



Top 7 tips for choosing lingerie for a loved one

- 1) Check her size, not of any bra and knicker in the drawer but of the pieces she regularly wears. The tags may be faded or removed but keep searching and measure up her favourite bra against another, hopefully they line up.



- 2) Take note of the size (example 32D or 10D). Also the brand of lingerie helps. If you can't get access to that information, a dress size can assist but you will be limited in options. Worst case scenario - bring in one of her bras to the shop.
- 3) If you only have a dress size, the following are safer buys: [triangle bras](#), [bodysuits](#) without an underwire, [robes](#), [camisoles & chemises](#).
- 4) Try and pick something she would still feel confident in. One way to figure that out is by looking at what she regularly wears. If you pick something too over the

top in comparison to her usual style she may sheepishly come into the room and dive under the covers.

5) I feel you don't have to stick to something too practical for V-Day. When buying lingerie for a birthday present it has to be 100% for her. For Valentine's day, I feel you're able to mix it up and try something a little different.



6) Props and [accessories](#) are lovely add-ons to the perfect piece. A [whip](#), [soft paddle](#) or [crop](#) can be a lot of fun especially if it adds to a role play theme created by the lingerie. And [stay-up stockings](#) are always appreciated.

7) If you think she might be shy or lacking confidence a beautiful robe is a great starting point. It offers her a chance to cover up as well and it's practical. [A robe and lingerie](#) is the ultimate combo.

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