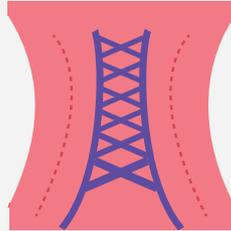




Waastify

# What does a waist trainer do?

- » Aids in Weight Loss
- » Reduces Back Pain



- » Improves Posture
- » Reduces Bloating

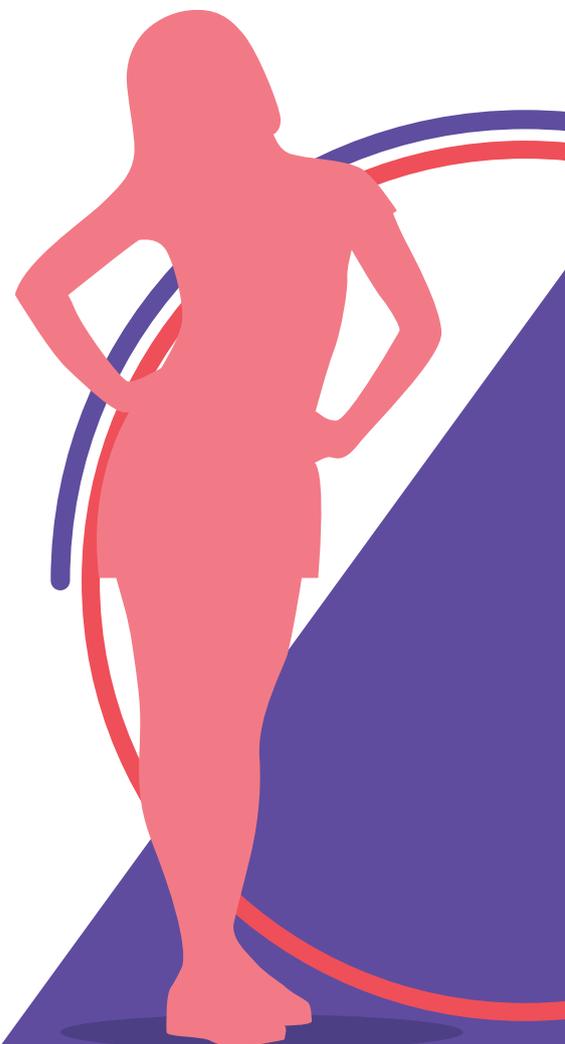
The aim of waist training is to try and make the area between the hips and the ribcage smaller by working the front and lower abdominals and obliques. The idea is to strengthen these muscles to create a flatter tummy and more defined waist.

## How many types of corset are there?

There are two types of corset: the first is to aid strength and is often worn post-pregnancy or by people who have back problems. The second is can be used during everyday life as well as workouts to increase body temperature, causing you to sweat more and feel like you are burning extra fat.

## What sort of body shape can you hope to achieve with waist training?

The idea of waist training is to produce a classic hourglass shape. You can't change the size of your hips but with proper training you can remove love handles and extra layers of fat around your waist to create a covetable curvy shape.



# Choosing the correct size

As the waist trainer is highly elasticated, the measurements of the trainer can be misleading. We recommend buying according to your UK clothing top size. Our trainers are highly elasticated so can fit half size up or down. That does not mean you should buy a size down as it may overstretch and break if you do, so please buy your recommended size according to your UK Top Size (measurements shown below in table).

E.g. If you are an UK size 8 in tops or around the waist, go for the size 8/10 if you are a bigger size 8, or a 6/8 if you are a smaller size 8.

Measurements	AUS	NZ	UK	US	EUROPE
Bust 77 - 81cm Waist 54 - 58cm Hips 82 - 86cm	4/6	4/6	46	0/2	32/34
Bust 81 - 86cm Waist 58 - 64cm Hips 86 - 91cm	6/8	6/8	6/8	2/4	34/36
Bust 86 - 94cm Waist 64 - 71cm Hips 91 - 99cm	8/10	8/10	8/10	4/6	36/38
Bust 94 - 102cm Waist 71 - 79cm Hips 99 - 104cm	10/12	10/12	10/12	6/8	38/40
Bust 102 - 107cm Waist 79 - 86cm Hips 104 - 112cm	12/14	12/14	12/14	8/10	40/42
Bust 107 - 114cm Waist 86 - 94cm Hips 112 - 120cm	14/16	14/16	14/16	10/12	42/44
Bust 114 - 122cm Waist 94 - 102cm Hips 120 - 127cm	16/18	16/18	16/18	12/14	44/46
Bust 122 - 130cm Waist 102 - 110cm Hips 127 - 135cm	18/20	18/20	18/20	18/20	46/48
Bust 130 - 135cm Waist 110 - 117cm Hips 135 - 142cm	20/22	20/22	20/22	16/18	48/50

