to be a part of the design process and discuss exactly how you would like to look on show day we also offer free design zoom calls!

I HAVE NO IDEA

You don't really know where to get started, designing from scratch sounds overwhelming.

AVAILABLE SKETCHES

Browse our gallery of Couture Sketches and you might just fall in love! Sometimes you don't know what you want until you see it. Once purchased, it's yours! Nobody else can take your design.

GFB DESIGNS

You can't go wrong!
Select from our range of tried and true couture bikini designs, and simply tell us what colour to make it in!

Couture Enquiry



COUTURE ENQUIRY

A Custom GlamFit Couture Bikini is a FMG fashion style bikini that is designed to your specifications and made especially for you. The design team at GlamFit Bikinis will work closely with you to create something truly special, limited only by your imagination and the laws of dressmaking.

Starting the process is easy, you have most likely spent hours scrolling Instagram and Pinterest and have screenshots of bikinis love. Follow the link above to submit your design ideas. We will use the images sent though to sketch a design we think will be perfect for you.

If there are any specific design elements that you want to include, please include these in the notes. It could be a specific colour, style, choker or shoulder piece that you want. The clearer and more concise you can be with your design the easier and faster the entire process will be. If there is anything you are unsure about don't worry. Our design team can offer advice as we have many unique design ideas.

Zoom Calls are also available to discuss your design both before sketching, and after the bikini has been made.

Couture Enquiry

COUTURE ENQUIRY

The design fee covers the cost of our team sketching, researching materials and discussing your design. It is not refundable due to change of mind. This includes deciding not to compete, cancelled competitions or changing your design idea all together. The cost of designing your bikini is not included in the total price.

The cost of your couture bikini will depend upon how much detail and what design elements you want to add. We recommend budgeting between AU\$1100 - \$1800 for a Couture Bikini.

We do not offer payment plans for couture bikinis, however you can use AfterPay at checkout and purchase gift-cards leading up to being sent your invoice at 12 weeks out.

When submitting your enquiry online you can choose your budget. We will work to the best of our abilities to incorporate all your design ideas within that budget. If we feel that your ideas exceed your budget, we will offer you a range of alternative solutions for you to choose from.

Once the design and quote have been accepted there is no change of mind. If you do change your mind additional charges might be incurred.

We do not start any work on your bikini until it has been paid in full. Delay in payment may result in delayed delivery.



