



MACOM Waist Sculptor

It's official – the corset is back *en vogue*. The trend has been largely driven by celebrities with a number of high profiles names, such as Kim Kardashian and Jessica Alba, crediting their hourglass figures to wearing a so-called “waist trainer” and tweeting pictures of themselves in one to boot.

After losing a stone and a half in the last year by changing my diet and lifestyle and following Sarah Whitehead's Booticamps Babes programme, I decided that I wanted to get in on a bit of this waist-training action to enhance the results of my weight loss and take a few more inches off my waist. Luckily for me I work in the same building as the lovely team from MACOM and they were happy for me to try out their Waist Sculptor and do a review.

Initially developed for post-surgery purposes, MACOM has tapped into the trend for body-shaping garments and reintroduced its popular abdominal corset to cater for this demand. The waist-cincher's medical strength capabilities make it highly effective while its adjustable fastenings, sewn-in boning and high quality material make it incredibly comfortable to wear, like all of MACOM's garments.



With daily wear the circumference of the abdomen will start to mimic the shape of the Waist Sculptor and once a desirable girth has been achieved, intermittent top-up wear may be required to maintain the results.

The corset's instant metamorphic effects are also impressive. The Waist Sculptor instantly gives the wearer that sought after hourglass shape by cinching the abdomen and compressing the tummy, making you look slimmer and more contoured and holding everything in, even on a “fat day”.

It is ideal for new mothers as a post-natal girdle too, as it can help to fuse and encourage the abdominal muscles back together.

The Waist Sculptor will also significantly enhance the result of any professional fat reducing or firming treatment, helping to subside oedema and fluid from the abdominal area. Due to medical strength fabric, a patient can wear the corset immediately after any professional treatment to see quicker and optimised results.

You need to wear the garment daily to really see results (ideally six hours a day) but this was actually not an issue at all. While I only planned to wear it for a month, to see if it worked, it is seamless and discreet under clothing; was very comfortable and I loved the way it shaped my body, so it has just become part of my daily wardrobe and I have now been using it for three months. **AM**

Vicky

