THE ULTIMATE Curves BUILDING GUIDE
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INTRODUCTION

Welcome, girlfriend!

Does the thought of having a shapely waist, curvy butt, and voluptuous breasts excite you? It should! Female curves are one of the most intoxicating things in the world.

In this report, I'm going to reveal how to transform your body's straight lines into the sexy curves of a woman.

I’ll show you how to feminize your figure using:

• Shapewear
• Exercise
• Herbs and hormones

So are you ready to attain the luscious curves of your dreams?
Turn the page and let's get started!
SHAPEWEAR

You know what they say ... If you ain’t got it, fake it!

Shapewear – ranging from breast enhancers to waist cinchers to padded panties – is the fastest and easiest way to transform your figure.

BREAST FORMS

Breasts are arguably the most feminine part of a woman’s body, so the first thing you’ll want to do is invest in a good pair of breast forms.

Here’s a rundown of your breast form options:
SILICON BREAST FORMS

Silicon is the gold standard when it comes to breast forms.

The advantage of silicon is that it is very similar to real breast tissue. Silicon breast forms have a lifelike shape, weight, and bounce.

The downside of silicon is that it's not cheap. A decent set of breast forms will cost you at least $150 and the bigger the form, the higher the price tag. “Big girls” and top of the line, premium forms will run you $400-$500.
**PALS BREAST ENHANCERS**

*Pals breast enhancers* are a great alternative to silicon breast forms. Although they are technically breast enhancers, Pals can increase your breasts up to 4 cup sizes, so they are big enough for most crossdressers and transgender women.

The Pals enhancers are made from a special blend of polymers and natural mineral oils. They have a realistic feel and can even be covered with makeup to blend in with your skin tone. Unlike silicon forms, Pals enhancers can be trimmed to fit inside your bra.

Pals run between $49.95 and $179.95 depending on the size and shape of the enhancers.
FOAM BREAST FORMS

Foam breast forms don't feel particularly realistic, but they have a couple advantages: They're comfortable to wear and they're cooler than silicon.

Foam breast forms are a good option for sleeping in or to wear on hot, humid days when silicon would leave you sweating.

You can find foam mastectomy forms starting at about $50.

LATEX RUBBER BREAST FORMS

You can sometimes find latex rubber breast forms geared towards the transgender community. (Medical grade mastectomy forms are never made of latex.) Latex is cheaper than silicon and offers a good shape and weight, but it lacks the realistic feel and bounce of silicon.
OTHER BREAST SHAPING OPTIONS

In addition to breast forms, there are a couple other curve creating options out there.

JODEE PERMA-FORM BRA

The Jodee Perma-Form bra has breast forms built right into the bra. The forms are made of foam, but are weighted for a more natural feel. The advantage of the Perma-Form bra is that it's easy to pop on and off and you don't have to worry about your breast forms shifting around.

The downside is that you're stuck wearing the same bra every day unless you can shell out $125+ for multiple styles.

CHEST PROSTHESIS

A final option for creating breasts is to use a latex chest prosthesis, which is a strap on chest with female breasts. The chest prosthesis is more of a novelty type item, as it doesn't look very realistic. However it does provide an option if you can't shave and need to cover your chest hair.
SELECTING A BREAST FORM

If you're going to purchase a pair of breast forms, particularly silicon breast forms, it's important to know what you're looking for. Breast forms aren't cheap, so the last thing you want to do is waste your money on the wrong thing.

BREAST FORM SHAPE

Mastectomy breast forms come several shapes. Which shape is best depends on the look you're going for.

TRIANGLE BREAST FORMS

Triangle breast forms are the most common shape. They have a youthful, “perky” look and fill out most bras nicely.

TEARDROP BREAST FORMS

The teardrop shape (sometimes called an oval) has a tapered end that can either be worn towards the armpit or rotated towards the upper chest. Because they are not as wide as the triangles, most teardrop breast forms can be rotated to fit into lower cut bras.

Teardrop breast forms tend to have a more of a natural, pendulous look as opposed to the perky triangles. Think of it as the difference between Pamela Anderson's round melons and Angelina Jolie's full, natural breasts.
HEART SHAPED BREAST FORMS

A third, less common breast form shape is the heart. This form has two tabs extending towards the upper chest and armpit, resembling a heart. The look is also youthful and perky.

SYMMETRICAL VS ASSYMMETRICAL BREAST FORM SHAPES

The next thing to consider is whether the breast form shape (whether it is a triangle, teardrop, or heart shaped breast form) is symmetrical or asymmetrical.

Symmetrical forms are identical and can be worn on either side of the body, while asymmetrical forms have a definite right/left component.

The asymmetrical forms have an extension that goes out towards the armpit, giving the breast extra fullness towards the underarm.

The asymmetrical forms tend to look more natural. They also tend to stay put better, rather of rotating out of place like the symmetrical forms.