Available Sketches

COUTURE SKETCHES

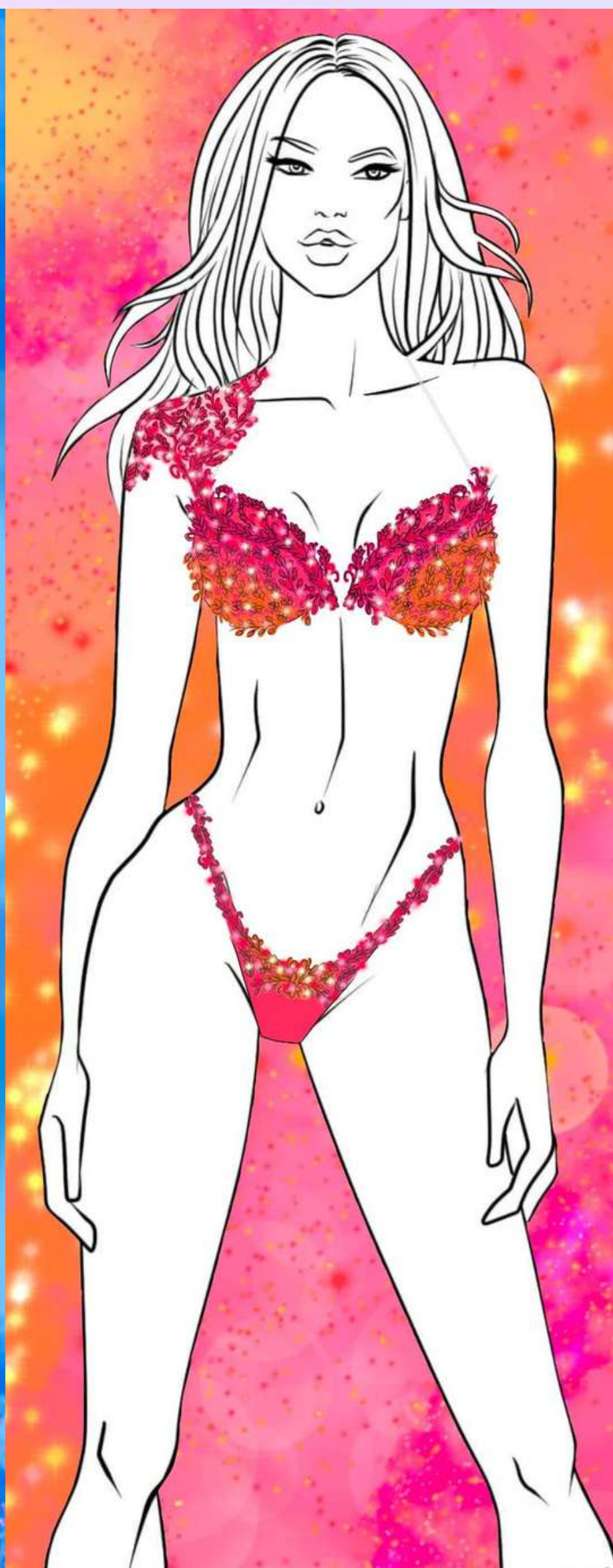
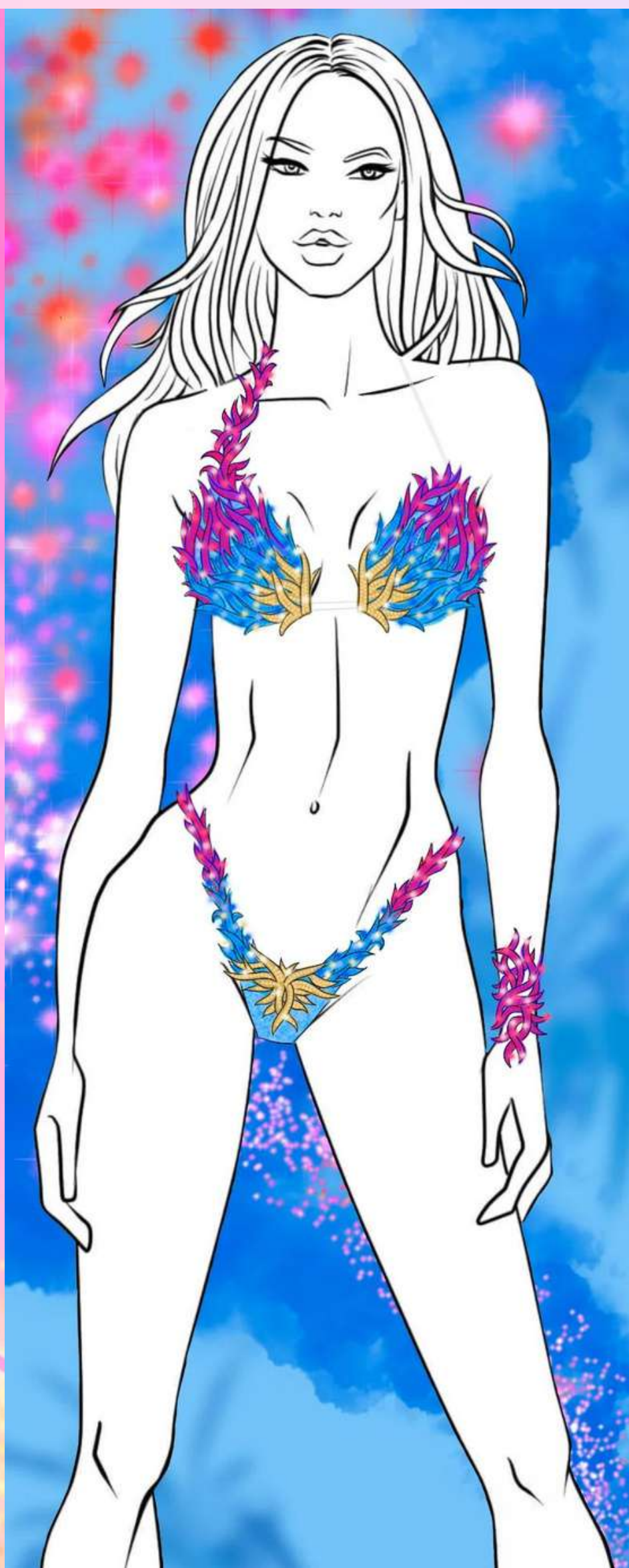
Our Couture Bikini Sketches can be made into reality for your Bikini, Fitness or Figure competition, especially FMG.

