Shapewear

ISSUE 01 · SEPTEMBER 2026

Free
EVERY MONTH

The 6pm test
Is your shapewear still your friend at the end of the day?

Lift without adding
Engineering the curve you already have

After baby
Support without punishment



The store in *your hand.*

Our cover story: how to shop Shapewear from the first tap to your front door, with every screen explained.

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32 stories
Four from each of our eight departments

Shape Myths
What a garment can do, and what it never will

Heat & Comfort
Hot days, full thighs, zero drama

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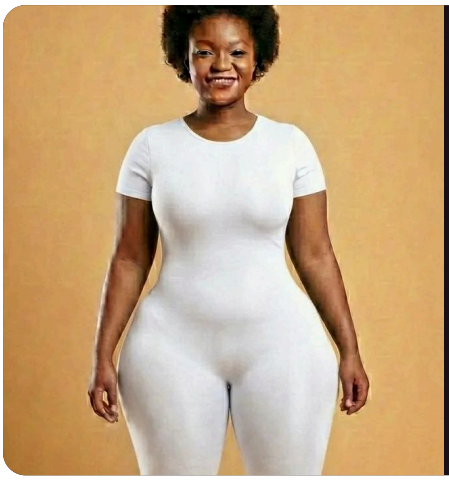

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The store in your hand.

Every screen of Shapewear explained, from the first tap to the order slip on WhatsApp, in ten minutes.

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FROM THE EDITORS

The outfit begins before the outfit.

Welcome to the first issue of Shapewear Magazine. Every woman we know has stood in front of a mirror before a wedding, an interview or a first date and thought about what goes on first. That private decision shapes how the whole day feels, and almost nobody writes about it well. So we do.

In these pages you will find four stories from each of our eight departments: the dressing decisions of Underneath, the engineering of Curve Science, the honest fitting advice of The Fitting Room, and the myths we are happy to retire. Our cover story walks you through the Shapewear store screen by screen, because a store should be as easy to use as a good magazine is to read.

Read slowly, try things on, and write to us. This magazine is for you.

The editors

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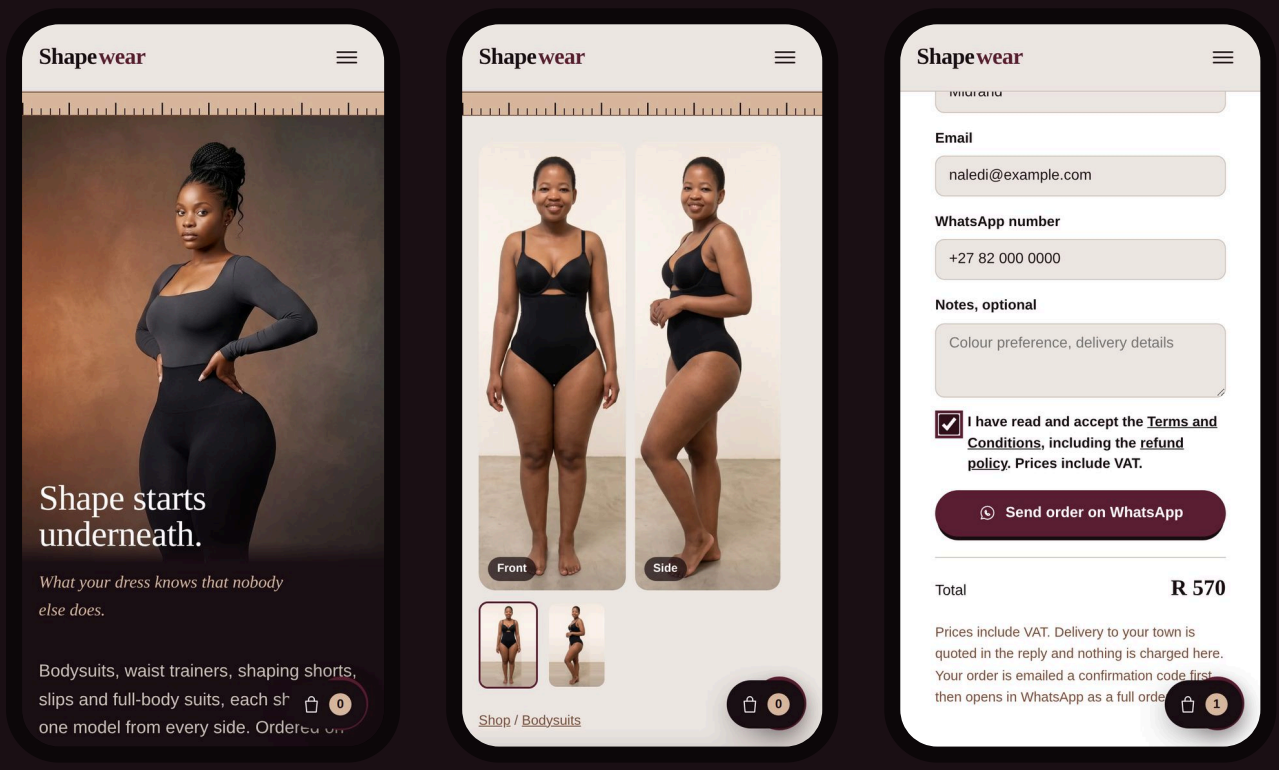
COVER STORY

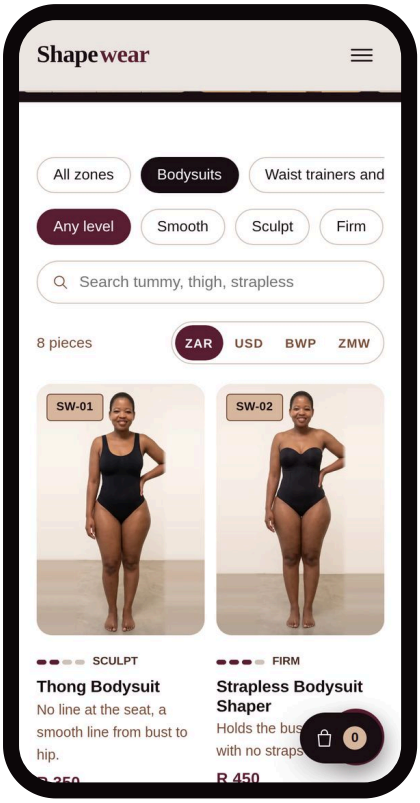
The store in your hand.

Shapewear was built to end the guessing that comes with buying foundations: the wrong size, the wrong hold, the piece that looked nothing like the picture. Here is the whole store, one screen at a time. Ten minutes from now you will know exactly how to find, fit and order the piece that suits the outfit you have in mind.



