

# GUIDE

#### EVERYTHING YOU NEED TO KNOW ABOUT ORDERING YOUR GLAMFIT BIKINI

### **GLAMFITBIKINIS.COM**



#### BEFORE WE START. WHAT FEDERATION AND DIVISION ARE YOU COMPETING IN?? We have 3 different categories of competition suits: Custom Bikinis, Figure Suits and Couture Bikinis.

Different federations and categories have their own requirements for what you should wear on stage. Use our recommendations as a guide but always check your specific federation's rules!

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#### ICN / ANB / NABBA / PCA

#### **Competition Bikinis**, Couture Bikinis

All of our Custom Bikini designs are appropriate and even a toned down version of our Couture Designs can be selected (no body drapes/arm bands/chokers etc)

### IFBB / NPC

#### **Competition Bikinis**

Your bikini should compliment your physique not distract from it. Have a look at what the top Olympians are wearing. This is what you should be aiming for!

#### WBFF / ANGELS / THEMEWEAR Couture Bikinis

The more glamourous the better! With your help we can design your dream Custom Couture Bikini, or select from one of our Couture Designs. These bikinis can also be worn in Angels or Themewear categories in many federations!.

#### FIGURE

#### Figure Suits

We offer Custom Figure Suits and <u>Ready To Ship</u> Options, These suits have a double strap connecting the briefs to the top to show off the competitior's back.



#### HOW MANY WEEKS OUT?

#### COUTURE DESIGNS

For Couture designs we suggest getting in 16-20 weeks out from your competition. Measurements will be taken closer to the date of your show to ensure it is the correct fit.

#### CUSTOM COMPETITION BIKINIS

For our custom competition bikinis 8-10 weeks out is a good range. If you're relatively close to stage weight you can order further out but if you have a fair bit to lose you may want to wait till you're about 8 weeks out to get the correct size.

#### READY TO SHIP

Straight from our Showroom in Adelaide!

These can be shipped out within 2 days of purchasing

#### TURN AROUND TIME

Our current turn around is 2-4 weeks This allows time for your bikini to be hand made, embellished and brought back to us for dispatch

**REMEMBER Shipping time doesn't include 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: 4-7 business days

#### 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.

### HOW DO I CHOOSE THE RIGHT COLOUR?!

#### TRUST YOUR GUT, GO WITH THE COLOUR YOU LOVE

Jours

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 <u>QUIZ</u>!

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.



GLAM



#### 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.



#### 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, Mint, White or Turquoise



#### BRUNETTES

Deep or bold colours look great on brunettes Burgundy, Midnight Blue and Emerald Greens are stunning. You can also wear Bright Pinks, Purples or even Black



#### REDHEADS

Teal, Burgundy, Deep Purples are all stunning on red heads Royal Blue is a beautiful choice. Avoid Orange!





### **"I'M NOT SURE WHICH CRYSTALS** WILL LOOK GOOD.."

#### CLICK ERE TO START DESIGNING



Our Crystal Swatch Generator allows you to choose your fabric and crystal colours and generates an example image of

#### CRYSTAL SWATCH GENERATOR



### DONT WANT TO DESIGN YOUR OWN **CUSTOM BIKINI? NO PROBLEM!**

Recreate the looks of some of our previous competitors with our Shop the Look and Couture Design Galleries. Simply choose your cut and sizes and we'll handle the rest! Perfect for those who want a stress free bikini design process.

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Melissa Shop The Look \$703.80 AUD



Chloe Shop The Look \$688 AUD



**Chelsea Shop The Look** 

\$671.90 AUD

Sophie Blue Shop The Look \$659.90 AUD





\$820.20 AUD















Kath Blue Shop The Look \$643.70 AUD

Sarah Shop The Look \$658.80 AUD

Emma Shop The Look \$657.70 AUD

Sophie Red Shop The Look \$643.70 AUD

Jacinda Shop The Look \$643.70 AUD

# COUTURE GALLER

Suitable for WBFF, Themewear, Angels



Couture Design - GFB 001 \$950 AUD

Couture Design - GFB 006 \$950 AUD



Couture Design - GFB 010 \$1,200 AUD



Couture Design - GFB 024

\$850 AUD



Couture Design - GFB 027 \$1,050 AUD



Couture Design - GFB 023 \$950 AUD





Couture Design - GFB 020 Couture Design - GFB 009 \$1,150 AUD \$900 AUD





Couture Design - GFB 025 \$1,020 AUD





Use this helpful guide to remember all your back stage essentials! Everything you need for your competition day is available on our website. Make sure you have a carry case to keep your precious bikini safe and Bikini Bum Tape to keep your briefs in place all day.

