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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## 10 Tips To Help Maintain Your Hosiery

By Heather Hart

Whether they are worn for work or play, Nylons are an essential owned by nearly all women.

Unfortunately, at some point and time, almost all women open their nylon draw only to discover their last pair of nylons ravaged with runs. Here are ten tips to help prevent this situation and help maintain your sexy hosiery:

1. Consider buying a full suit pantyhose bodystocking to wear under your clothes instead of old fashion pantyhose. The full suits are less likely to run. Bodystockings will provide added comfort since they do not constantly feel as if they are falling down. There are more intricate varieties of lace and fishnet bodystockings to choose from. From Sexy Seamless Long Sleeve Bodystockings to Halter top Bodystockings, bodystockings come in various cuts that will compliment any outfit. Crotchless Bodystockings offer quick convenient access and lessen the need to pull your nylons on and off. This will unquestionably reduce the risk of runs.
2. If you find yourself creating the run and snags while putting on your sexy hosiery invest in a pair of cotton mini gloves. This tip is especially for women who wear acrylic nails. Wearing the soft gloves while putting on the pantyhose may help to prevent long nails from causing runs. For your own convenience keep the cotton mini gloves in your pantyhose draw.
3. Roll the pantyhose up and then slide them over your legs. This trick is usually something that women tend to do automatically. However, it is important when you're putting on a full bodystocking that you use this technique as your hands must slide through more fabric to put on a bodystocking.
4. It is important to buy the right size to ensure less tugging while putting the stocking on. If you are between sizes, buy the next size up instead of the smaller size. This will help reduce the chance of runs. Many one piece bodystockings come in one size. These one size suits tend to have more stretch to them.
5. Keep clear nail polish on hand. If you do get a small hole in an inconspicuous spot, dab a little clear nail polish around the hole to keep it from running further.

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6. Freeze your pantyhose and bodystocking before you wear them for the first time. Believe it or not, this helps to extend their lifetime tremendously. Wet your bodystocking or pantyhose and wet squeeze out most of the excess water before placing them in a freezer bag. Place the sexy hosiery in a freezer bag for at least 24 hours.
7. Wash your hose before your initial use. When washing, place your bodystocking in a lingerie bag. Always remember to use a mild detergent in cold water on a gentle cycle. Don't forget to add the fabric softener! This is important as adding a fabric softener helps to preserve the shape of your sexy nylons and bodystocking.
8. Never place your bodystocking or sexy hosiery in the dryer. This will definitely shorten the life span of your hosiery. Always hang to dry.
9. Keep your toenails trimmed and filed. Regularly file your toenails to make sure there is no chance of sharp corners. Failure to do so will inevitably ruin your bodystockings. Here's a great excuse to treat yourself to a pedicure!
10. Wear High Stockings instead of full stockings. Less material lessens the chance of creating a run. Thigh High Stockings with Garterbelts are not only comfortable but will create sexy feel. Treat your Lace Thigh High Stockings just as you would a full nylon or bodysuit.

Heather Hart works for

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### **Hosiery: Different Fabrics For Different Effects**

**By Claire Quaty**

Though women often dread pulling on hosiery, struggling to make them fit and feel comfortable throughout the day, the hosiery industry today aims to make something for everyone. They aim to achieve this goal by using many different fabrics and combining different fabrics to create the desired results.

Standing in front of a hosiery rack at the store can be quite intimidating if you haven't bought hosiery in a while. There are so many different brands, each with their own variations made with the latest fabric.

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They are made to control, contour, hide, soften and protect your shape. They also strive to provide comfort. Each of the different fabrics provides a different effect

### Cotton

Cotton is the ultimate in comfort. It is soft and is derived from a plant. It is versatile and long lasting. By adding cotton to a blend of fabrics to make hosiery, it is possible to make it comfortable for everyday wear.

### Wool

Made from animal hair, wool is warm, attractive and keeps its shape. Wool is perfect for cooler weather conditions. It keeps the moisture away from your skin. It also gives a more distinguished look. Used in combination with several other materials it can achieve the desired effect of wearing hosiery.

### Silk

The nice thing about silk is that it adjusts to your body temperature. It is able to keep you cool in the summer and warm in the winter, so it can be worn year round. It is a fine, natural fiber that provides luxurious comfort. It feels good to the touch and lies nicely. It is not a versatile fabric though. Several fabrics should be blended with silk for a good pair of hosiery.

### Nylon

Nylon is one of the most popular fabrics used for hosiery because it recovers its shape due to its elasticity. No matter how far the material is stretched, it goes back to its original size and shape. It is smooth, tough and strong. It is a versatile fabric that is perfect for all day wear.

### Spandex

Spandex is gaining popularity in products like hosiery. It is elastic, strong and durable. It hugs the body a little closer than some of the different kinds of fabric. Hosiery products are often a combination of nylon and spandex.

### Polyester

For wrinkle resistant hosiery, a polyester blend is the way to go. It is light and weather-resistant, as

well. Lycra

Also referred to as spandex, this fabric is added to hosiery because it is able to bounce back, therefore also providing the hugging sensation over your legs and having the ability to contour possible problem areas such as the tummy and thighs.

Finding the right blend of fabrics to meet your needs may be the key to finding comfortable hosiery that

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you can feel confident in all through your day. The right hosiery can also provide health benefits by reducing leg pain and decreasing your chances of getting painful and unsightly varicose veins.

As trends continue to change in the hosiery industry and they struggle to keep their spot in the marketplace, I'm sure we will see new blends of fabric that will provide other desired effects.

The latest work of Claire can be found at:

<http://www.bhosiery.com>



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