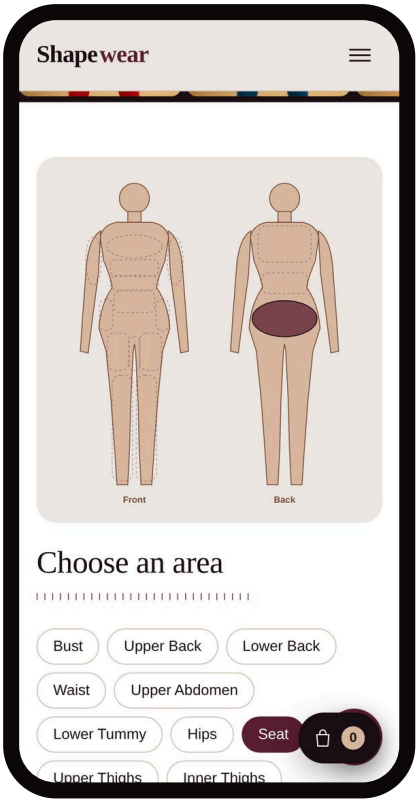
Before you start. Open **shapewear.cabanga.co.bw** on your phone and tap **Install the app**, or on an iPhone use Share, then Add to Home Screen. Shapewear then opens full screen like any other app, and your bag is kept on your phone between visits.

Three ways in. One piece that fits.



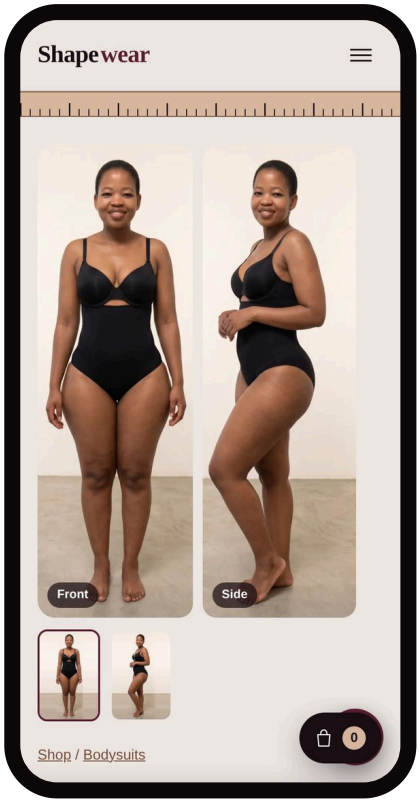
1 Start with the shelf

The Shop page holds all forty pieces. Tap a zone such as Bodysuits or Shorts and briefs, then a level of hold from Smooth to Structured. The search box understands everyday words like tummy, thigh or strapless.



2 Or start with your body

Shop by concern opens a body map, front and back. Tap the area you want shaped, the seat for example, and the pieces, stories and fitting advice for that area follow below.

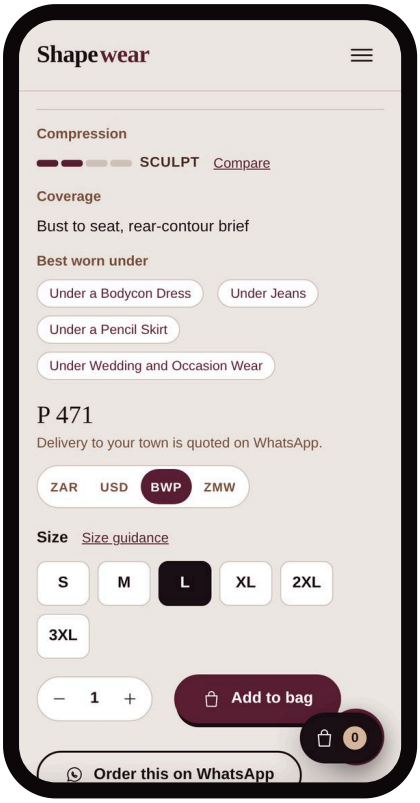


3 Look from every side

Every piece is shown on the model from the front, the side and the back. Swipe the photographs, then scroll to the close-ups of the seams, panels and fastenings. Tap any close-up to zoom.

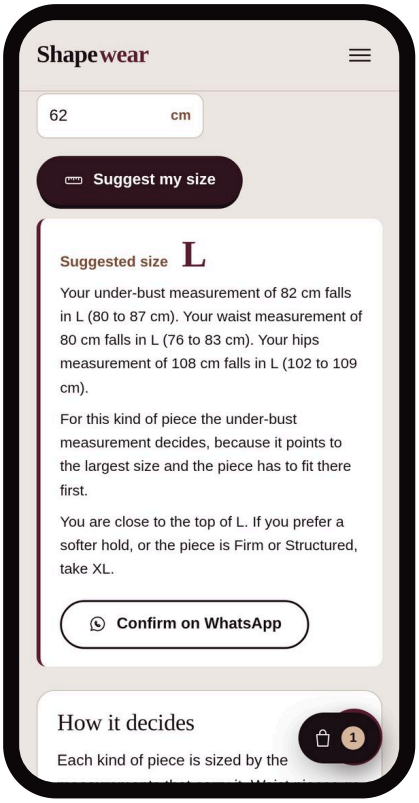
Stylist's shortcut. Know what you are wearing but not what goes under it? Tap **By outfit** in the menu. Choose bodycon, satin, office trousers, a saree or any of fourteen outfits and see only the pieces built for it.

Know the price. Know the size.



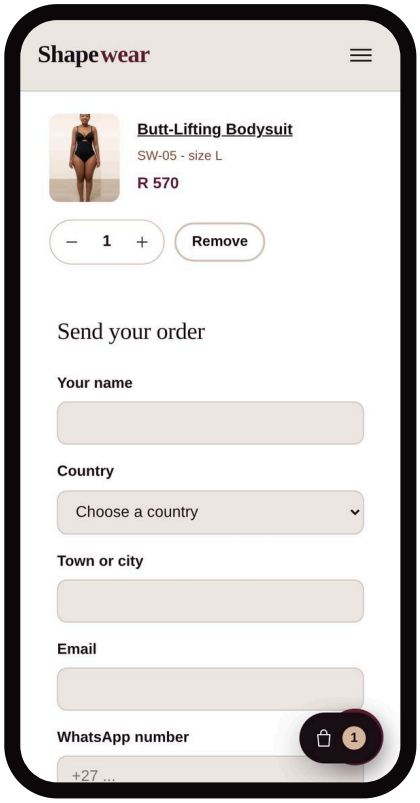
4 Your price, your currency

Prices are set in South African rand and include VAT. Tap ZAR, USD, BWP or ZMW beside any row of pieces and every price on the site switches, converted at the day's rate. Choose your size and add the piece to your bag.



5 Let the tape decide

Not sure of your size? The size finder takes five measurements and suggests a size for the exact type of piece, telling you which measurement decided it. A person then confirms it with you on WhatsApp.

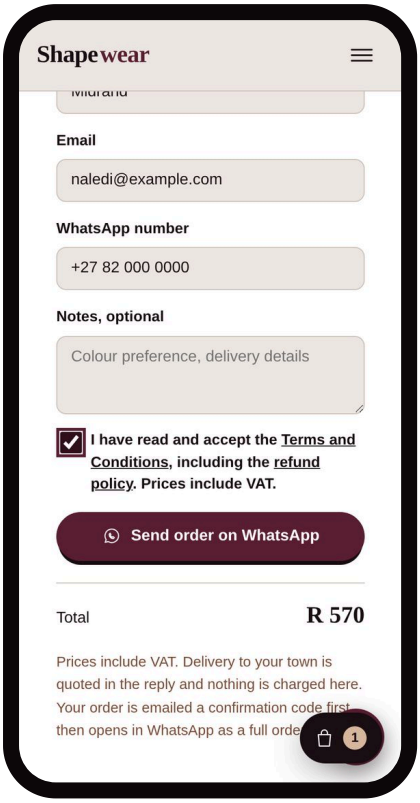


6 Check your bag

Your bag keeps every piece, size and quantity with a running total. Change quantities or remove pieces here. The bag stays on your phone until you send it.