#### ESSENTIALS

- GlamFit Bikini
- <u>Bikini Carry Case</u> Large enough to fit any style of bikini and essential for keeping your Glamfit Bikini clean and safe.
- <u>Backup Bikini</u>
- <u>Heels</u>
- Custom Robe Keep 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!

- looking flawless in our tie up satin robe.
- <u>Bikini Bum Tape</u> double sided tape perfect for holding your bikini in place.
- <u>Port-A-Pee</u> Twinkle with confidence, not drips or splashes on your tan.
- <u>Jewellery</u>
- 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

- <u>Back Up Heels</u>
- Mirror you might not have one back stage
- Clothes for post show
- Wet Wipes to wash your hands
- Safety pins
- Phone charger

#### <u>GLAMFIT</u>

#### MEMBERSHIP PACK

Includes everything you could possibly need for stage plus your own exclusive 10% off discount code for you to redeem 10% OFF\* all products side wide

- Custom Ultimate Bikini carry case
- Custom Plain Black Robe
- Slogan Crop Tee
- Posing Socks
- Booty Band
- Bikini Bum Tape
- Port a Pee

Competition Date: Competition: **DESIGN YOUR** 

There are so many choices when it comes to designing your dream bikini, Use this form to write down your favourite design elements to help you order.

Style of Bikini - eg. Couture, Glamazon Galaxy, Superstar

Farbic Colour **Crystal Colours** 

Brief Connectors	Bikini Top Style Sweetheart Moulded, Slider, Bombshell Diva
Strap Connectors	Middle Cup Jewel
Show Day Essentials I might need	





# STARTED

#### NOW WE'LL TAKE YOU STEP BY STEP THROUGH THE ORDERING PROCESS

## <u>CLICK HERE TO SHOP</u>

# Pick Jour Design SEP COMPETITION BIKINIS

#### PLAIN BIKINI

No crystal embellishment Perfect for those who want to <u>DIY</u>



#### BABY GLAM

A light scattering of crystals spaced 10-12mm apart. For the best results we recommend using 1-3 crystal colours.

#### **GLAM PRINCESS**

Spaced 9-7mm apart. Perfect for first time competitors or the budget conscious, that want a little sparkle. For the best results we recommend using 1-3 crystal colours.

#### <u>STARBURST</u>

Crystal embellishment with dense crystals at top of cups and corners of briefs then scattered down to 1.5cm spacing

(Crystal Clear or AB). Or use 1 colour a similar to the shade of fabric for a more subtle shimmer.

Use a light coloured crystal

#### STARBURST QUEEN

Dense crystal embellishment at top of cups and corners of briefs then scattered to 3-4 mm spacing.





#### COMPETITION BIKINIS

#### CASCADE

Dense crystal embellishment along edge of cups cascading in to a scatter 9-7mm apart. Perfect for first time competitors or the budget conscious, that want a little sparkle.

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Use a light coloured crystal (Crystal Clear or AB) and cascading into 1-3 crystal colours of a similar shade to the fabric. Or use 1 colour a similar shade of the fabric for a more subtle shimmer

#### DOUBLE CASCADE

Dense crystal embellishment along both side edges of cups and top of briefs, scattered to 1.5cm spacing.



Dense crystal embellishment along both side edges of cups and top of briefs, scattered to 1.5cm spacing. A cascade of crystals down the edge of the bikini top. Heavy coverage cascading in to a scatter of crystals placed 9-7mm apart. Perfect for any competitor that wants to sparkle on stage.

# <u>GLAM QUEEN 1 COLOUR</u> Crystal embellishment in 1 colour with 3-4 mm spacing

For the best results we recommend using 3-5 crystal colours similar to the shade of the fabric for an all over sparkle.

#### <u>GLAM QUEEN</u>

#### MULTICOLOUR SCATTER

Scattered coverage of crystals spaced 3-4mm apart. Perfect for any competitors that wants to really sparkle on stage.



#### COMPETITION BIKINIS

Use 3-5 similar colours that will transition nicely for a blinding all over sparkle.

#### <u>GLAMAZON GRADIENT</u>

Fully covered crystal embellishments with a gradient going from lighter to darker crystals down the bikini.

#### **GLAMAZON GALAXY**

Heavy coverage of large and small crystals touching each other. Take your sparkle to the next level!

> Use 2 similar colours that will transition nicely from one another

#### <u>SUPERSTAR</u>

Competition Bikini with full coverage of crystals touching each other in our Superstar gradient style. Inspired by the top Olympian athletes.

#### <u>GLAMAZON</u> MULTICOLOUR SCATTER

Heavy coverage of crystals touching each other in multiple different colours. Perfect for that 'Wow' sparkle on stage.