A disadvantage of the asymmetricals is that the extended tab can sometimes be seen if you are braless and wearing a sleeveless top.

BREAST FORM SIZE

When it comes to breasts, size DOES matter! And fortunately, this is something you have total control over. Choosing the right breast size for your body is very important to passing.

If your breasts are too small, you're not going to look very feminine. If your breasts are too big, you're going to attract a lot of attention to yourself, which leads to scrutiny – never a good idea.
What you want are breasts that blend in with your body and give you the most natural and feminine proportions possible.

I recommend trying on a few different breast forms before making a final decision. Your breasts will look bigger or smaller in different types of clothes, so be sure to try on your breast forms with different tops and dresses.

WHERE TO PURCHASE BREAST FORMS

If you have the option, your best bet is to go to a local mastectomy shop to be professional fitted. This allows you to try on a variety of sizes and shapes so you can see which breast form looks best on you.

All breast forms vary in their shape, weight, and feel, so it's hard to analyze breast forms online. Some forms are more concave in the back and depending on the shape of your pecs and how much breast tissue you have, some breast forms will fit you better than others.

Most mastectomy shops have had transgender customers, so don't be shy about giving them business. I do recommend calling ahead to make an appointment. You'll get better service if you're not in the shop when they're busy with female customers.
If you can't shop in person, your next best bet is to order online. TheBreastFormStore.com is dedicated to the needs of transgender customers. Most importantly, they have a generous return/exchange policy should you order the wrong size.

You can also find cheap breast forms on Ebay ranging from $25 to $100 per pair, but be aware that these are lower quality forms that lack the realistic shape and feel of high quality forms. Breast forms purchased off Ebay are generally not returnable, so be careful with your sizing.
CHOOSING A BRA FOR YOUR BREAST FORMS

Bras are a lot of fun – and they're also important for keeping your breast forms in place. You don't want a breast popping out of your top when you're trying to make a good impression!

Your options include using a pocketed bra specifically designed for breast forms or a regular bra.

POCKETED BRAS

Pocketed bras have mesh pockets you can slip your breast forms into. While this keeps the forms securely in place, the downside is that pocketed bras come in a limited range of styles and are more expensive than regular bras. ($35-$80+)

REGULAR BRAS

The biggest advantage of regular bras is that they come in tons of cute colors and styles and you can build an entire bra wardrobe for a reasonable price.

If you want to wear your breast forms with a regular bra, there are certain features you need to look for:

1. UNDERWIRES

Underwires are an absolute must when it comes to breast forms. The underwires lay flat against your skin and give the bra enough structure to prevent your forms from falling out.
2. FULL COVERAGE CUPS

You also need to look for a bra with cups that completely cover the breast form. Except for teardrop shaped forms, most breast forms are too wide to be worn with low cut bras.

3. LINED OR MOLDED CUPS

Make sure the bra cups are substantial enough to support your breast forms. Molded cups also create a smoother silhouette and help disguise the edge of the breast form.

4. SUBSTANTIAL STRAPS

If you are going to be wearing large or heavy breast forms, you need a bra with wide enough straps to carry the extra weight. Otherwise the straps will dig into your shoulders.

5. FRONT CLASPS

Front clasp bras tend to hold breast forms in place better, though most bras close in the back. If you find a front clasp bra, grab it.

Other things to think about when selecting a bra are the colors and the fabrics. Unfortunately, most of the cute, sexy styles are totally impractical outside of the bedroom.

I suggest you purchase bras in two colors: black and nude. The black can be worn under dark clothing, while the nude offers the least amount of show under other colors. White bras are very common, but they tend to show through most clothes.

I also suggest you look for bras with smooth fabric cups. You can find beautiful bras trimmed with lace, bows, and rhinestones, but these are a total nightmare under clothing, which typically show every lump and bump of the fabric. Satin bras will give you the sleekest look.
Don’t expect a basic bra and breast forms to give you cleavage. You need to pull your breast tissue together to create cleavage – either by using tape, or preferably, a Nubra.

Be sure to view the *How to Get Feminine Cleavage* video for instructions on creating cleavage with the Nubra.
WAIST

Once you've won the battle of the breasts, your next task is to create a waist.

A defined waist is an important aspect of the female figure. In fact, studies have shown that the greater the difference between a woman's waist and hips, the more attractive she is considered to be.

If your waist is larger than your chest, it's going to be impossible for you to create a defined waist. In this case, your best bet is to try to conceal your gut to the best of your ability. (Check out my Transgender Fashion Secrets report to learn how to disguise a big belly.)

If you're not too heavy around the middle, you can carve yourself a waist using a corset or a waist cincher.
CORSETS

If you’ve never worn a corset before, you’re in for a treat. A corset can take up to 6” off your waist and make you look and feel ultra feminine.

The downside of corsets is that they aren't very comfortable and tend to look stiff and bulky under clothing. However, for special occasions, a corset can make you feel 100% woman.