Once purchased the design becomes yours! We take the sketch off our website so once its gone, its gone!

The colour of these designs can sometimes be changed upon request.

We try our very best to ensure your bikini is as close to these images as possible. Please understand all bikinis are individually hand made and slight differences from sketch to reality are inevitable.

If these designs aren't exactly what you want, please submit a Couture Bikini Enquiry and we can create a unique design for you.



GFB Designs

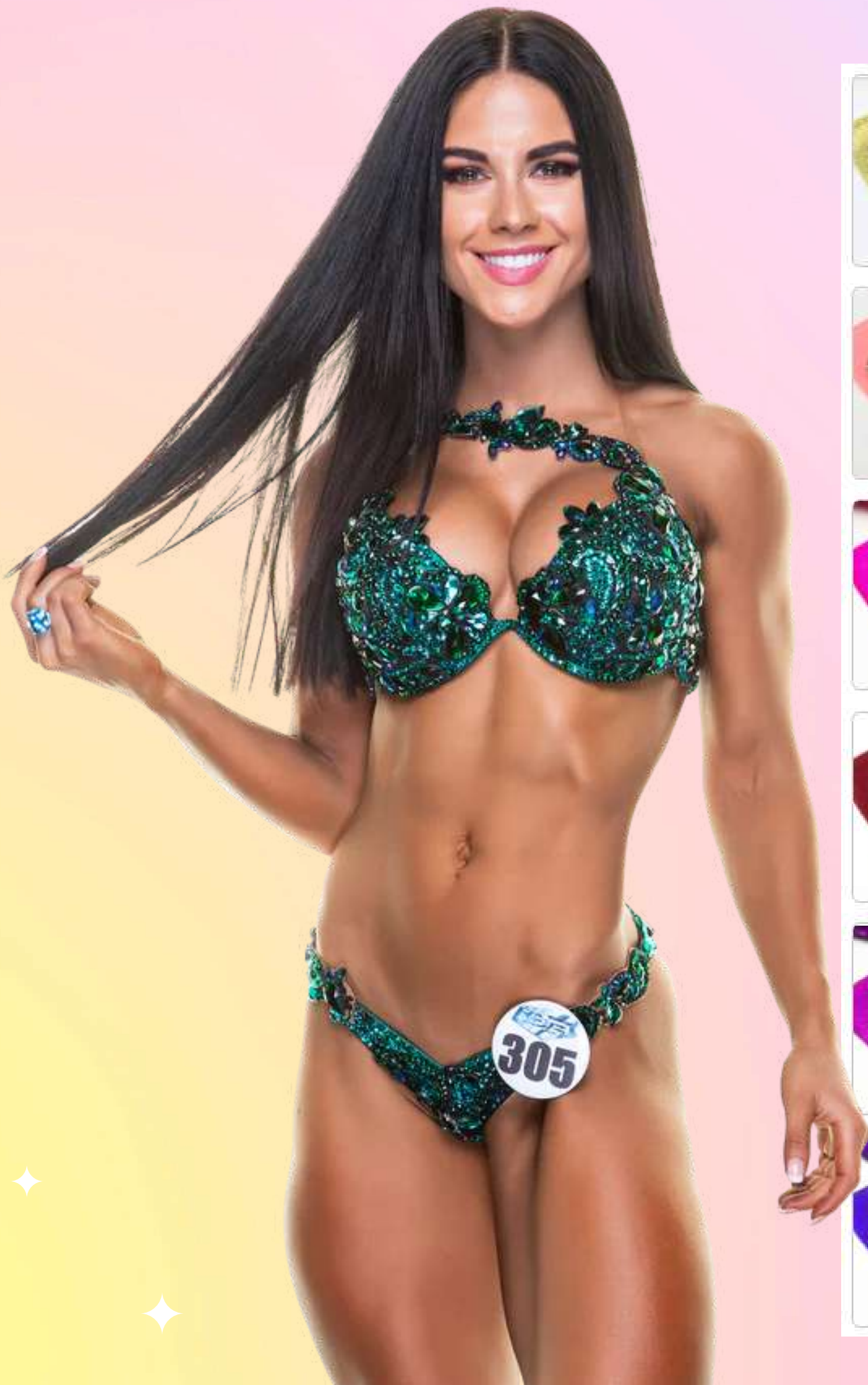
GFB DESIGNS

We have a range of Couture Designs for those who do not wish to have a custom design sketched and made. GFB Designs are previously worn Couture Bikini Designs can be made for your own competition.

