

Finding the right shapewear for your silhouette

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Visible bumps and lumps can be a serious confidence-knocker on women trying to hide those pesky kilos that refuse to go away.



“With women increasingly choosing to reveal rather than conceal their curves, but still wanting to look shapely, shapewear has become the modern women’s new BFF,” says Marchelle Whitebread, Senior Buyer: Lingerie at Ackermans.

“Shapewear allows you to enhance your natural shape by creating a smooth silhouette, making these undergarments ideal for wearing with tightly fitted pants, skirts and dresses.”

Ackermans’ new affordable range offers women flexibility and body-shaping, while not compromising on comfort.

It’s not always easy to know which undergarment to opt for, so Marchelle provides her top tips on choosing the right shapewear.

The Control Cami

“Control camis (R119.95) are great for smoothing the bust and flattening the midsection,” says Marchelle. “Choose shades to wear beneath light garments, or black for darker clothing.”

Best worn with: T-shirts, dresses and clinging fabrics

Body type: Hourglass/apple

The Thigh Trimmer

Long leg shapewear creates a beautiful silhouette for those with an hourglass or pear shape, as it smooths and firms the thigh area, while flattening the tummy. If worn for longer periods of time, shapewear can start to feel restrictive, so choose a garment that is both flexible and comfortable, such as Ackermans’ long leg shapewear (R119.95).

Best worn with: Slim-fitting pants, shorts, skirts and dresses.

Body type: Hourglass or pear

The Beautifying Bodysuit

“The shapewear bodysuit (R139.95) is a great all-rounder; it flattens the tummy, shapes the bust, lifts the buttocks and smooths the thigh,” explains Marchelle.

Best worn with: Dresses, jumpsuits, skirts and pants

Body type: All

Ackermans' new range of shapewear is available at stores nationwide from August 2018.

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