



The purpose of this page is to explain why we like vintage corsetry and swimwear so much here at waist.it. If a picture says a thousand words then university student Laura's "*corsetry and swimwear*" animation should give you a few clues. There is little difference between control swimwear and shapewear. They use the same fabrics and effectively do the same job. I.e. lifting the bust, narrowing the waist and flattening the tummy, These particular examples even have hidden "powermesh" panels to tuck-in the lower tummy, the old fashioned way.

Consequently, as Laura magically changes from a blue tummy-control one-piece swimsuit to a matching blue bra and pantie girdle, the effect on her figure is almost identical. In fact, if you look very closely, the swimsuit actually has a little more figure control than the girdle...



Stop-frame animation in which Laura models retro style bra and panelled girdle and then a one-piece tummy-control swimsuit made of similar figure-shaping nylon-lycra fabric.

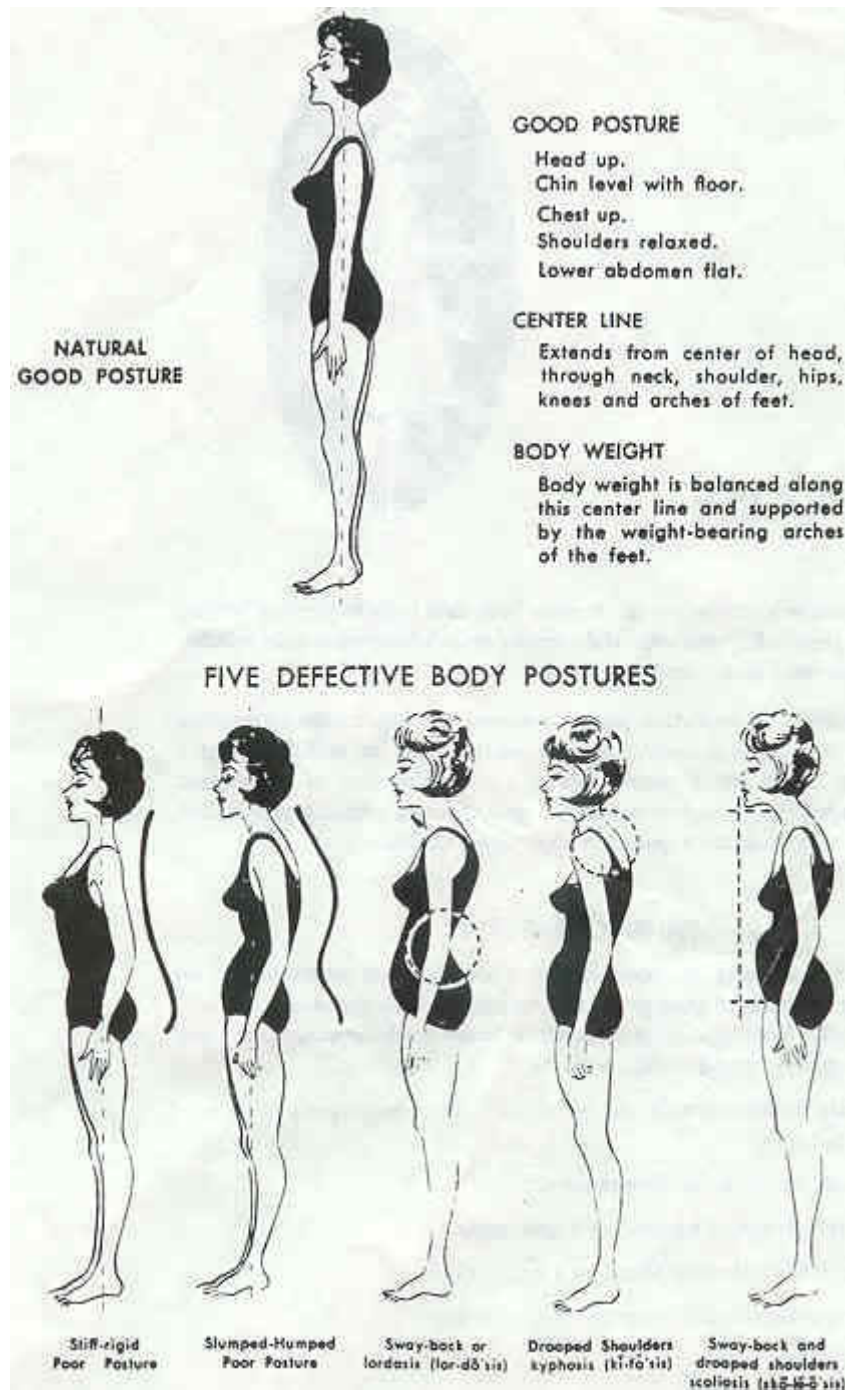
Of course, here at **waist.it**, we are always delighted when modern girls such as Laura cast aside those sloppy t-shirts, ugly trainers and those awful thongs - allowing us to turn the clock back to a time when a young lady's figure would be firmly controlled, with no *"unseemly jiggling or unsightly bulges"*. To quote a corsetiere of the time:-



