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Leotard Etiquette - Should You Be Wearing One?

By Jack Peterson

It only make sense that an article of clothing that clings to the body and leaves little the imagination

would have an etiquette with it. Knowing when it is and is not okay to wear a leotard can mean a lot when it comes to your social standing and self-worth. Wear it at the wrong time and you can be ostracized, but wear it at the right time and you will be hailed as a fashion guru. So how do you know when it is okay to wear a leotard? There are some simple rules you can follow.

First in leotard etiquette is that you can wear a leotard if you are appearing on stage. If you are dancing, in a ballet, part of an opera, or doing performance art, you can wear a leotard and you will be fine. If you are a rock star, you can wear a leotard in only a couple of situations: if you are a woman or if you are an 80's hair band lead man (see Poison, Twisted Sister, or Abba). A basic rule of thumb, though, is that if you are on stage performing, you can get away with a leotard.

Secondly, when it comes to leotard etiquette, keep in mind that a leotard is never okay if you are severely overweight or obese. When little is left to the imagination, you can end up painting a picture nobody wants. If you are a man, this goes double as you are put on display at a level that is beyond description. In fact, when the leotard actually debuted in the 19th century on a French trapeze artist, it is said that many came to see the outfit and what it displayed more than the act itself.

Thirdly, leotards are okay if you are a super hero or playing one for Halloween. Superman, Batman, and many other comic book superheroes made the leotard okay. Its sleek tight fit make for a great outfit when fighting crime. No extra fabric to get snagged and nothing to resist wind as you fly or run at the speed of light. If you are going the super hero route, however; you must make sure you wear proper boots and cape to complete the ensemble. Also, superhero leotards should always be worn with bikini briefs over the top. Heroes are modest.

When it comes to leotard etiquette, you have to ask yourself if you should be wearing one. As a piece of clothing that stands out and leaves little to the imagination, you should think long and hard about what you are putting on if the option of a leotard comes up. If you are performing dance, performance art, or hair band music then you are probably okay. Also, if you are a super hero or just trying to play one for a costume party or Halloween, again, you should be okay wearing a leotard. If, though, you are

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more than a little overweight or not confidence in what you are displaying, a leotard is not okay. A good rule of thumb for leotard etiquette is when in doubt, wear something else or something over it.

Jack Peterson has an interest in Sports related topics. To access more information on

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Like Everything Else 80's, Leotards Are Making A Comeback!

By Jack Peterson

Fashion, like many other things in history, seems to work in cycles. Bell bottoms came back, afros came back, and the shaggy 70's look came back left and came back again. The cycle continues in dance wear, and it is apparent when you walk into any hip night club or concert: leotards are making a comeback!

The leotard originally peaked during the days of disco and Fonda in the 1970's. Today, over 30 years later, the one-piece outfit is popping up in fashion magazines, in concerts, and in vintage boutiques. Leotards are making a comeback on the heels of other 70's and 80's apparel like leggings and skinny jeans, and the trend is seemingly being embraced by the masses.

The original leotard first appeared in 1859. Named after the creator, a French aerialist, Jules Leotard, it showed up first during a French flying trapeze performance. The first edition of the garment was a hand-knit jersey that covered him from wrist to ankles. In fact, it was more of a unitard than a true leotard. Stories abound about the revealing nature of the garment drawing as many people as the performance itself, which does not venture that far from the truth of today either.

>From ballet artists, to showgirls, to lingerie models, leotards went on to become a part of pop culture through the 1960's and 1970's. However, as the late 80's and 90's passed, leotards were limited to formal ballet performances and rarely showed up in pop music or the night life of major markets once the hair band era moved on. That is all changing now as the first decade of the 21st century marches toward completion.

The one group who don't have to be told that leotards are making a comeback is superheroes. Many a comic book hero is dressed in standard leotard and cape attire. In fact, it may be argued that Halloween and the affinity of young boys for super heroes is what kept the leotard industry alive through the last decade.

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It is true, leotards are making a comeback. Nearly 20 years since hair bands and unitard costumes went the way of the dodo, the leotard look is coming back with performers, dancers, and clubbers alike. The new trend is finding its way into the pop culture consciousness by being simple, sexy, and vintage. Everything in history goes in cycles, including fashion, so it is no surprise the one piece clothing wonder is back. What's next, moon boots and parachute pants? Stay tuned since the advancement of the leotard can be seen as an announcement that anything can come back as long as pop stars are willing to put them front and center.

So get used to leotards making a comeback. Whether you choose to participate in the vintage movement or not, it is coming. It has been in and been out and back in again since its 19th century trapeze beginnings, which means that leotards are more timeless than most anything in the fashion spectrum.

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