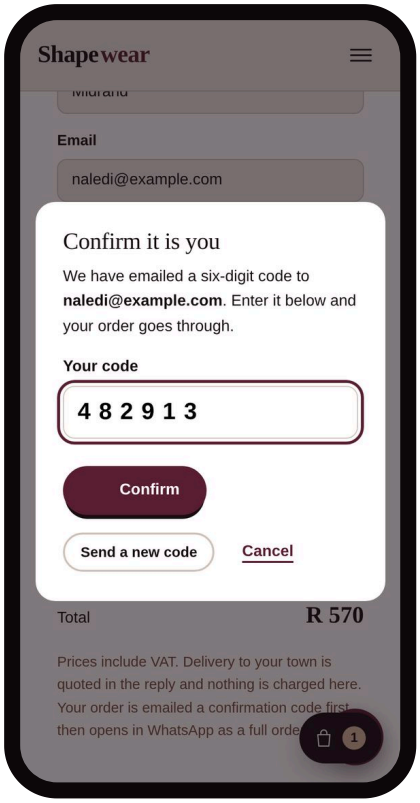
Read in your language. The globe button at the top of every page switches the store between English, Setswana, Nyanja, Shona and Ndebele. Your choice is remembered on your phone.

One message. A person answers.



7 Send it properly

Add your name, email, WhatsApp number and town, and tick the box to accept the Terms and Conditions and the refund policy. Size exchanges are simple, and faulty pieces are replaced at our cost.



8 Confirm it is you

We email you a six-digit code. Enter it and your order is kept on record with its reference number. This keeps spam out and gives you and us a copy of exactly what was ordered.

```
*SHAPEWEAR* · New order
Ref *SW-260928-7FC9*
———————————
*1. Butt-Lifting Bodysuit*
    SW-05 · Size L · Qty 1
    R 570 each · *R 570*
———————————
*Total: R 570*  (1 piece)
Prices include VAT.
Delivery: to be quoted for
my town.
———————————
*Deliver to*
Naledi
Midrand, South Africa
✔ Terms and refund policy
accepted
```

9 Your order slip

WhatsApp opens with your order written out as a proper slip: reference, pieces, sizes, prices and total. Press send. Prices are subject to change, so a person replies to confirm the price, the logistics charge for your town at local rates and how to pay. Pieces arrive in three to six weeks.

After it arrives. Wash cold, dry flat in the shade and rotate your pieces. Wrong size? Message us within 7 days of delivery with the piece unworn and its tags and hygiene liner in place, and we exchange it once for another size. Faulty or wrong pieces are replaced at our cost. The full refund and exchange policy is in the Terms and Conditions on the site.



01 Underneath

What sits beneath the final outfit.

The Dress Doesn't Need to Know: The Case for a No-Line Foundation

Keep Your Bra. Shape Everything Else.

The Bodysuit for Women Who Hate Looking Like They're Wearing Shapewear

The Everyday Control Panty: The Piece Nobody Photographs but Everybody Needs



UNDERNEATH

The Dress Doesn't Need to Know: The Case for a No-Line Foundation

Visible edges are the first thing a close-cut dress gives away. Here is the case for a foundation with none.

The line nobody meant to show

Jersey, fine knits and satin sit close enough to read what is underneath them. Before a dress shows shape it shows edges: the band of a brief across the seat, the hem of a short on the thigh. Remove the edge and the dress is left to do what it was cut to do.

Why the bodysuit anchors it

A **Thong Bodysuit** starts at the shoulders, so it cannot slide down or roll at the waist the way a separate brief can. The torso is held by the straps and the front panel, which means the back can be cut minimal without the garment losing its place.

What the thong back changes

With a thong back and high-cut legs, there is no fabric edge crossing the seat or the top of the thigh. Under a bodycon or a pencil skirt, the rear line is simply the body, and the shaping happens above it, through the bust, waist and abdomen.

When to choose something else

If you prefer full seat coverage, the **Seamless Control Panty** gives a near-invisible edge in a full brief, and **Seamless Shaping Shorts** carry the same idea down the thigh. The principle is the same across all three: fewer edges, cleaner line.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-dress-doesnt-need-to-know-the-case-for-a-no-line-foundation/



UNDERNEATH

Keep Your Bra. Shape Everything Else.

If you already own the bra that fits you best, your shapewear should start underneath it.

The bra you trust

Most women take time to find a bra that fits properly, and a bodysuit cup rarely fits exactly the same way. Wearing a shaping bodysuit often means giving up that bra for the day.

Open at the bust

The **Open-Bust Bodysuit** leaves the bust open and frames it instead. The under-bust band sits where your bra band sits, and the shaping starts there, running firmly through the waist and abdomen to the hips.

What you gain

You keep your own lift, cup shape and comfort, and you add a continuous line beneath it. Under office trousers or a fitted dress there is no join between bra and brief to show through.

For tops rather than dresses

If the outfit only needs the torso smoothed, a **Shaping Camisole / Shaper Cami** or **Longline Shaping Tank** worn with your own bra does the same job without a lower-body layer.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/keep-your-bra-shape-everything-else/



UNDERNEATH

The Bodysuit for Women Who Hate Looking Like They're Wearing Shapewear

Simple construction is often the most wearable. The tank bodysuit is proof.

Shapewear that does not look like shapewear

Some pieces announce themselves with hooks and panels. The **Tank Bodysuit Shaper** looks like the tank you already own, with broad straps and a clean neckline.

Where the shaping sits

Beneath that familiar outline, the torso is sculpted through the waist and abdomen with side-waist panels. The level is light enough to wear all day.

Everyday styling

Under T-shirts, knits and jeans it gives a smooth base with no visible join at the waist. Broad straps mean the back stays clean under close tops.

Separates instead

If you prefer your own underwear below, the **Shaping Camisole / Shaper Cami** and the **Longline Shaping Tank** give the same tank feel on the torso only.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-bodysuit-for-women-who-hate-looking-like-theyre-wearing-shapewear/



UNDERNEATH

The Everyday Control Panty: The Piece Nobody Photographs but Everybody Needs

The control panty is the piece nobody photographs and everybody wears.

Everyday smoothing

Most days do not call for a bodysuit. A control brief gives a smoother line under ordinary clothes, in place of the underwear you would wear anyway.

Choosing comfort

For daily wear, choose comfort over maximum compression. A piece you forget you have on by lunchtime is the right piece.

Light and comfortable

The **Shaping Briefs / Control Panties** has a reinforced front panel for the lower tummy, a full cut that covers the seat and a waistband made for all-day wear.

Seamless or higher

The **Seamless Control Panty** is the seamless version, and **High-Waist Shaper Briefs** reach higher for high-waisted clothes.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-everyday-control-panty-the-piece-nobody-photographs-but-everybody/



02
Curve Science

Construction, fit, compression, fabrics, seams and garment engineering.