Simply select your preferred design from the gallery. Each design can be made in your choice of colour and size. Our Couture bikinis have a standard turnaround of 8 weeks plus shipping.

We try our very best to ensure your bikini is as close to these images as possible. Please understand all bikinis are individually hand made and slight differences are inevitable.

If this design isn't exactly what you want, please submit a Couture Bikini Enquiry and we can create a design for you.



Need More Inspo?

VISIT OUR

PINTEREST GALLERY

FOLLOW US ON

INSTAGRAM

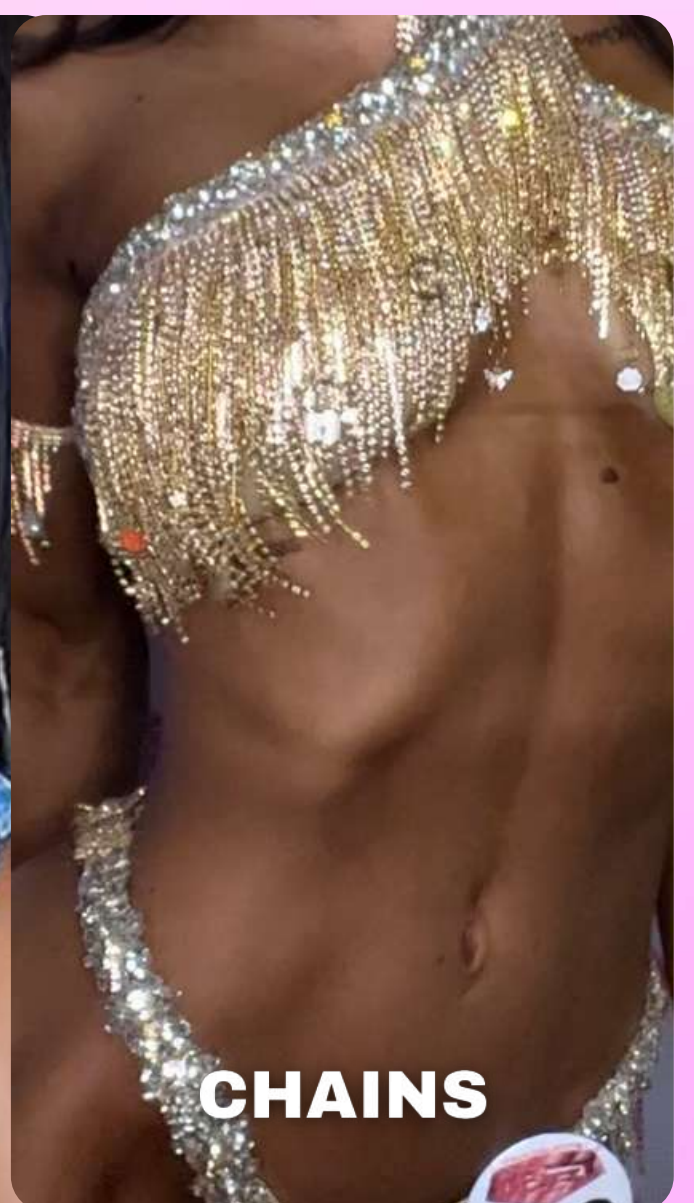
*and see what the
FNG Pro
Competitors wear!*



Latest Trends

UNIQUE DESIGN ELEMENTS

Don't be afraid to think outside the box! We can add a million 'extras' to your bikini design, the possibilities really are endless. Here are some examples of the latest trends we are seeing on the FMG stage.