If you'd like to dip into the exotic world of corsetry, Romantasy.com is transgender friendly and has corsets starting at around $200.
WAIST CINCHERS

A waist cincher is a more comfortable and practical alternative to a corset. Waist cinchers are made with high tech elastic and can take 1-4 inches off your waistline while still allowing you to breathe easily. Look for waist cinchers with boning for maximum shaping.

You can find waist cinchers in lingerie stores or online. Here are 3 top-reviewed waist cinchers available in small to extra-large sizes.

- Flexees Instant Slimmer Waistnipper
- Squeem Magical Lingerie Waist Cincher
- Rago Waist Cincher – Style 821

Also check out Figleaves.com for a good selection of waist cinchers up to size 3X.
HIPS AND BUTT

The easiest way to get your desired waist/hip ratio is to focus on enlarging your hips, rather than shrinking your waist.

Lower body curves are extremely important to your overall image. In fact, they are more important than breasts. If you look at people from behind, you can always tell who is a man and who is a woman, without seeing if they have breasts or not. The proportions of the shoulders, waist, and hips tell it all.

Men's shoulders are normally much wider than their hips, whereas a woman's hips are usually close to the width of her shoulders. A woman's hips are typically about 10" bigger than her waist.

Here are your options for getting the sexy lower body curves you crave.
PADDED PANTIES

A padded panty is the most obvious way to add curves to your hips and butt, but beware that many of them look fake or have pads that can shift around.

The Veronica 2 ($170) by Classic Curves is the most popular and realistic looking hip and butt enhancer for crossdressers and transgender women.

Also check out FeelFoxy.com and LoveMyBubbles.com for more padded panty options (and helpful customer reviews).
HIP AND BUTT PADS

As an alternative to padded panties, you can purchase foam or silicon hip and butt pads designed to be slipped inside your underwear or a pair of pantyhose. This allows you to add padding where you need it most.

If you're the crafty type, you can even make your own hip and butt pads. Just get some 1”-2” thick packing foam from a packing supply store and use an electric carving knife to cut out custom-shaped pads.

Padded panties and hip/butt pads can show through thin, fitted garments, so no matter which style you go for, be sure to wear them under heavier clothes like jeans.
Exercise is an important aspect of achieving the most feminine shape possible.

First of all, exercise helps you lose weight. It’s important to be your ideal body weight since the more body fat you have, the harder it is to create a feminine shape (even with shaping garments). That’s because males gain weight in their bellies and upper bodies – the exact opposite of women, who tend to gain weight in their hips and thighs.

Second, it is possible to reshape your muscles to create a more feminine shape. (Check out The Bombshell Body Workout for specific exercises designed to help feminize your body.)

When working out, you should definitely avoid exercises that can bulk up the upper body (like pushups or lifting weights). Instead, focus on exercises that build up the lower body (like squats and lunges).
HERBS AND HORMONES

Estrogen is the magic ingredient behind a feminine figure. During puberty, estrogen causes the breasts to grow, the pelvis to widen, and fat stores in the lower body to increase.

Prescription hormones and estrogenic herbs can lead to breast enlargement and (in the case of hormones) changes in body fat distribution.
Keep in mind that hormones can’t change your bone structure. A woman's pelvis is what determines the width of her hips, so don't expect hormones to dramatically change the shape of your lower body.

There's a lot of debate over whether or not herbs work. Hundreds of transgender women have reported success using herbs (such as fenugreek, red clover, and saw palmetto) for breast enlargement, so I am a believer.

However, it is important to have realistic expectations. Herbs are not as powerful as prescription hormones and your results may vary.

Check out my website Flat2Fem.com to sign up for a free video series that will show you how to get started using herbs for breast enlargement.

While herbs are an appropriate alternative for crossdressers and transgender women who don’t want to make a full transition or deal with the risks of hormones, they are not for everybody.
If you are a transsexual woman who is planning a full transition, you should be under a doctor’s care for HRT.

Some of the figure-enhancing effects you can expect from transgender HRT include:

- Breast development (full development takes several years)
- Redistribution of fat from abdominal area to hips and buttocks
- Decrease in muscle mass and strength

Potential side effects of transgender HRT include:

- Nausea and vomiting
- Headaches
- Mood swings
- Depression
- Fluid retention or weight gain
- Hypothyroidism
- Risk of blood clots/deep vein thrombosis (DVT)
- Increased potential for gall bladder disease
- Increased potential for liver/breast cancer

Hormones are serious stuff, so PLEASE promise me that you will find a qualified doctor to prescribe your hormones and monitor you while you are on them.
I wrote this report to give you the tools to create your own sexy, feminine curves. I hope you enjoyed it!

Just remember that women come in all kinds of shapes and sizes. You don't need a perfect hourglass figure to be passable, so enjoy your unique beauty and femininity.

Wishing you all the best on your femme journey!

Love,
Lucille