Use a colour similar to the shade of the fabric for an all over sparkle.

#### <u>GLAMAZON 1 COLOUR</u>

Heavy coverage of crystals fully covering the bikini. Perfect for any competitors that wants to really sparkle on stage.

# STEP 2 TURN AROUND TIME

#### STANDARD

Standard production turn around is 4 weeks, make sure to order your competition bikini with plenty of time to allow for shipping. If your competition is 8 or more weeks away, this is a suitable option.

#### 10 DAY DISPATCH

10 day dispatch means we will prioritize your order and complete the production of your bikini and dispatch process in 10 business days. This does not include delivery time, please select express shipping at checkout.

#### 5 DAY DISPATCH

5 day dispatch means we will prioritize your order and complete the production of your bikini and dispatch process in 5 business days. This does not include delivery time, please select express shipping at checkout.



#### WHEN IS YOUR COMP??

Let us know your competition date so we can ensure you get your suit in time (We also can confirm measurements 4 weeks out)



# STEP 4 FABRIC & CRYSTAL COLOURS

#### CUSTOM COLOURS

If you have a design in mind and want to choose all your options select "Custom Colours". This allows you to select the exact fabric and individual crystal colours. Remember you can use our <u>Crystal Swatch</u> <u>Generator</u> to play around with your design!

OUR MOST POPULAR COLOURS Not sure what crystals will look good with your fabric? Select "Our Most Popular Colours" to select from our tried and true colour combos. These swatches have been hand picked by our expert bikini specialists so you can trust your suit will look stunning!





#### STANDARD

Just because our standard crystals are not Preciosa does not mean they are not beautiful. Most of our bikinis use standard crystals, which are made from high quality glass and resin. They shine beautifully and are more budget friendly.

#### PRECIOSA

This line of rhinestones has a very intricate cut which makes them incredibly shiny under lights and perfect for stage. Serious competitors invest heavily into their sport and they know that their outfits must draw the attention of the judges from the minute they step on stage. Preciosa has combined quality, durability and shine ensuring the highest-level of sparkle!



# STEP 6 BIKINI BRIEF FRONT STYLES

#### STANDARD

Standard style briefs is our original and most popular cut. These bottoms are suitable for All bikini and fitness federations. They sit around the hips and have a butterfly shaped scrunch bottom to accentuate the glues.

#### EURO CUT

The Euro Cut briefs have a V shape with a scoop front and butterfly scrunch bottoms. It is designed to sit high over the hips to give a flattering look to your midsection and create the illusion of elongated legs and smaller waist. These briefs are best suited to European competitors and federations like IFBB. Lots of ICN girls also love this look. We have noticed this style is becoming more popular with all federations.

# STANDARD



# EURO CUT





#### PRO

Small amount of coverage. If you have great glutes and want to show them off. then the 'Pro' cut is perfect for you.

#### MICRO PRO

For seasoned competitors only. If you have great glutes and want the least amount of coverage. then the 'Micro Pro' cut is ideal. Recommended for athletes who want the smallest amount of coverage in IFBB/NPC



#### BRAZILIAN

Our most popular cut is our 'Brazilian' it is a great all-rounder and 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.

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STEP 8 HIP & BRIEF SIZE

#### HIP MEASUREMENT GUIDE

Your brief size is determined by your hip measurement. Your hip 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. Remember to order with your stage weight in mind.

If you happen to be in between two sizes then please select the smaller size on your order form as you are likely to drop size as your competition date approaches. However if you are already close to stage weight then the bigger size may be more appropriate.



CURRENT HIP MEASUREMENT (CM) \* CHARACTERS LEFT: 5
Measure the circumference of your hips inline with your hip bone

DO YOU WANT TO CONFIRM YOUR HIP MEASUREMENT AT 4 WEEKS OUT?\*

We dispatch your order once your hip measurement is confirmed. You will be sent a friendly reminder via email at 4 week out

ONO

○ Yes -\$25 service fee (+\$25 AUD)

#### BRIEF SIZE \*

Use your Hip Measurement from above to figure out your size

Size     Hip Measurement       4     70-75cm		
4 70-75cm	Size	Hip Measurement
	4	70-75cm
6 75-80cm	6	75-80cm
8 80-85cm	8	80-85cm
10 85-90cm	10	85-90cm

This sizing chart applies to ALL of our bikini brief and figure suit styles.



# Crotch Measurement

#### OPTIONAL

#### <u>CROTCH MEASUREMENT</u>

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 though 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.