Back Details

BACK DETAILS

Though not necessary, the design details of the back of your bikini can be an amazing accent to your physique. All of our bikinis are held in place with either clear or fabric straps so any lace or jewel straps are for decoration only. We recommend using Bikini Bum tape to hold everything in place especially while posing.



*Your design
is decided...*

**LET'S GET THE
PERFECT SIZE**



Brief Style

BIKINI BRIEF CUTS

BRAZILIAN

For petite competitors, although not recommended for FMG. It is cut with a curve to sit around your glutes



EXTRA CHEEKY

For federations that require 1/3 coverage we recommend the 'Extra Cheeky' cut.



CHEEKY

For federations that require 50% coverage the 'Cheeky' cut is your best option.



FMG REQUIREMENTS

When purchasing Custom Couture Bikini we will choose the cut that best suits you. FMG prefers a Extra/Cheeky Cut but If you have a preference, please let us know in your Couture Enquiry.

Measurements

HIP & BRIEF SIZE

MEASUREMENT GUIDE

Your brief size is determined by your high hip measurement. This measurement is to be taken on your HIGH HIP which is on your underwear line--NOT around your glutes or widest part. Take a tape measure and measure the full circumference of your hips

We want you to look and feel your absolute best on stage so please make sure you check your measurements properly.

If you are doing a transformation category or have a significant amount of fat to lose please inform us of this along with your measurements.

At 12 weeks out from your show we will ask for the following:

Bust

Ribs

Waist

High Hip (pictured)

Low Hip

Bra cup

Height

Weight

At 5/4 weeks out we will re-confirm your High Hip measurement.



Crotch Measurement

OPTIONAL

CROTCH MEASUREMENT

Your crotch measurement is an optional measurement you can offer when placing your order. Our pattern will fit the vast majority of sizes but you may feel free to add this measurement in your order notes if you have a c-section scar you wish to hide or if you want your bottoms to sit higher or lower than usual.

To find your crotch measurement, take your tape measure to your back and hold the end of it at the top of your underwear. Pass the tape through your legs and take note of the measurement of where you would like your suit to sit at the front. Somewhere between 35-50cm is considered normal. Please contact us if you have any troubles.



WE UNDERSTAND YOU WILL CHANGE

As competitors ourselves, and from making bikinis for hundreds of shows, we understand you will lose fat through prep, and your measurements will change. Leading up to your show we will contact you to confirm your hip measurement at 5/4 weeks out. We complete 90% of production of your bikini except for the back of the briefs to be sewn together. We will send an email reminder for you at 5/4 weeks out to remeasure your high hip and update the measurement. This will ensure a firm fit for the day of your competition. If you fail to reply to our email, we will use your original measurement to size your briefs.

For Australian FMG shows we may also be available for fitting appointments in the days leading up to the show. We will contact competitors on how to book.

Top Style

BIKINI TOP STYLE

As part of your bikini design, we will choose the cup style for you, but you may have a preference. Below we will go through all our different cups shapes. We have included horizontal and vertical measurements of the individual cups so you can use a measuring tape to compare them to your favourite triangle bikini top or bra cup.

Our top sizes run SMALL. We recommend choosing the bra size you currently measure at rather than what you think you will be on comp day.



SWEETHEART MOULDED

	#1	#2
A	15 cm	19cm
B	15 cm	19 cm
C	15.5cm	20 cm
D	16cm	21 cm
DD Slim Coverage	16.5cm	22cm
DD Full Coverage	17cm	22cm
E	18 cm	23cm

SWEETHEART MOULDED

Our most popular cup is the 'Sweetheart' Moulded top. These scooped bra tops have a layer of padding sewn in to help enhance and shape the bust. This style is a great all-rounder and suits competitors with natural or enhanced breasts. This top style has been popular with girls with smaller busts as it adds fullness and cleavage whilst adding curves to your look. The shape of the cup also hugs the chest, preventing gaping and provides plenty of support. For natural competitors who want to control excess skin from breastfeeding or a huge weight loss, the sweetheart cups are great as they can help stop any 'spillage'. The shape also helps to add an extra cleavage boost, especially when extra padding is added. For competitors with implants this style is great as it moulds to the implant perfectly and sits nicely under the bust to hide any scarring from surgery.

