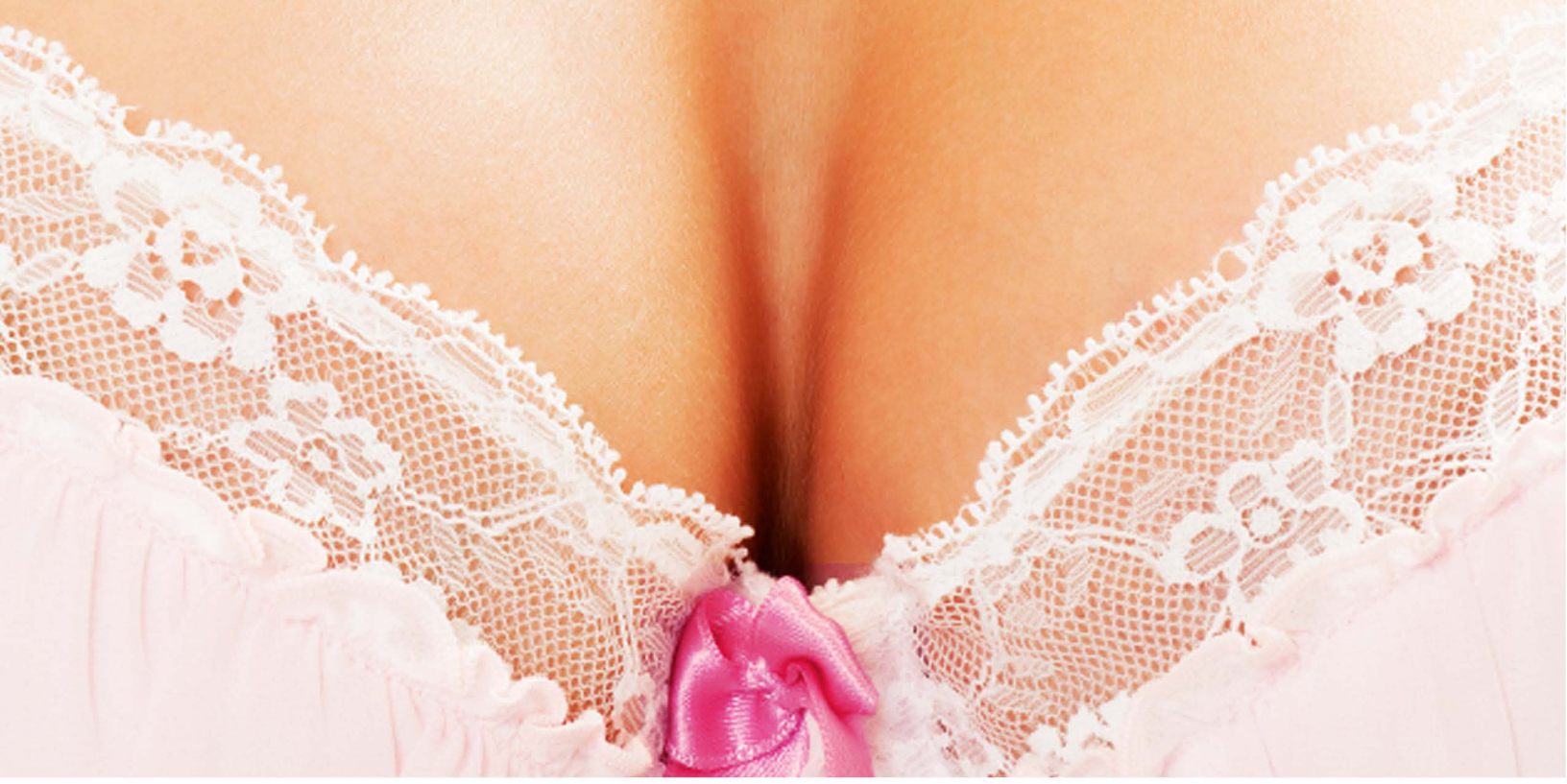


Flat2Fem.com



ENHANCING — YOUR — ASSETS

THE FLAT TO FEMME PROGRAM

Introduction

Welcome, girlfriend!

Let's face it – half the fun of having breasts is showing them off!

No matter where you are in your breast enlargement journey, there are loads of ways to make “your girls” look bigger, better, and more irresistible.

This report will show you how to make the most of your feminine assets.

Keeping reading to learn more!