# Getting the most out of your Waistify Trainer

Waist training is a gradual process of waist reduction using a waist-cinching corset. The waist training practice came to prominence in Victorian times but has made something of a comeback in recent years. Wearing a waist cinching corset, exercising and eating a healthy diet can radically reduce your waist size; instantly giving you a beautiful sexy silhouette while permanently getting rid of unwanted inches around your waist.

Waistify's high quality waist-trainers are made of a unique latex material which attacks unwanted fat and impurities within your body. The waist-trainer will strengthen your core all the while improving your posture. The thermogenesis created within your body will allow your body to rid itself of harsh toxins and impurities, through perspiration. While wearing the waist trainer, the tight compression will help to reduce food volume intake which will help achieve the healthier practice of smaller meals, more often, rather than three large meals a day.

Waist training as a means of permanent waist-reduction and re-shaping is a practice requiring discipline and is best achieved when the following 3 components work in harmony:

» Waist Cinching using a traditional flex-boned corset

» Healthy Diet

» Regular Exercise

Results will be slower and harder to obtain if the 3 major components are not practiced as a gradual program of modifying the shape of the body. So, what are the steps to follow for correct waist-training?

## **STARTING OUT:**

A person's body must become accustomed to the constriction of waist training. A new garment must be broken in otherwise you can damage the garment. The first few weeks of wearing the corset you must not over train. Begin by wearing the corset 2-4 hours per day. Gradually add an hour or two to your daily waist training regimen until you are able to wear the corset through out the entire day. Wear the corset on the first set of clasps.

Once the garment is worn-in you can then begin to use the second set of clasps making the corset tighter. As your waist becomes smaller the corset will become comfortable and will not feel as tight. Now you can progress to the next size down as part of your continued waist-reduction regime. Bear in mind that individual's body shapes are different.

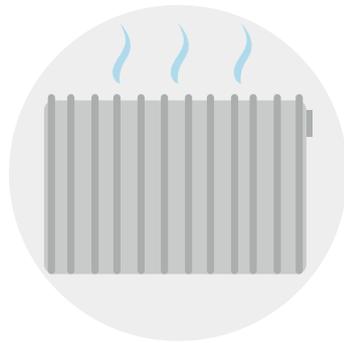
### **MAINTENANCE:**

If you are serious about waist-training then it is very important to look after your corset; over time they take a lot of punishment from regular cinching but if you take some simple precautions you can extend the life of the garment:



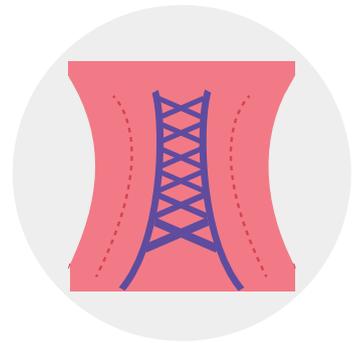
#### **Cleaning.**

Hand wash your corset in cold water or wash in gentle cycle in cold water. Do not put corset in a dryer! Lay corset flat to dry.



#### **Air dry your corset at the end of the day.**

Corsets must be dried out by turning the lining to the upper side and hanging over the back of a chair. Never hang on or near a heat source as over time this will cause shrinkage and eventual damage to the stitching.



#### **Alternate corsets.**

Rather than buy one corset, purchase 2, strong corsets and alternate them so that each corset gets to 'rest' between each wearing

Follow these simple tips for maintenance, break the corset in gradually and you will have a corset that lasts a long-time; a little bit of care goes a long way where corsets are concerned.

So, whether you just want to reduce your waist in the short term or you intend to embark on a gradual waist-reduction regime then the only garment that can truly give you results from day one are the Waist No Time training corsets. Remember, for longer term permanent waist-reduction your waist trainer should be used in conjunction with healthy diet and moderate, regular exercise.

*Good luck Waistify-ing!*