Top Style

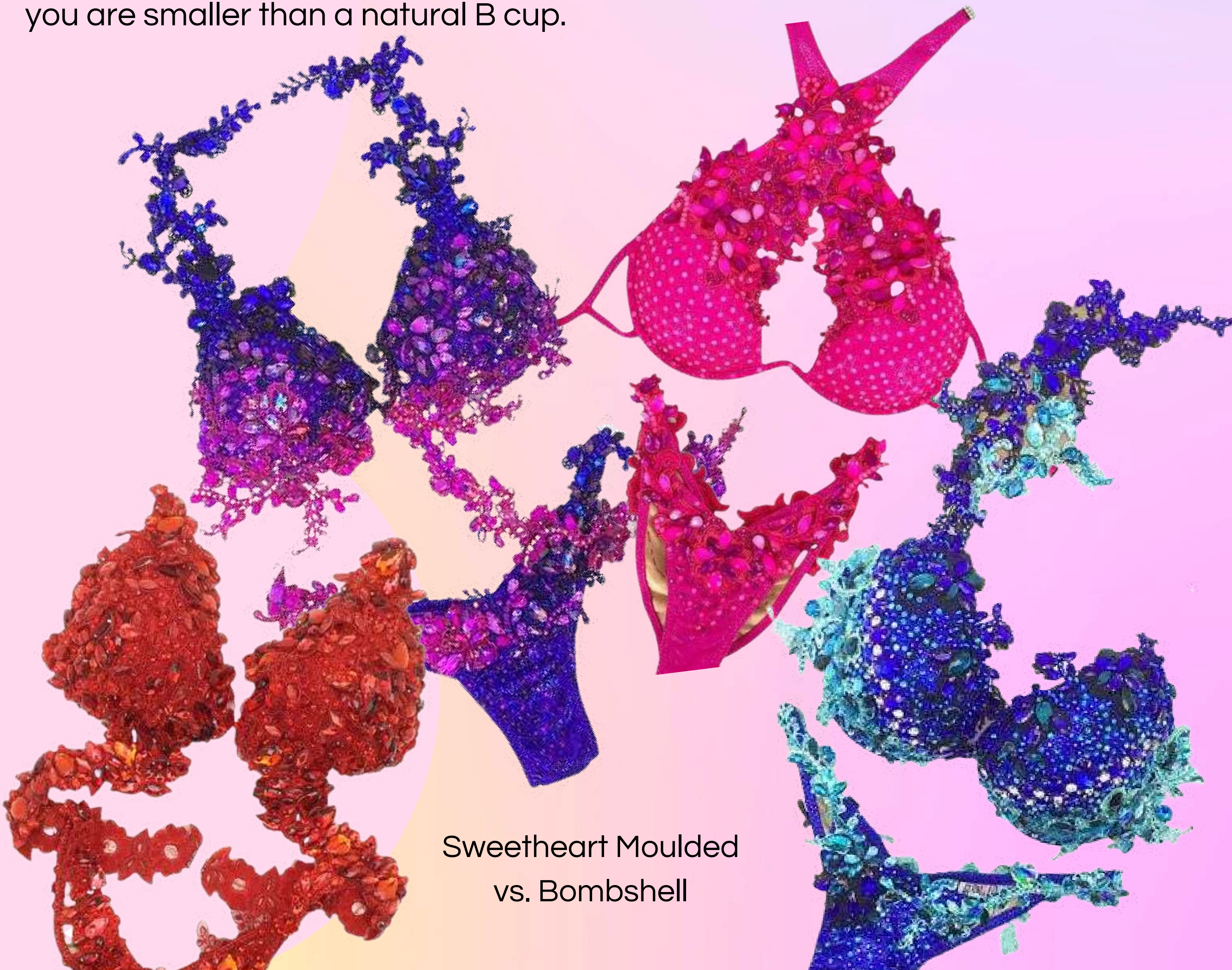


BOMBSHELL DIVA

	#1	#2
A	16cm	10.5cm
B	16.5c	11.5cm
C	18cm	12.5cm
D	19cm	13.5cm
DD	21cm	14.5cm
E	22cm	15.5cm