# **CROTCH MEASUREMENT**



#### HIP CONFIRMATION EXPLAINED:

If you are placing your order 6 or more weeks out from your competition you have the option to confirm your hip measurement at 4 weeks out. You place your order using your current high hip measurement and we complete 90% of production except for the back of the briefs to be sewn to the connector. We will send an email reminder for you at 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.



Now its time to select your bikini top style, 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.

My No.	SWEETHEART MOULDED		
		#1	#2
	A	15 cm	19cm
	B	15cm	19cm
	C	15.5cm	20 cm
	D	16cm	21cm
	DD Slim Coverage	16.5cm	22cm
21	DD Full Coverage	17cm	22cm
	E	18cm	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 scaring from surgery.



#### SLIDER

Our Slider style top is a traditional triangle bikini, they are designed to slide along a draw string. This allows for more flexibility in the size and coverage of the top. This style is suited to competitors with implants. For our smaller busted girls, this top is not the most flattering because it is not padded or moulded. Slider bikini tops come with a thin layer of padding to avoid 'high beams'. Model wear DD Slim Coverage



#### BOMBSHELL DIVA

Our 'Bombshell Diva' top has one continuous underwire which peaks in the centre. This style is suited to WBFF, IFBB 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.

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# STEP 10 CHOOSE YOUR CONNECTORS

#### **STRAP & BRIEF CONNECTORS**

Browse through our collection of strap & hip connectors. You also have the option to select no connector which will make your neck and hip straps all fabric.

All neck straps tie up around your neck. The clear strap option means you will not have any fabric straps on the top. It will give the illusion of a strapless bra but give you the same strong support as our standard straps.

#### MIDDLE CUP CONNECTORS

The smaller the connector the closer your bikini cups will sit. If your bust naturally sit further apart or you have a wide chest plate we recommend avoiding a wide middle cup connector.







#### 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.





#### ADDITIONAL NOTES

You have the option to leave an additional note on your order. This is important if you have previously spoken to one of our team members and you have specific requirements for your order.

This is also a good time to mention if you have any unique features about your physique e.g; recent body transformation, above average height etc. we can then contact you for more information.



# STARTED

#### THE ORDERING PROCESS IS VERY SIMILAR TO THE ABOVE COMPETITION BIKINIS - BUT NOW WE HAVE EXCLUSIVE DESIGNS AND CUSTOM OPTIONS JUST FOR OUR FIGURE ATHLETES!

## <u>CLICK HERE TO SHOP</u>



#### FIGURE SUITS

#### FIGURE SUIT EXCLUSIVE DESIGNS

Along with our Glamazon, Galaxy and Cascade Designs, these unique designs, exclusive for figure competitors, are sure to make you stand out from the crowd.

#### SPIDER

Competition figure suit with a spider web crystal design. This unique design is sure to be remembered on stage!





Competition figure suit with our Elite crystal design, inspired by suits worn by Pro IFBB Figure and Physique competitors.

#### <u>FIREWORK</u>

Competition figure suit with heavy coverage of crystals in a Firework Design. Perfect for any competitors that wants that 'Wow' sparkle on stage.

#### LOTUS

Competition figure suit with a lotus flower crystal design. This stunning design is both unique and classic.



#### <u>CUSTOM FIGURE SUIT DESIGNS</u>

A GlamFit Custom figure suit is an embellished figure suit 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. If this sounds like something you are wanting ...read on!

Starting the process is easy, you have most likely spent hours scrolling Instagram feeds and Pinterest and have a selection of screenshots of figure suits you love. The next step is to submit your design ideas via our website and we can use the images 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 or cut 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.





#### CUSTOM FIGURE SUIT DESIGNS

We ask for a once off AU\$150.00 design fee per custom figure suit design. The design fee is due upon submitting your images via our website.

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 figure suit is not included in the total price.

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.



# STARTED

#### HOW TO ORDER YOUR COUTURE BIKINI

## **CLICK HERE TO SHOP**



#### CUSTOM COUTURE BIKINIS



#### <u>COUTURE ENQUIRY</u> A Custom GlamFit Couture Bikini is a WBFF 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.



#### <u>COUTURE ENQUIRY</u>

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\$750.00 - \$1500.00 for a Couture Bikini.

We do not offer payment plans for couture bikinis, however you can use AfterPay at checkout

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.





#### **COUTURE DESIGNS**

We have a range of Couture Designs for those who do not wish to have a custom design sketched and made. Previously worn Couture Bikini Designs can be made for your WBFF Bikini, Fitness or Figure competition.

Simply select your preferred design from the gallery of designs. 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.

























# DM US - @<u>CLAMFITBIKINIS</u>

# SUPPORT@GLAMFITBIKINIS.COM

## IF YOU HAVE ANY QUESTIONS PLEASE DONT HESITATE TO ASK!