Enhancing Your Assets: Hair Removal



Ok, first things first ... if you're going to show off your breasts in a beautiful bra or low cut top, chest hair removal is a must.

Here's a quick overview of your hair removal options – including how to slow hair regrowth.

Shaving



Not surprisingly, shaving is the fastest and easiest way to remove chest hair.

The downside of shaving is that the hair grows back quickly – and regrowth here can be particularly itchy. Your chest is a sensitive area, so you need to take care to avoid razor burn and ingrown hairs.

Here are my top tips for successful chest hair shaving:

- If you have a lot of chest hair, trim the hair first with hair clippers to avoid clogging up your razor.
- Use a high quality razor such as Gillette Sensor Excel.
- Take a shower before shaving to soften the hairs and open up the hair follicles. Wash with soap to eliminate bacteria that could otherwise irritate nicks and cuts.

- Use small strokes and shave against the grain for the closest cut possible. Go slow and be careful around your nipples!
- Don't shave over the same area repeatedly since this can cause ingrown hairs.
- Apply aloe vera gel after shaving to soothe irritation.

Note: Do not apply adhesives to freshly shaved skin. If you are going to use an adhesive bra or breast form tape/adhesive, shave at least 3-4 hours beforehand.

Waxing



The #1 advantage of waxing is that it can keep your chest smooth for up to six weeks. Of course, the biggest disadvantage is the PAIN.

If you're a newbie, I recommend getting professionally waxed instead of trying it at home. Male chest waxing is becoming increasingly popular and you can get it done professionally in most cities for \$25-\$50.

Be sure to check out reviews before you schedule an appointment with a waxer. If you decide to take the plunge, here are some tips for getting the most pain free wax possible:

- Take two Advils 30 minutes before your scheduled wax.
- Apply a topical numbing product containing lidocaine, such as [No Scream Cream](#) or [GiGi Anesthetic Numbing Spray](#).
- Ask your waxer to use hard wax (sometimes called "sensitive wax"), which is gentler on the skin.
- Make sure your waxer doesn't take off huge amounts of hair at a time. Waxing small areas is much more manageable.
- Apply pressure immediately to the waxed area with your hand. This helps relieve pain.
- Don't forget to breath! Holding your breath makes waxing more painful.

You may experience redness, swelling, and bumps after waxing, though these effects should go away within a day or two. Apply aloe vera gel or Neosporin to soothe away any inflammation.

Since waxing makes hairs more prone to being ingrown, exfoliate your chest daily after about a week using a washcloth or exfoliating scrub.

Waxing hurts, but you can't beat it for long lasting smoothness. I promise it will make you feel ultra feminine!

Slowing Hair Regrowth



There are lots of products that claim to slow or even stop hair regrowth. Do they really work? Some do, but realistic expectations are a must since no topical treatment can permanently stop hair regrowth.

Hair inhibitors such as [GiGi Keep It Bare](#) contain natural enzymes that disrupt hair regrowth when applied to the follicles. They are more effective after waxing than shaving.

Results vary, but many people report slower regrowth after two weeks.

Enhancing Your Assets: Fashion Dos and Don'ts

The clothing you wear has a huge impact on the appearance of your breasts and body.

If you're like most crossdressers and transgender women, you're probably "top heavy". The trick is to downplay the bulk of your chest and shoulders while simultaneously enhancing your breasts.

Here are my top 5 fashion tips for feminizing the appearance of your upper body:

1. DO Go for Deep "V" Necklines



The easiest way to show off beautiful breasts is to wear a low cut top. V-necks are especially flattering since they create vertical lines that have a slimming effect on your chest.

But how low is too low? A good rule of thumb is to show off 20%-40% of your bust. This gives you sex appeal, while keeping it classy.

2. DON'T Wear Tops that Emphasize Your Shoulders



Unless you want to look like a linebacker, you should stay away from shoulder pads, puffed sleeves, or other fashion details that highlight your shoulders.

3. DO Wear Shirts with Longer Sleeves



If you have overbuilt arms, your best bet is to keep them covered. Otherwise your arms will steal the spotlight from your breasts.

Long sleeves can still look sexy if you pair them with a lower neckline or a tighter silhouette.

4. DO Cover Your Shoulders with a Shawl



A skimpy dress is a great way to show off cleavage, but it also highlights big shoulders and muscular arms. Draping a shawl over your shoulders is a great way to hide your flaws while still showing skin.

5. DON'T Wear Strapless Tops



Strapless tops are sexy, but they create a vertical line across your chest, which can make a broad chest look even bigger.

