

# How and Where To Shop For Plus Size Shapewear

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Friday, May 23, 2014

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Shopping for shapewear is different from shopping for other clothes – even bathing suits. You need to take a different approach, and you may not be sure where the best sources for plus size shapewear are. After all, it's not like you can compliment someone's outfit and they'll tell you where they got



their undergarments! So we've put together a great guide for shaper shopping, especially geared toward plus size women.

Linda Arroz of [Makeover Media](http://www.makeovermedia.com/) (<http://www.makeovermedia.com/>) explained, "Shapewear tends to run a bit small, and sizing in intimate apparel can be a bit confusing. Since the idea of shapewear is to shape and hold you in, the material may be harder to stretch, making it harder to get on. I often suggest going up a size if you're more soft, to get a better fit."

That softness can lead to flesh spilling out over the edges of the shapewear – just like with a too-tight bra. Since that's not the look you want, it's crucial to pay more attention to the actual fit than the size on the tag. If it feels uncomfortable, or you can't breathe easily, it's too small.

## Be Prepared

Linda's first rule of shapewear shopping is, "[Know your measurements](http://abbeypost.com/measurements/) (<http://abbeypost.com/measurements/>)!" That way, you'll be able to check sizing charts and try on the right size on your first attempt. (Need help finding your measurements? Here's our [handy video](http://abbeypost.com/measurements/) (<http://abbeypost.com/measurements/>) with tips!)

Linda said, "Make sure you are fresh and clean, and while that would seem obvious, well, that I have to mention it speaks volumes." A small towel or some baby wipes can help if you worked up a sweat on your way to the store. You'll eventually wear at least some types of shapewear next to your skin, but not in the dressing room. Linda suggests wearing thin undies to keep everything sanitary. The key is \*thin\* undies since heavier fabrics could affect how the shapewear fits.

As with most activities, it's important to remain well hydrated when trying on shapewear. A cold bottle of water in your bag will make the entire experience more pleasant. Linda explains, "You don't want to perspire, which can make squeezing into tight shapewear an ordeal. Some styles can be tricky to pull up or down to get them in place." So have a drink before you head into the dressing room, "and sip some water between each item you're trying on."



Keep your cool!

If you're looking for shapewear to go under a specific outfit, wear it, or bring the outfit with you. How you look in a body shaper doesn't matter. What's important is how it looks under your clothes. It can also help the sales clerks help you. Linda said, "If you're shopping in a store where there are real fit experts on hand, they can better service you if they see what you're trying to accomplish."

## Online vs. Offline

There are advantages to either approach. If you shop online, then you have a *huge selection*. But in stores, the sales clerks and fit experts can help you find the right shapewear in the right size for you.

Remember that just like with dating, the first one you try on probably won't be the right one. Linda cautioned, "If ordering online, make sure you understand the return policies: look for any special policies in terms of intimate apparel, and find out who pays the shipping for returns." Also check if you can return items to the company's retail stores, saving you return postage.

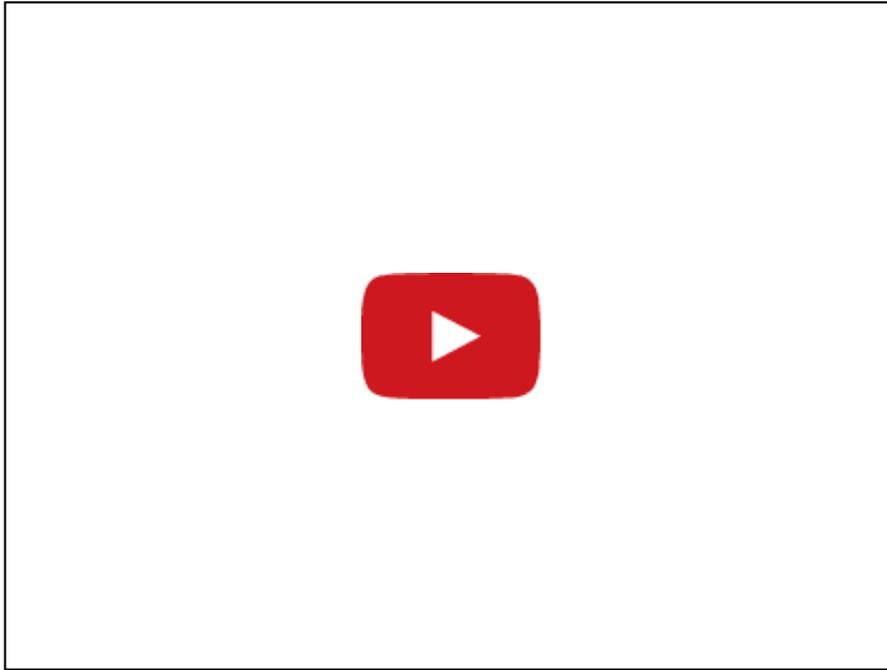
## The Best Sources For Shapewear

Her Room lets you search by size, and some items like this [Rago Shaper Panty](http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=323382.5970&type=2&murl=http%3A%2F%2Fwww.herroom.com%2F511-Shaper-Panty-Brief.shtml%3Futm_source%3Dfeed%26utm_medium%3Daff%26utm_campaign%3D511) ([http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=323382.5970&type=2&murl=http%3A%2F%2Fwww.herroom.com%2F511-Shaper-Panty-Brief.shtml%3Futm\\_source%3Dfeed%26utm\\_medium%3Daff%26utm\\_campaign%3D511](http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=323382.5970&type=2&murl=http%3A%2F%2Fwww.herroom.com%2F511-Shaper-Panty-Brief.shtml%3Futm_source%3Dfeed%26utm_medium%3Daff%26utm_campaign%3D511)) go up to 14X, accommodating 68 inch hips. Linda likes JustMySize.com for their size range as well. "They have a lot of shapewear choices, many go up to 4X and beyond, including Flexees (by Maidenform) and Bali."

