
HOW TO WEAR

A proper fitting waist trainer should be worn ideally for 8 hours per day under your clothing and directly against your skin. It is common that waist trainers are made of rubber or latex. *If you have an allergy to latex or rubber, purchase latex free waist trainers.*

A successful waist training regimen should consist of wearing the waist trainer whether it's a vest or ½ waist size for 8 hours per day. It is important to exercise, drink plenty of water, and eat a proper healthy diet regularly, and especially while waist training.

The waist trainer may be worn for only 1 to 2 hours for the first couple of days to allow for adaptation. Gradually increase the time worn by an additional 1-2 hours per day. By the end of the 2nd week, if all directions are followed, you should be able to comfortably wear your waist trainer for 8 hours per day.

WHEN TO WEAR

It is common to wear the waist trainer while working, around the house, and even while running errands and shopping. If you chose to wear the waist trainer while exercising, we recommend that you have a separate waist trainer for proper hygiene and flexibility.

CARE AND CLEANING

Care for and clean your waist trainer like you would your delicate bras or sports clothing. Use detergent that is designed for delicate clothes. Wash on gentle cycle or by hand in warm water. If you wear your waist trainer like your daily bra, then clean the waist trainer as such. If you wear the waist trainer like a sports bra (when working out), wash as often as you would your sports bra and workout clothes.

The terms waist trainer and corset are used interchangeably.