One Garment, One Continuous Line

The Bust-to-Waist Equation

Zip, Smooth, Go: Why Fastening Architecture Matters

Boning Explained: The Skeleton Inside the Silhouette



CURVE SCIENCE

One Garment, One Continuous Line

Every place a garment ends is a place a line can show. A bodysuit removes the joins.

Where lines come from

A bra ends at the band, a waist piece ends above and below the midsection, a brief ends at the waist and the leg. Under fitted clothes each of those endings can mark the fabric.

One piece, no joins

A **Full Coverage Bodysuit Shaper** replaces them with a single garment from the bust to the seat. Broad straps carry it, the torso is reinforced, and the full brief keeps the seat covered, so the only edges are at the shoulder and the leg.

Continuity is the point

Continuous compression distributes pressure over a larger area rather than concentrating it at a band. The result under a dress is one smooth surface instead of several small steps.

Longer versions

If the dress clings past the hip, the **Mid-Thigh Bodysuit Shaper** carries the same continuity to mid-thigh, and the **Shaping Jumpsuit / Shapewear Romper** carries it down the leg.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/one-garment-one-continuous-line/



CURVE SCIENCE

The Bust-to-Waist Equation

How support at the bust and shaping at the waist work together in fitted clothing.

Two measurements, one line

Fitted clothing reads the difference between bust and waist. Lift at the bust and definition at the waist together shape the whole outline of a top or dress.

What a push-up bodysuit adds

A push-up bodysuit combines a lifting cup with a shaped torso. The catalogue does not currently carry one, so the closest pieces are the **Full Coverage Bodysuit Shaper**, with full bust coverage, and the **Strapless Bodysuit Shaper**, with a moulded bust.

The under-bust band

In any bodysuit the band beneath the bust does most of the work. It carries the bust and sets where the waist shaping begins, which is why under-bust is one of the measurements we ask for.

For tops alone

If the bottom half needs nothing, a **Shaping Crop Top** gives bust support and ribcage smoothing in a short piece.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-bust-to-waist-equation/



CURVE SCIENCE

Zip, Smooth, Go: Why Fastening Architecture Matters

How a garment closes changes how fast you dress, how pressure spreads and what shows through.

Closure is construction

A waist garment is only as good as the way it closes. The closure decides how evenly the pressure is spread and what the front looks like under clothes.

The zip

The **Zip-Up Waist Trainer** closes with a single front zip. It is quick to put on, and it leaves a flat line down the centre front with no small bumps from hooks.

Pressure distribution

A zip closes to one setting, so fit depends on sizing correctly by your natural waist. Structured side panels and lower-back support hold the garment evenly around the torso.

When adjustability matters

If your preferred fit changes through the day or month, the **Hook-and-Eye Waist Trainer** offers several rows of hooks, and the **Waist Trainer Corset** combines front fastening with corset panels.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/zip-smooth-go-why-fastening-architecture-matters/



CURVE SCIENCE

Boning Explained: The Skeleton Inside the Silhouette

Boning is the skeleton inside a silhouette. Here is how it works.

Why fabric buckles

Stretch fabric pulled around a curve wants to wrinkle and roll. Without something rigid, a waist garment folds at the top and bottom edges as you move.

What boning does

Vertical supports sewn into channels keep the fabric upright. The **Steel-Boned Corset Shaper** uses steel-style boning to hold the waist in a clean, defined shape.

Rigid versus stretch

Stretch compression squeezes evenly. Boned structure holds a shape. That is why a boned piece feels firmer and more upright, and why it gives the sharpest waist line in the catalogue.

Choosing the level

For occasion wear where the waist is the point, choose boning. For daily wear, the **Waist Trainer Corset** and **Hook-and-Eye Waist Trainer** give structure with more give.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/boning-explained-the-skeleton-inside-the-silhouette/



03 The Fitting Room

Sizing, fit, rise, length, coverage and choosing the right piece.

When the Dress Clings Past the Hip

Short, Strong, Invisible: How Much Leg Coverage Do You Actually Need?

The Smallest Garment With the Biggest Job

The High-Waist Zone: Where Dresses and Trousers Are Won or Lost



THE FITTING ROOM

When the Dress Clings Past the Hip

When the fabric follows the leg, the foundation has to follow it further.

The hip-line edge

Most bodysuits end at the hip. Under a dress that clings to the thigh, that ending sits exactly where the fabric is tightest, and it shows.

Moving the edge down

The **Mid-Thigh Bodysuit Shaper** extends the leg to mid-thigh. The edge moves below the area the dress follows, and the thigh itself is smoothed on the way.

Hemlines decide leg length

The rule is simple: the foundation should end lower than the point where the dress stops clinging. For knee-length bodycon, mid-thigh works. For longer slim dresses, **Thigh Slimmer Shorts** go further.

If you only need the lower half

Where the torso needs no attention, **High-Waisted Shaping Shorts** give the same high waist and thigh smoothing without the bodice.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/when-the-dress-clings-past-the-hip/



THE FITTING ROOM

Short, Strong, Invisible: How Much Leg Coverage Do You Actually Need?

Longer is not always better. Match leg length to what you are wearing and the weather you are wearing it in.

The default mistake

It is easy to assume that more coverage means a better result. Often it only means more fabric, more heat and more edges to manage.

What a short leg does

The **Shortie Bodysuit Shaper** ends at the upper thigh. It smooths the hip-to-thigh transition, keeps the torso shaped and leaves the rest of the leg free.

Choosing by the outfit

For a flared skirt or a dress that skims rather than clings, a short leg is all that is needed. For bare legs on a hot day, **Anti-Chafing Shaper Shorts** add inner-thigh comfort. For slim trousers, **Compression Biker Shorts Shaper** carry compression lower.

A quick test

Stand in front of a mirror in the outfit. Where the fabric stops touching the leg is where the foundation can safely end.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/short-strong-invisible-how-much-leg-coverage-do-you-actually-need/



THE FITTING ROOM

The Smallest Garment With the Biggest Job

When only the waist needs attention, the smallest piece does the most.

No extra layers

A full bodysuit adds fabric over the bust, hips and seat. When the only line that matters is the waist, that extra coverage adds heat and bulk for nothing.

Concentrated work

The **Waist Cincher Belt** wraps the natural waist and abdomen and stops there. A wide belt with an adjustable closure shapes the waist and sides and covers the lower back.

Under everyday clothes

Because it is compact, it goes under jeans, trousers and blouses without changing how the rest of the outfit sits.

More structure or more coverage

For firmer definition, the **Hook-and-Eye Waist Trainer** adds hook rows and vertical channels. For a smooth torso rather than a defined waist, try the **Shaping Camisole / Shaper Cami**.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-smallest-garment-with-the-biggest-job/



THE FITTING ROOM

The High-Waist Zone: Where Dresses and Trousers Are Won or Lost

Where a waistband finishes can make or break the outfit over it.

The rise decides

High-waisted trousers and fitted dresses show the whole stretch from the ribs to the thigh. Shapewear that stops below the navel leaves an edge right in the middle of that area, directly under the waistband.

High-waisted shorts

High-Waisted Shaping Shorts reach above the navel with an anti-roll waistband, shape the tummy with a wide front panel and smooth the hips and thighs in the same garment, so there is one line from the ribs down.

Matching rise to outerwear

Choose the rise of the foundation by the rise of what goes over it. The foundation waistband should sit at or above the trouser waistband, never just below it where it can fold.

