

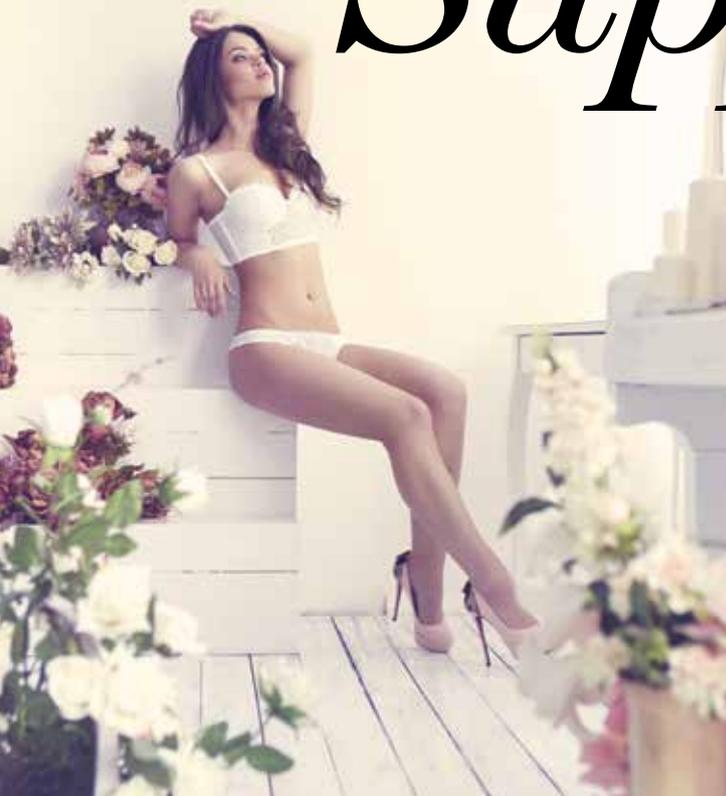


**W**hat goes under your wedding dress is just as important as the dress itself. Without the right support your dress won't look as flattering, or stay where it's supposed to, and you might even run the risk of showing off a little more than you were hoping for. We asked dress designer Jacelyn Gozadinos from White Lilly Bridal and Marcelle Silva from The Corsetiere to share their top-secret tips and best undie advice for your wedding day.

# Supporting *act*

From corsets and shapewear to nipple covers and going commando on your wedding day; here's what you need to know about your big day underwear

BY ANN BAKER-KEULEMANS





## THE DRESS DESIGNER

As a wedding dress designer, Jacelyn Gozadinos of White Lilly Bridal ([whitelillybridal.com](http://whitelillybridal.com)) knows what it takes to make sure your dress has the perfect support. Your dress designer will structure your dress around your body, and will even incorporate your chosen undergarments into the design.

“Comfort and the right fit are of the utmost importance when choosing your lingerie,” says Jacelyn. “If you are thinking of having your dress made, you have to have the right bra before you start. It must be comfortable and must be the right size.”

**STRAPLESS:** If you’re having a strapless dress, look for a strapless bra with wide elastic and preferably with silicone tape on the inside of the bra. It is more important to have a bra that is comfortable and fits properly than a bra that is pretty. You can always slip into a beautiful set of lingerie on your wedding night.

**SHAPEWEAR:** Be sure, before deciding on shapewear, that you actually need shapewear under your dress. It can be extremely uncomfortable under your wedding dress and a complete disaster when you need to go to the loo. Most wedding dresses already have a lot of support built in, and if you’re having a

dress made it’ll be tailored to fit your body perfectly (and probably take care of any problem areas, too).

**CORSETS:** Most wedding dresses have boning which already offers a great deal of support. As corsets also have boning it can be extremely uncomfortable wearing a corset under your wedding dress.

**BACKLESS DRESSES:** There are a number of options if you are looking for support in a low-back or backless wedding dress; just remember that the larger your bust is, the harder it will be to support it. My first recommendation would be disposable self-adhesive support. These ‘bras’ come in different cup sizes and you can buy them online. Try the self-adhesive strapless bra from [thenatural.co.za](http://thenatural.co.za), available in sizes A to D.