BOMBSHELL DIVA

Our 'Bombshell Diva' top has one continuous underwire which peaks in the centre. This style is suited to FMG and other fashion focused federations. It is a deep plunging bra that creates the perfect cleavage. It is best suited to most girls with implants or a large natural bust. We do not recommend these cups if you are smaller than a natural B cup.



Sweetheart Moulded
vs. Bombshell

Extras

DOUBLE PADDING

Most of our competitors opt for extra padding during the order process and to give more lift; as prepping for a competition can reduce the fullness of your bust.

We will insert the padding for you with your bikini order. However if you want more, simply insert more padding into the hidden pocket, which is on the inside of the bra cup of your competition bikini. You can purchase extra padding via our website.



Essentials

COUTURE BIKINI ESSENTIALS

This pack includes everything you could possibly need for backstage.

Included in this bundle:

Custom Ultimate Bikini Carry Case - Large enough to fit any style of bikini and essential for keeping your Glamfit Bikini clean and safe.

Bikini Bum Tape - double sided tape perfect for holding your bikini in place.

Port - a - Pee - Twinkle with confidence, not drips or splashes on your tan.

The name on case will be created using white glitter HTV unless stated otherwise in the additional notes section.

*Discount code applies to all products site wide except custom invoices.

Shoes

MOST POPULAR HEELS

Rule number 1: Wear what you're comfortable in!

There is no point in purchasing 7 inch heels with a giant platform if you're not going to be able to walk and pose in them.

One of our most common questions about FMG heels is “Do I have to wear this crazy high platforms?”

No you don't!

Our most popular heels for FMG are the Delight 609, Aspire 609.

As well as the Bejewelled, and Cocktail 501DM with added embellishments.

FMG do not allow clear heels.

Our supplier is in the US, so some styles of shoes will take 10 business days to arrive to us before we can ship them to you.



Heel Embellishments

FMG HEEL EMBELLISHMENT

It is not compulsory to have your heels embellished. However, it is a nice touch and creates unity to the entire outfit. We offer custom heel embellishments that you can add to any pair of heels! We match the colours and stones used on your couture bikini to

PERMANENT EMBELLISHMENTS

We offer full heel embellishment. This can range from AU\$500-800 plus the price of the heels.

We recommend saving your embellished heels for show day and only doing minimal posing practice in them. Its best to have a 'practice pair' in the exact same style of heel to avoid ruining the embellishments but also to get comfortable with posing in the same heels you will be wearing on show day



Show Day

PACKING LIST

ESSENTIALS

- GlamFit Bikini
- Bikini Carry Case - Large enough to fit any style of bikini and essential for keeping your Glamfit Bikini clean and safe.
- Backup Bikini
- Heels
- Custom Robe - Keep your tan looking flawless in our tie up satin robe.
- Port-A-Pee - Twinkle with confidence, not drips or splashes on your tan.
- Jewellery.
- Pump up band -Booty Band - Hard resistance, pumping up will be a breeze with our non slip design
- Entry Pass / Ticket
- Wallet - ID, Money
- Towels - to sit and lie down on
- Slippers or Slides - shoes that wont rub off your tan

EXTRAS

- Hairbrush & Hairspray
- Curler or Straightener
- Makeup for touch ups
- Food/Meals
- Pump up drink
- Water bottle for post show

JUST IN CASE!

- Back Up Heels
- Mirror - you might not have one back stage
- Clothes for post show
- Wet Wipes - to wash your hands
- Safety Pins or Mini Sewing Kit
- Phone Charger



GLAMFIT
BIKINIS

Need Help?

**BOOK YOUR FREE
BIKINI DESIGN
CONSULTATION!**

BOOK NOW



GLAM FIT
BIKINIS



IF YOU HAVE ANY QUESTIONS
PLEASE DONT HESITATE TO ASK!

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