Lighter options

High-Waist Shaper Briefs give the same high rise without legs, and **Mid-Waist Shaping Shorts** suit mid-rise jeans and trousers.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-high-waist-zone-where-dresses-and-trousers-are-won-or-lost/



04

What to Wear Under It

Foundations for dresses, trousers, sarees, skirts, occasion wear and bodycon.

The Strapless Dress Is Lying to You: Everything Holding It Together Is Underneath

How Low Can the Neckline Go?

The Cami That Cleans Up a Shirt

The Slip Is Back - and This Time It Has a Job



WHAT TO WEAR UNDER IT

The Strapless Dress Is Lying to You: Everything Holding It Together Is Underneath

A strapless dress looks effortless because the work is being done somewhere you cannot see.

No shoulders, no hanger

Every other dress hangs from the shoulders. A strapless one has to be held at the torso, and when it is not, it slides, gapes at the bust or creases at the waist by the second hour of an event.

The anchor underneath

The **Strapless Bodysuit Shaper** is built as that anchor. The moulded bust gives the dress a stable shape to sit on, the band beneath it holds everything level, and the anti-slip upper edge grips so the whole foundation stays where it was put.

Support is a torso job

Without straps, support comes from how firmly the garment wraps the ribcage. That is why a strapless foundation feels firmer around the band than an ordinary bodysuit. The reinforced panels below carry the line down through the waist and tummy to the hips.

For a sharper waist

Under a structured gown, some women add definition with the **Steel-Boned Corset Shaper** over a strapless foundation. For everyday bare-shoulder tops, the lighter hold of a bodysuit is usually enough.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-strapless-dress-is-lying-to-you-everything-holding-it-together-is/



WHAT TO WEAR UNDER IT

How Low Can the Neckline Go?

Deep necklines need foundations that stay out of sight. Here is what makes that work.

The neckline sets the rules

A plunge neckline shows the centre of the chest. Anything with a high centre front will show above it.

Cup placement and the bridge

A plunge foundation uses a low centre bridge so the cups sit wide and the middle stays open. The catalogue does not currently carry a deep plunge bodysuit, so the practical route is the **Open-Bust Bodysuit**: pair it with a plunge bra of your own and the shaping starts below the bust.

Back and sides

For low backs as well as low fronts, look at where the bodysuit straps and band sit before you dress. The **Thong Bodysuit** has a scoop neckline that sits lower than most.

For strapless

When the dress has no straps at all, the **Strapless Bodysuit Shaper** holds from the torso and leaves the shoulders bare.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/how-low-can-the-neckline-go/



WHAT TO WEAR UNDER IT

The Cami That Cleans Up a Shirt

A camisole that smooths a shirt without adding a lower-body layer.

Shirts show the torso

A fitted blouse, a fine knit or a crisp work shirt sits close to the torso and the back. Bra bands, side seams and the top of a waistband all show through before the shirt itself has a chance to look its best.

The shaping cami

The **Shaping Camisole / Shaper Cami** runs from the bust to the hip in one smooth layer. It shapes the waist and abdomen, smooths the back and ends below the waistband, so the shirt lies over a single continuous surface.

At work

Tucked into office trousers, the cami keeps the area where shirt meets waistband flat through a full day of sitting, standing and moving. Wear your own bra and your own underwear with it.

Longer, or more back

The **Longline Shaping Tank** is cut longer for tall torsos, and the **Back-Smoothing Shaper Top** gives broader coverage across the shoulder blades.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-cami-that-cleans-up-a-shirt/



WHAT TO WEAR UNDER IT

The Slip Is Back - and This Time It Has a Job

The slip is back, and this time it shapes as it drapes.

An old foundation

The slip was the original foundation garment. It gave a dress a smooth surface to fall over, stopped it catching on the body and added a layer of opacity to light fabrics.

A slip that shapes

The **Shaping Slip Dress** keeps all of that and adds compression through the stomach, waist and hips down to the upper thigh. The dress gets a clean drape and a clean line from one piece.

Drape and movement

Because the slip is smooth, the dress moves over it rather than clinging. That is especially useful under satin, crepe and fine knits.

Seamless, or as the dress

The **Seamless Control Slip** is the seamless version for the clingiest fabrics, and the **Bodycon Shapewear Dress** can be worn as the dress itself.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-slip-is-back-and-this-time-it-has-a-job/



05

Shape Myths

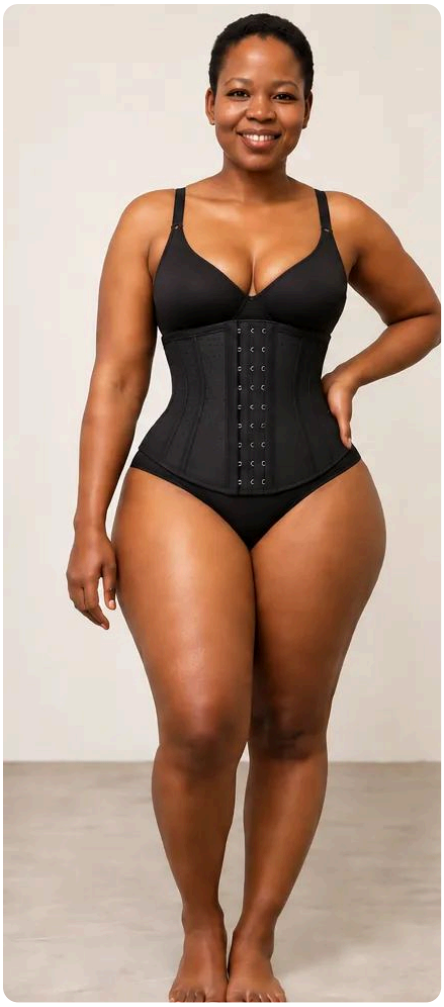
What garments really do, and what they do not.

Corset Logic in a Modern Wardrobe

When the Shapewear Becomes the Dress

Heat, Compression and the Waist: What Thermal Shapers Really Do

Support From the Back Forward



SHAPE MYTHS

Corset Logic in a Modern Wardrobe

A corset shapes the waist while you wear it. What it does not do is change your body permanently.

What a structured waist garment does

A waist trainer holds the midsection in a defined shape through panels and vertical channels. While it is on, the waist line under clothing is sharper. That is its job, and it does it well.

What it does not do

A garment cannot remove fat or reshape the body permanently. The effect is visual and lasts while the garment is worn, which is exactly how it should be chosen and enjoyed.

Wearing it well

Size by your natural waist, start on the loosest closure setting and build wearing time gradually. Breathing should stay easy and comfortable, and discomfort is a signal to loosen or remove it.

Three structures

The **Waist Trainer Corset** gives corset structure with front fastening, the **Zip-Up Waist Trainer** closes with a zip, and the **Steel-Boned Corset Shaper** uses steel-style boning for the most defined line.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/corset-logic-in-a-modern-wardrobe/



SHAPE MYTHS

When the Shapewear Becomes the Dress

Shaping does not always have to be hidden.

A dress with a job

The **Bodycon Shapewear Dress** looks like a bodycon dress and carries internal compression zones through the midsection. It follows the bust, waist and hips while the construction inside gives definition.

