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Corsets – To Cinch Or Not To Cinch?

By Wendy Yeager

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by: **Wendy Yeager**

Up through the Victorian Ages, corsets were very popular with women. Corsets were worn to reduce waist size. A tiny waist made for an attractive figure.

Corsets were made from different materials over the years, including: stiffened linen, wood, whalebone, and wrought iron. Corsets were designed to cinch up very tightly in the back in order to restrict the waist size. Corsets also restricted movement, forcing a straighter posture. It was shameful for women to show any pain or discomfort felt by the severely tight corsets. Unfortunately, many women were not strong enough to endure the punishment of the tight corsets and would experience numbness in their body, trouble breathing, fainting, and even cracked ribs.

Luckily for us women, somebody decided corsets had to go! Today corsets are designed to be both beautiful and functional.

Some corsets are tailored in a camisole style and are made of flexible material which is comfortable for daywear. They are very comfortable under clothing, yet still accentuate curves.

Other corsets are more appropriate for evening wear. Many of these corsets feature boning for shaping and contoured cups. Some are waist cinching and lace snugly up the back, while others have seams down the front replicating the vintage corset look. Corsets can be found as a camisole style or as longer ones which can be worn with garters and thigh high stockings. Most corsets are made from beautiful fabrics and sheer lace. They are available in a variety of colors, including: white, ivory, pink, blue, lavender, red and black.

So, whether you want a corset to make you feel pretty and demure or just want one for comfort and body shaping, theres a corset just right for you!

Wendy Yeager
Publisher

<http://www.wenmarcorp.com/corset.html>

Publish in Whole

mjy222@hotmail.com

Corsets, Old World Charm And Sexy Contemporary Styles

By Eve Larson

Corsets have been worn by women for thousands of years. In fact the oldest corset dates back to ancient Minoans from around 2000 BC. When most people think of corsets they think of the heavy bulky garments from the middle ages of Europe. Traditional corsets were not only heavy, restrictive and very uncomfortable to wear. As fabric technology has improved corsets are now not only more comfortable but are being worn as outerwear.

Most women don't own or have never worn a corset. However if you're looking for a fashion garment that accentuates your curves and bust line, a corset can be your best friend, so lets take a closer look at what a corset is. A corset is garment that covers your lower torso from bust line to waist. The sides have curved shaped ribbing that gives your body the classic hourglass shape. These ribs are usually made a thin lightweight metal or hard plastic. While these ribs do push your body into certain shapes, they aren't "trainer" corsets which pose health hazards to your internal organs. To wear a corset first loosen the strings which are located on the back of the garment. There is usually a zipper in the front of the corset, unzip it and wrap the garment around your torso. Align it so the strings are in the back and close the zipper. Now grab the strings and gently but firmly pull to tighten. Pull the strings until the corset is snug and firm. Do not pull the strings so tight that you can't move or breathe comfortably. The first thing that you'll notice is your bust line is now enhanced and you will probably be showing more cleavage than you are used to. While this is normal it does take some getting used to. Many women with a large bust find a corset is more comfortable to wear, as it gives them more support than a standard bra.

Most corsets fall into the category of intimate apparel. They come in a wide variety of fabrics such as satin, silk, or lace and an array of colors. You can find something that allows you to be as modest or daring as you desire. If your corset comes with a garter belt and stockings be sure to put on the stockings before the corset, it's just easier. Corsets are also moving out of the bedroom and being worn as outerwear. There corsets are very similar to traditional corsets but available in decorative and luxurious fabrics. They may not be appropriate for a Monday morning office staff meeting but are great for an informal party or night at a club. If you've never worn a corset and would like to try one start with an outerwear corset first, they are generally easier and more comfortable to wear.

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Christine McClinden owns a wardrobe full of lingerie including a few corsets. She talks about lingerie and women's shoes on

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