- *Busts should be held high.*
- *Derrieres should be firmly rounded and adequately covered.*
- *Tummies should be tucked in neatly and should never, ever be allowed to protrude further than the bust.*

Perfect posture

In days of old, it was thought that good foundationwear was essential for good posture.



Vintage “correct posture” diagram

That is why in our attempts to recreate that bygone age, we prefer our models to shape and support their figures with good, old-fashioned brassieres, panelled girdles and snugly-laced



corsets – with particular emphasis on flattening the lower tummy. Swimwear, whether one-piece or two-piece, should be modest but close fitting and offer a good degree of figure control. And, of course, for photographic modelling, our models like to elongate their legs and compliment their outfits with a pair of suitably-matched high-heeled shoes.



About waist.it – Chiara and Sarah's classic deportment class, 2011-09-12. Keep those tummies tucked in girls! ☐

It really works too

Corsetry, foundationwear, control swimwear and what is often described today as



“shapewear” represent a quick, effective, safe and reversible way of enhancing a girl’s figure. It may seem old-fashioned but it looks great on camera. Even better, its thick opaque fabrics mean that such garments can also be worn as outerwear. And of course, if you are shooting vintage, then it does not look out of place at all. Most importantly, it’s a lot of fun to experiment with...



Chiara and Dee, posing with mirrors, in matching bras and girdles. These are made from stretchy lycra swimsuit type fabric. As with most shapewear, it tends to look best on girls that don’t really need it. On the other hand it’s always a delight to see such snug-fitting and beautifully-made garments on such lovely figures.



Modern girls in girdles

Many of our previous models told us that they actually enjoy the firm, “*held-in*” feeling that shapewear gives them. They certainly seem to enjoy the way it makes their figures look in the mirror! ☐ Granted, it probably would not be fun to wear a waist-cinching corset or tummy-squeezing girdle all day, every day. Some believe it is not very healthy either. However, wearing shapewear for a few hours during a photo shoot is well worth the effort.

Ironically, *shapewear* generally looks best on girls who don’t really need it. You only need to look at images of [Dita von Teese](#) or [Katy Perry](#) to figure that out! And of course, shapewear is no substitute for good posture and remembering to use your tummy muscles! As [Katy Perry](#) famously said: “*I’m really critical of my posture, it makes a big difference. And I try to suck my belly in.*”

Of course, finding authentic-looking, well-fitting corsetry can be difficult. Fortunately we have literally hundreds of suitable retro outfits in our various costume-boxes, gathered from all over the world, all suitable for our style of work. And we have quite a few experienced models who can join us for shoots to help newbies achieve “*the look*”, if needed.

- To find out more about modelling for **waist.it** please study our [Modelling FAQ](#).
- Also please check our our [Get the retro shape](#) page.

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