As outerwear

Worn alone, it is a fitted dress for an evening out. Worn under a looser or sheer dress, it becomes the foundation. One piece, two uses.

Support and fashion

The idea that shaping must always be hidden is recent. Corsets, bodices and structured dresses were once the outfit itself. A shaping dress picks that thread back up.

Lighter layers

For a pure foundation, the **Shaping Slip Dress** is lighter, and the **Shaping Jumpsuit / Shapewear Romper** carries the shaping down the leg.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/when-the-shapewear-becomes-the-dress/



SHAPE MYTHS

Heat, Compression and the Waist: What Thermal Shapers Really Do

More sweat does not mean more fat loss. What thermal shapers really do.

Heat against the skin

Thermal shapers are made to hold heat against the midsection. Wearing one, you will sweat more around the waist.

Sweat is water

Sweat is the body cooling itself. It is water, and it comes back as soon as you drink. It does not remove fat, and a thermal garment does not change your size. What it does, like any waist piece, is shape the line while it is worn.

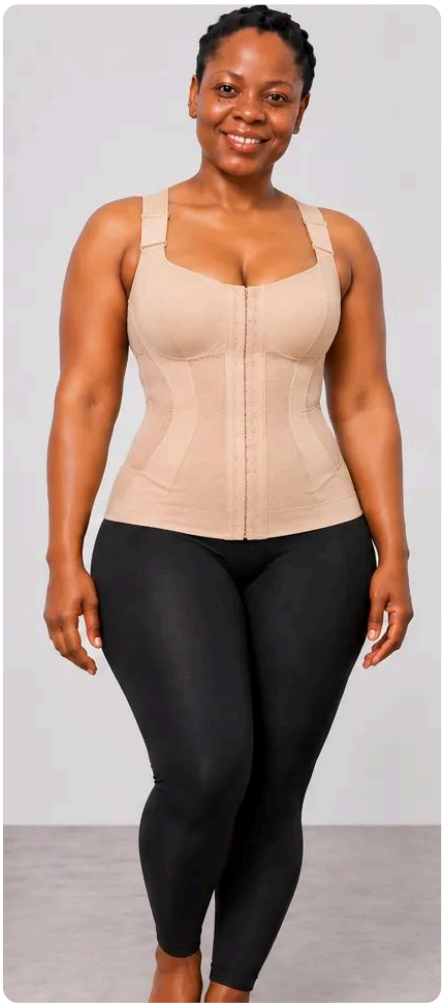
In the catalogue

The catalogue does not currently carry a thermal waist shaper vest. The **Waist Cincher Belt**, the **Waist Trainer Corset** and the **Zip-Up Waist Trainer** give waist shaping without the extra heat.

In warm weather

Drink water, choose lighter compression on hot days and take a waist piece off if you feel light-headed.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/heat-compression-and-the-waist-what-thermal-shapers-really-do/



SHAPE MYTHS

Support From the Back Forward

Cross-back construction, support and the limits of what support clothing can claim.

Support from the back

Cross-back construction spreads tension across the upper and middle back. The bands carry some of the weight of the bust from behind, which makes the front feel more supported.

A support garment

The **Back Support Shapewear** combines a structured bust, a front hook-and-eye closure and a reinforced abdomen with crossing back bands. It shapes the waist and supports the bust under fitted tops.

What it is, and is not

It is support clothing. It is not a medical brace or a posture treatment, and it does not claim to be. Back pain belongs with a doctor or a physiotherapist.

Lighter back pieces

The **Back-Smoothing Shaper Top** and the **Longline Shaping Tank** smooth the back with less structure.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/support-from-the-back-forward/



06 Heat & Comfort

Chafing, sweat, heat, breathability and warm-weather dressing.

Latex, Heat and Hold: Read This Before You Tighten It

Hot Days, Full Thighs, Zero Drama

The Biker Short That Never Has to See a Bicycle

The 35°C Test: Can Your Shapewear Breathe?



HEAT & COMFORT

Latex, Heat and Hold: Read This Before You Tighten It

Latex gives a firm hold. Read this before you tighten it.

Why latex feels different

Latex-style compression is dense and holds evenly around the waist. It gives a strong, defined line under fitted clothing.

Heat and sweat

Latex holds heat against the skin, so you may sweat more under it. That sweat is water, not fat. It is replaced as soon as you drink, and it does not change your size.

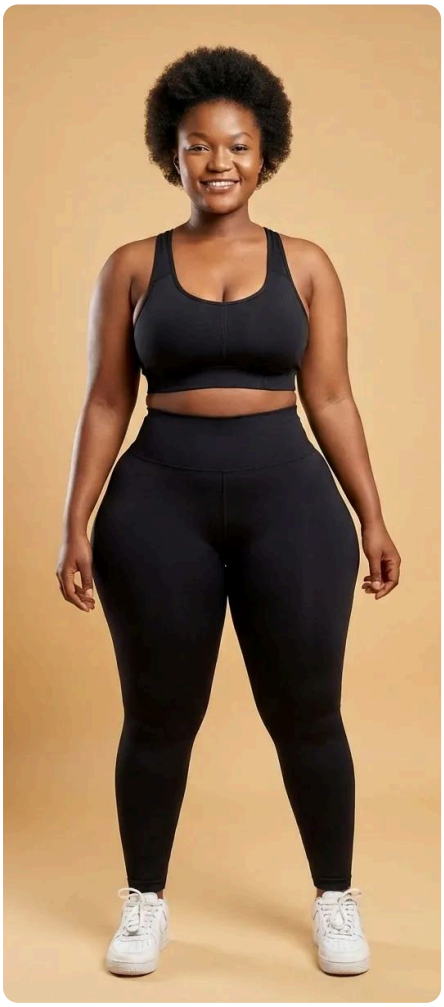
Time and fit

Start on the loosest closure row of the **Latex Waist Trainer**, wear it for short periods at first and take it off if you feel dizzy, short of breath or sore. Drink water, especially in hot weather.

Lighter alternatives

For warm days or long wear, the **Waist Cincher Belt** gives waist shaping in a lighter fabric, and the **Waist Trainer Corset** gives structure without the heat of latex.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/latex-heat-and-hold-read-this-before-you-tighten-it/



HEAT & COMFORT

Hot Days, Full Thighs, Zero Drama

A warm-weather guide to friction, moisture and the layer that keeps a summer dress comfortable.

What chafing is

When thighs rub together, especially in heat and humidity, the skin can become sore, red and irritated. Sweat adds moisture and makes the friction worse as the afternoon goes on.

Keeping cool

Choose breathable, lighter compression for hot days. Heavy compression and dense fabrics hold heat against the skin, which is exactly what a warm day does not need.