The second option would be the low back body suit by Vanita (available at White Lilly Bridal). It works as a body shaper, but without the uncomfortable boning, and also offers great bust support.

**TRUST THE DRESS:** If you’re concerned about an area of your body, say your tummy, or you really want a strapless dress but have been told your bust is too big, speak to your designer. A well-made dress can disguise any areas of concern, provide extra support where necessary, and can be designed to incorporate whatever underwear or shapewear you feel is absolutely necessary for your peace of mind.

## THE CORSETRY EXPERT

Marcelle Silva of The Corsetiere ([thecorsetiere.co.za](http://thecorsetiere.co.za)) says, “Choosing the right foundation garments for your dream wedding dress is crucial. It is important to wear the correct undergarments in order for your figure to look its best and for your dress to fit perfectly.

“Once you have chosen your style of dress you should pay a visit to a professional corsetry shop. There you will be measured and fitted for the correct type (and size) of underwear you’ll need to wear under your wedding dress. Take a photo of your dress (or dress style) with you so that the sales assistant knows what type of underwear you will need.

“I would suggest doing this as early on in the process as possible as correctly fitted underwear can actually change the shape of your body (usually in a good way), which may result in your dress having to be altered.”

**CHOICE:** Bras come in styles and shapes to suit most women, in everything from strapless and low-back bras to bustiers and corsets, the no-bra bra, full body shapers, hip slimmers and even leg shapers. Some are plain, some are trimmed with subtle lace and some are beautifully sexy!

**BUILT-IN SUPPORT:** Many wedding dresses come with built-in stays and

## fashion

support for your bust, which is often sufficient for smaller busts. As you move around, greet guests and hit the dance floor, your dress will move with your body, so if you have a fuller bust I would suggest adding extra independent support so that your bust remains in place.

**STRAPLESS:** Strapless bras mostly fit straight across the back, so if your dress has a lower back, a bustier or corset is the thing to go for, and you can even choose what kind of support you want; like a bit of a lift or more cleavage. They're available in a range of shapes, styles and sizes, and at The Corsetiere we stock up to size 52J. If your undergarments fit properly you can dance the night away and not worry about your beautiful body falling out of your dress! Backless bras and stick-on invisible bras can also give you a certain lift.



### TOP TIPS

- Double sided tape is your friend! The one you can buy from the hardware store works like magic...
- It's ok to go commando – if you're wearing a long enough dress! VPL isn't cool, but flashing your guests is a no-no.
- Match your skin tone, not your dress. White underwear is lovely and bridal... and unless your dress is properly lined it will absolutely stand out.
- Save the ribbons and lace for your wedding night. Too much detail can show through your dress and lace, as gorgeous as it looks, can be darned uncomfortable after eight hours or more. Rather slip into a sexy set of lingerie once you're safely tucked into the bridal suite.
- If your self-adhesive bra isn't adhesive enough, secure it with double-sided tape. Nobody needs to know what's under your dress except you and your bridesmaids.
- Size matters. Now is not the time to go too small, or too big. Too-tight underwear will create unsightly rolls, and nobody wants their super-comfy knickers to slip right off on their way down the aisle! ❧

**WI**  
RECOMMENDS

## PRODUCTS

- **UnBra** – Silicon self-adhesive strapless bra, available in cups A to D, R199, from [satincandy.co.za](http://satincandy.co.za).
- **Flash adhesive tape** – Where would the A-listers be without their fashion tape? Try Flash adhesive tape, R170, from [satincandy.co.za](http://satincandy.co.za).
- **Nipple covers** – If your dress is incredibly form-fitting, sheer or unlined, the last thing you want is a clear bra line, but a nip slip would be even worse! To ensure your dress doesn't show off more of your assets than you had planned, try a nipple cover like Petal Tops, R165, from [bosombuddies.co.za](http://bosombuddies.co.za). They have a range of nipple covers and self-adhesive bras, including the Reveal Bra – a teardrop-shaped stick-on bra for halter-neck dresses.