Linda recommends the "[Flexees Fat Free Dressing Tank Top](http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=323382.8476&type=2&murl=http%3A%2F%2Fwww.herroom.com%2F3266-Fat-Free-Dressing-Tank-Top.shtml%3Futm_source%3Dfeed%26utm_medium%3Daff%26utm_campaign%3D3266)" ([http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=323382.8476&type=2&murl=http%3A%2F%2Fwww.herroom.com%2F3266-Fat-Free-Dressing-Tank-Top.shtml%3Futm\\_source%3Dfeed%26utm\\_medium%3Daff%26utm\\_campaign%3D3266](http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=323382.8476&type=2&murl=http%3A%2F%2Fwww.herroom.com%2F3266-Fat-Free-Dressing-Tank-Top.shtml%3Futm_source%3Dfeed%26utm_medium%3Daff%26utm_campaign%3D3266)) that comes in the three basic colors: white, black and nude, and goes up to a size 3XL. They don't list the measurements for the 3XL, so I called, and 3XL fits a size 24-26, with a hip measurement of 51"-53". I love this tank

top because it can be worn alone or as a layer under tops and jackets, and provides that smoothing sensation and look without adding a feeling of tightness.”

Here’s a handy video from HerRoom explaining what’s so great about the Flexees tank tops!



Rashad, a Chicago [Share Some Style \(https://www.sharesomestyle.com/\)](https://www.sharesomestyle.com/) stylist recommends looking for shapewear in Nordstrom, JCPenney, Macy’s, and Spanx. Spanx only has a [handful of retail locations \(http://www.spanx.com/-cms-stores\\_list\)](http://www.spanx.com/-cms-stores_list), but I imagine they have a better selection of their products than other stores, and more knowledgeable staff. (If you’ve been, please tell us about it in the comments.)

Monica, a South San Francisco Share Some Stylist likes [Ruby Ribbon \(http://www.rubyribbon.com/\)](http://www.rubyribbon.com/) shapewear and clothes, which are available online and at in-person trunk shows. “Ruby Ribbon not only carries traditional shape wear, they also have fashionable garments that have the shapewear technology built in. They carry XXL and a size 46 in their camis.”

Monica also suggests checking out Lane Bryant's shapewear offerings. "Lane Bryant carries a brand called Cacique that offers an array of options, my favorite being slips! Honestly, sometimes that is all you need."

Here's a great slip that's perfect under your favorite maxi dress:



(<http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=297352.19399745656513103plus-size-sexy-bras-intimate-apparel%2Fshapewear-view-all%2Freversible-long-slip%2F4043c4049p193997%2Findex.pro>)

Lane Bryant Cacique Reversible Long

Slip

While you're there, don't ignore the Spanx products they carry. Monica said that Spanx, "has a great line of hosiery that can make a world of a difference."



(<http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=297352.4784913229162949plus-size-sexy-bras-intimate-apparel%2Fshapewear-view-all%2Fspanx-reg-control-top-fishnets%2F4043c4049p47849%2Findex.pro>)

Bringing sexy back!

Linda also recommends Lane Bryant's Cacique shapewear. "I like this Open Busted Tank, as it allows you to wear your [own] bra comfortably. It goes up to size 26-28 and has a great size chart."



(<http://click.linksynergy.com/link?id=e0Yv/Jr94Vo&offerid=297352.1961424662854310-plus-size-sexy-bras-intimate-apparel%2Fshapewear-view-all%2Fshape-by-cacique-open-bust-cami%2F4043c4049p196142%2Findex.pro>)

Wear your own bra with this versatile  
shaping cami!

Monica also sang the praises of [Yummie Tummie](http://www.yummielife.com/) (<http://www.yummielife.com/>) shapewear, available online and in stores like Nordstrom. “Yummie Tummie has a TON of great options, they even have jeans! The sizes range to a 3X in some items and a 34 size jean. They have a great product that comes at a decent price point and does a good job at what it’s supposed to – breathing is definitely not optional here!”

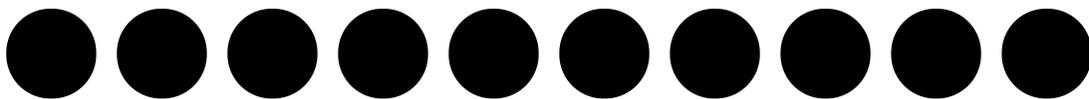
Linda had a unusual suggestion. “Surprisingly, H&M, not a household name in larger sizes, has a well made, affordable, high waisted, bike short that smooths and doesn’t roll. H&M calls it a shaping short.”

## Enjoy the Search

Clearly, you can buy some great shapewear in unexpected places. Shopping for shapewear may not be as much fun as searching for a trendy new outfit, but it can be a pleasant adventure if you follow our tips – and don’t forget your water bottle!

(<http://www.zemanta.com/?px>)

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