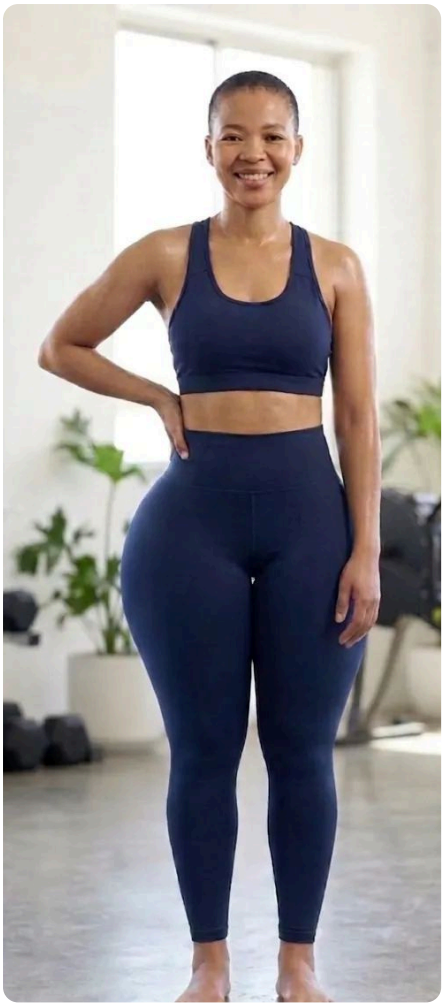
A fabric layer

Anti-Chafing Shaper Shorts put a light layer of fabric between the thighs so they glide instead of rubbing. The shaping is gentle, enough to keep a summer dress smooth without holding heat.

Longer or lighter

Compression Biker Shorts Shaper give a longer leg for fuller coverage, and **Seamless Shaping Shorts** give a seamless feel under clingy fabrics.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/hot-days-full-thighs-zero-drama/



HEAT & COMFORT

The Biker Short That Never Has to See a Bicycle

Biker-length compression as a foundation for dresses and trousers.

Familiar and comfortable

The biker short is a shape most women already know and trust. As shapewear, its long leg makes it a strong foundation under dresses, skirts and trousers.

Garment pressure

Compression should feel firm and even everywhere. If the leg edge marks the skin or rolls up, the size is too small; size by the larger of your waist, hip and thigh readings.

Long-leg comfort

Compression Biker Shorts Shaper carry firm stretch compression from the high waist well down the thigh. The long leg stops the thighs rubbing and keeps the leg edge low, away from where dresses cling.

Alternatives

Thigh Slimmer Shorts give a similar length, and **Anti-Chafing Shaper Shorts** give a lighter option for hot days.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-biker-short-that-never-has-to-see-a-bicycle/



HEAT & COMFORT

The 35°C Test: Can Your Shapewear Breathe?

At thirty-five degrees, shapewear has to breathe. Here is how to test it before the heat tests it for you.

A real climate test

Summer from Gaborone to Lusaka pushes well past thirty degrees, and a garment that felt fine in an air-conditioned shop can feel like a wetsuit by noon. Hot-weather wear deserves to be treated as a proper test, not an afterthought.

How to test

Wear the piece for an hour on a warm afternoon, ideally while walking. Check how the skin feels under the waistband and at the thigh. If you are still comfortable and the fabric is not soaked, it breathes well enough for summer.

Breathable construction

The **Seamless Shaping Shorts** are knitted rather than cut and sewn, with more open structure in the zones that need less hold. Air moves through the fabric instead of being trapped against the skin, which keeps them wearable on warm days.

Light layers on top

Pair seamless pieces with loose cotton or linen outer layers on the hottest days. The foundation does the smoothing; the outer layer does the cooling.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-35-c-test-can-your-shapewear-breathe/



07
After Baby

Careful, non-medical writing on dressing after a baby.

Dressing After Baby: Support Without Punishment

Your Body Did Not Fail the Dress: The Dress Must Meet the Body You Have Now

Mother, Woman, Partner: You Are Allowed to Be All Three

The First Time You Dress Up After Baby



AFTER BABY

Dressing After Baby: Support Without Punishment

Support after a baby is about comfort and dressing, never punishment.

Dressing again

In the weeks and months after a baby, many women want their clothes to feel held and supported again. That is a dressing need, and it deserves the same care as any other.

Shapewear and medical binders

Shapewear is for dressing. A medical abdominal binder is used for recovery and is advised by a clinician. They are different garments, and your doctor or midwife is the right person to say when compression suits you after birth, especially after a caesarean.

High coverage

The **Postpartum Compression Shaper** gives high coverage and structured support across the torso, waist, hips and legs, with broad panels that spread the pressure.

Lighter pieces

For lighter support under everyday clothes, **High-Waisted Shaping Shorts** and **High-Waist Shaper Briefs** work on the tummy alone.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/dressing-after-baby-support-without-punishment/



AFTER BABY

Your Body Did Not Fail the Dress: The Dress Must Meet the Body You Have Now

Your body did not fail the dress. The dress has to meet the body you have now.

Turn the question around

When a favourite dress no longer fits after a baby, the instinct is to blame the body. The more useful question is what this dress needs to work for the woman wearing it today.

Clothes serve the body

Garments are tools. If one no longer suits, it can be altered, set aside for later or replaced. None of that is a judgement on you.

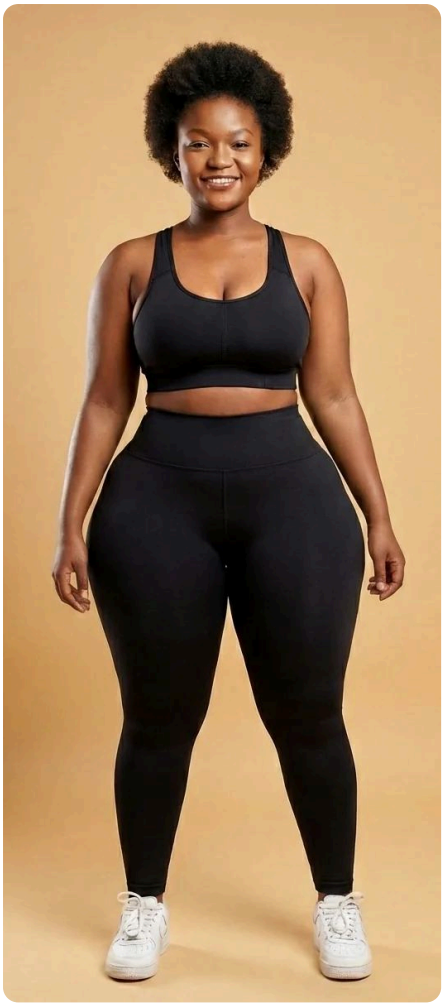
Support for now

The **Postpartum Compression Shaper** gives broad, even support through the torso, hips and legs, which can make dressing in the months after birth feel easier and more settled.

Dress for today

Choose clothes that fit now and feel good now. The wardrobe can change as you do, at whatever pace that turns out to be.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/your-body-did-not-fail-the-dress-the-dress-must-meet-the-body-you-have/



AFTER BABY

Mother, Woman, Partner: You Are Allowed to Be All Three

Mother, woman, partner. You are allowed to be all three at once.

Many roles, one person

After a baby, the role of mother can crowd out everything else. Many women miss the other parts of themselves: the professional, the friend, the partner, the woman who enjoys getting dressed.

Coexistence, not competition

Caring for a baby and caring about how you present yourself are not in conflict. Both are part of a full life.