Instead, try a halter top for a feminine and flattering look.

Enhancing Your Assets: Posture and Body Language

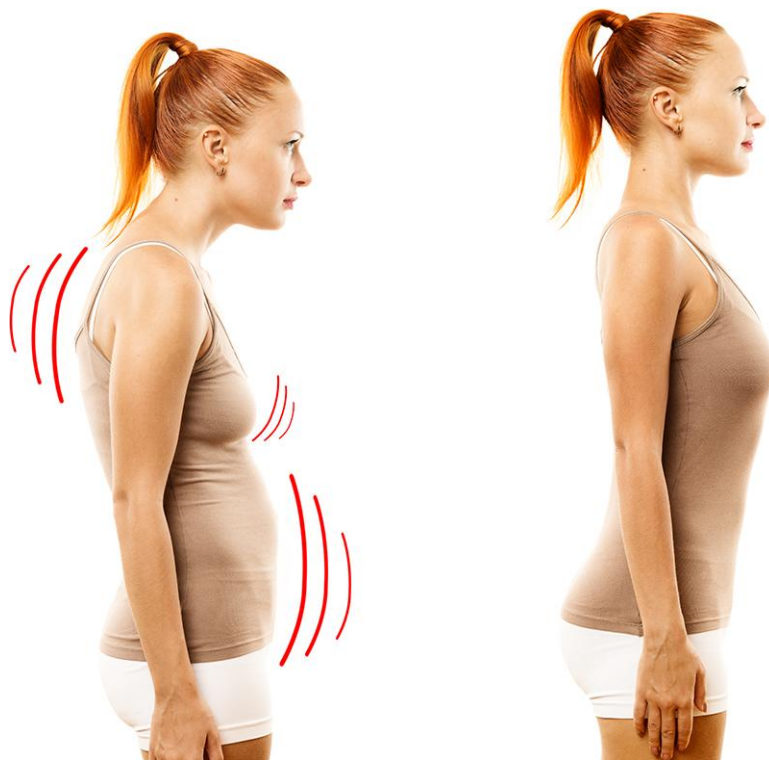


Your body language communicates more about you than you probably realize.

Tall posture tells the world that you are confident and in control, while poor posture makes you look like a sad sack.

Posture also has a major impact on the appearance of your breasts. Good postures makes your breasts look bigger and helps fill out your bra better.

5 Steps to Sexy Perfect Posture



1. Shift Your Weight to the Balls of Your Feet

It may feel like you are leaning forward, but keeping your weight on the balls of your feet (as opposed to your heels) is the proper body position.

2. Relax Your Knees

Locked knees throw your entire posture out of alignment, so keep your knees slightly soft.

3. Pull in Your Gut and Straighten Your Spine

Be careful not to stick your butt out (no matter how “sexy” you might think this looks).

4. Drop Your Shoulders

Draw your shoulder blades together and keep them down.

5. Lift Your Head

Lift your head so you can look straight ahead without having to turn your eyes up. Hanging your head is a no-no!



Feminine Poses 101

Now that you know the basics of good posture, let's talk about body poses.

It doesn't matter how good your breasts look. If you stand like a caveman, nobody is going to notice your impressive cleavage.

Holding your body in a feminine way is essential to your overall appearance.

Feminine Pose Dos and Don'ts

DO Stand with Your Knees and Ankles Together

Keep one leg straight and bend the other knee so your weight falls to one side. This naturally pushes one hip out, creating a sexy S curve in your body.

DO Find an Attractive Position for Your Arms

Try clasping your hands together in front of your waist or let one arm hang and place the other hand on your hip. A handbag is also a great way to occupy your arms in an attractive way.

DO Keep Your Chest and Head Lifted

Keeping your chest and head lifted gives you an air confidence.

DON'T Stand with Your Legs Apart

Even if you see other genetic women do this, avoid standing with your legs apart since it looks unfeminine.

DON'T Cross Your Arms Over Your Chest or Stuff Your Hands in Your Pockets

I know it's tempting to want to do SOMETHING with your arms, but these poses make you look either sullen or goofy.

DON'T Do an Over-Exaggerated "Supermodel" Pose

I know you're fierce, but how many women do you see in the real world posing like that? Stick to natural body positions.

Instead, take a look at red carpet photos for inspiration. Actresses are masters of the art of effortless posing – and since they're often photographed from the waist up, they have lots of poses that emphasize the face and bustline.

