

At Bodied by Patrice we encourage you to be well informed and educated to determine whether a waist training regimen is right for you and your personal goals. Below we provide general information based on customer feedback, testing, and experience.

WHAT IS WAIST TRAINING?

When done sensibly, waist training is a safe, effective way to create an hourglass figure by sculpting your waist with fitted garments such as corsets. The practice of wearing garments to shape, tighten and/or aggressively shrink midsections has been around since the early 16th century. These garments were formerly known as stays, bodies, a 'pair of bodies', or a stiff bodice. Today, corsets are commonly referred to as waist trainers, cinchers, and even shapers.

IS WAIST TRAINING FOR ME?

Anyone can achieve a slimmer waist line along with a flatter stomach with a waist training regimen that is infused with a proper diet, regular exercise, and ample hydration.

When properly fitted, waist trainers will make you look instantly slimmer around the midsection. Initially the instant slimming look is temporary and will become more permanent with regular and consistent wearing of waist training garments incorporated with a healthy diet, exercise, and sufficient water.

We recommend that you wear your waist trainer for 1 to 2 hours for the first couple of days and gradually increase the time worn to 2 to 3 hours per day. To achieve lasting and more permanent results, we advise that you wear the garments for 5 to 8 hours per day; exercise a minimum of one hour per day, five days per week; hydrate, and eat a healthy diet.

DO WAIST CINCHERS AND TRAINERS WORK?

Contrary to popular belief, it isn't magic. You must wear the trainers regularly, exercise, and incorporate a healthy diet to see real results. Additionally, it is important to hydrate and incorporate plenty of water while training. At *Bodied by Patrice*, we believe and emphasize that waist training... *"IT'S A LIFESTYLE. Not a fad"*

SIZING

Finding the proper fitting waist trainer can be extremely frustrating. At *Bodied by Patrice*, we understand and have made every effort to get you the right fit the first time around.

Due to the various body sizes, shapes, and even body forms (soft, medium, muscular), and variations in garment materials, it is imperative that each customer performs an accurate measurement of their midsection. We have provided an illustration and video measuring guide to assist you further.

WAIST TRAINING GONE WRONG!

Your waist trainer is never supposed to make you feel numb, hurt, bruise, cut-off your circulation, make you feel faint, pinch, poke, irritate your skin, or give you acid reflux.

If any of these symptoms occur, then your waist trainer has gone wrong and needs correcting for comfort and, most importantly, safety. You should remove the garment, consider a larger size, and also focus on reducing your waistline naturally before wearing this particular waist trainer again.

PROVEN BENEFITS OF WAIST TRAINING: There are a number of notable pros to waist training.

- ✓ Achieves an "hourglass" figure"/ appear "snatched"
- ✓ Improves posture and can alleviate back pain
- ✓ Supports the bust line and provides an appearance of a lift
- ✓ Encourages weight loss
- ✓ Improves confidence

The terms waist trainer and corset are used interchangeably.