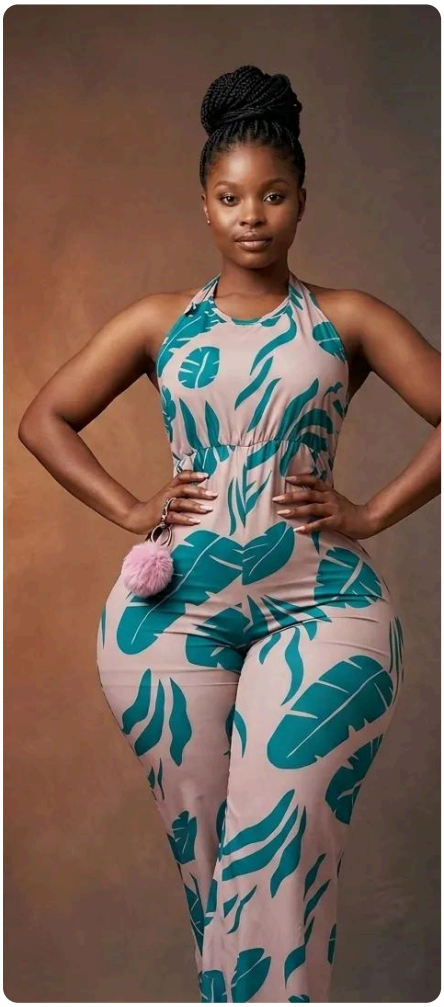
Small steps back

Getting dressed properly for an afternoon out can be a quiet reconnection. The **Postpartum Compression Shaper** gives a supportive base under everyday clothes when you want one.

All three, in your own time

There is no schedule for feeling like yourself again. Each part returns when it is ready, and none of them cancels the others.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/mother-woman-partner-you-are-allowed-to-be-all-three/



AFTER BABY

The First Time You Dress Up After Baby

The first time you dress up after baby is a milestone. It deserves care, not pressure.

A significant moment

The first wedding, dinner or celebration after birth often brings mixed feelings: excitement at going out, uncertainty about how clothes will feel.

Plan kindly

Choose an outfit that suits your body now rather than the one from before. Try it on a few days ahead, when there is no rush.

A supportive foundation

If you want support underneath, the **Postpartum Compression Shaper** spreads its hold evenly. For a lighter option under a dress, the **Shaping Slip Dress** shapes gently through the torso.

Enjoy it

The aim is an evening that feels good. Everything else is detail.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-first-time-you-dress-up-after-baby/



08

The Rear View

Seat and hip construction, back smoothing and fit from every angle.

Lift Without Adding: Engineering the Curve You Already Have

Lift From Underneath

The Brief That Frames the Curve

The Back Is Part of the Outfit



THE REAR VIEW

Lift Without Adding: Engineering the Curve You Already Have

A lifted seat line comes from shape and support, not from adding volume.

Support, not padding

There are two ways a garment can change the seat line: add volume, or support the volume that is already there. This story is about the second.

Curved seams

The **Butt-Lifting Bodysuit** uses rear panels cut on a curve that follows the seat. Instead of pressing the seat flat, as a straight panel does, the curve holds its natural roundness.

Under-glute support

A band of support beneath the seat gives a lifted shape under jeans and fitted skirts, while the flexible seat fabric keeps it comfortable to sit in.

The same idea in shorts

Butt-Lift Shorts put the same rear architecture into a high-waisted short with thigh coverage, for trousers and dresses that show the upper leg.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/lift-without-adding-engineering-the-curve-you-already-have/



THE REAR VIEW

Lift From Underneath

Under-glute bands, curved panels and support placement, explained.

The geometry of lift

A lifted seat line comes from support underneath the seat and panels shaped around it, not from pressure across it. Press across the seat and it flattens. Support it from below and it lifts.

Curved rear panels

Butt-Lift Shorts use curved seams that follow the seat, so the fabric holds its roundness instead of pushing it flat. Flexible panels let the shape move naturally when you walk and sit.

The under-glute band

A band of support sits just beneath the seat and gives it a lifted line under jeans and fitted skirts, while the high waist and tummy compression work on the front.

In a bodysuit or a skirt

The **Butt-Lifting Bodysuit** brings the same architecture into a bodysuit, and the **Shaping Skirt / Control Skirt** shapes the seat in a skirt form.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/lift-from-underneath/



THE REAR VIEW

The Brief That Frames the Curve

A small garment can still shape the seat line, if the construction follows the body.

Small, with a big job

A brief covers very little of the body, but what it covers is exactly where the seat line is decided under a fitted skirt or a pair of trousers. How it is cut there matters more than how much fabric it uses.

Anatomical construction

A lifting brief uses rear panels shaped to the seat and a band of support underneath it. The catalogue does not currently carry one as a brief, so the same construction is found in **Butt-Lift Shorts** and in the **Butt-Lifting Bodysuit**, where it is paired with tummy control.

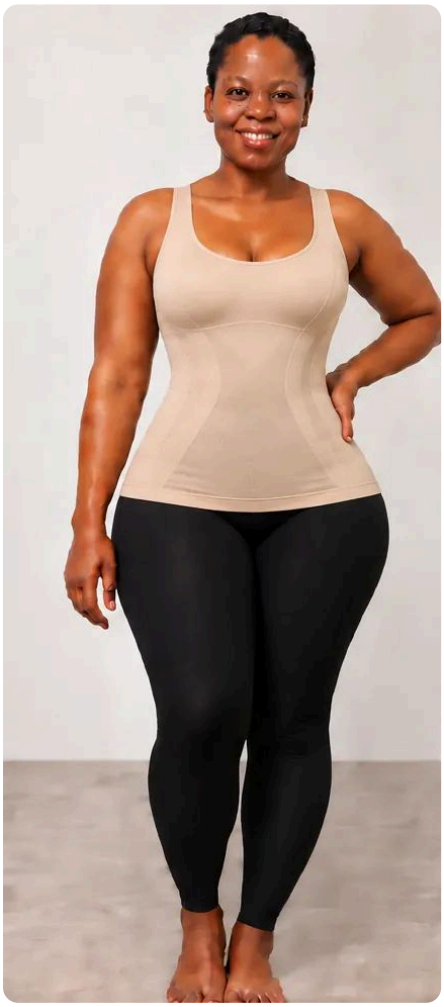
Framing, not flattening

A straight rear panel presses the seat flat and can make it look wider under trousers. A curved panel frames it and keeps the roundness. That is the difference between a smoothed seat and a shaped one.

When smooth is enough

If you want an even line rather than lift, **Boyshort Shapewear** give full seat coverage with a short straight leg and no contouring at all.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-brief-that-frames-the-curve/



THE REAR VIEW

The Back Is Part of the Outfit

The back is part of the outfit. Look at fit from every angle.

Seen from behind

A fitted top or dress is seen from behind as often as from the front, and photographs at events catch every side. Bra bands and side transitions usually show at the back before anything shows at the front.

Broad coverage

The **Back-Smoothing Shaper Top** has broad straps and high back coverage that spread the hold across the shoulder blades and sides, with smoothing panels that carry the line down past the waist.

Check every angle

Before an event, look at the whole outfit from behind and from the side as well as the front. A second mirror or a phone photograph is enough.

More support, or simpler

The **Back Support Shapewear** adds cross-back support bands, and the **Tank Bodysuit Shaper** gives a simpler tank outline for everyday tops.

Read it online with the pieces: shapewear.cabanga.co.bw/magazine/the-back-is-part-of-the-outfit/

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