



Wedding Lingerie: What to Wear Under Your Dress

by Katherine
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When you begin to plan out your wedding day look, thinking about your bridal undergarments (<http://www.bridalpulse.com/dress-essentials-heres-everything-need-know-wedding-undergarments/>) probably isn't the first thing that comes to mind. In fact, the wrong wedding undergarments can ruin your entire wedding look (*shudders*). However, what you wear under your dress is just as important as your dress itself. Your wedding undergarments hold everything in place, but don't think

shapewear is your only option for wedding day underpinnings. We spoke to stylist Jenny Altman (<https://www.facebook.com/iloveagood/>) to clear the air once and for all on everything there is to know about bridal lingerie and how (painstakingly easy!) it is to incorporate into your wedding day look.

"The tip I give all brides when shopping for lingerie is to have fun," Altman (<https://www.facebook.com/iloveagood/>) says. "If there's a brand that you know fits you well, buy it. But don't be afraid to venture out and try other brands, too. You might discover other styles or brands that you wouldn't have before. This is the time to go all out! Buying lingerie will never be a waste. While you may not be back on your honeymoon, every time you see your lingerie in your drawer, it becomes a memento of your honeymoon! Your lingerie doesn't have to be something sexy every night. You can wear a beautiful nightgown or something with garters you would have never worn before."

While Altman (<https://www.facebook.com/iloveagood/>) always recommends a shaper for any type of wedding gown you choose, another alternative to the shaper is lace panties that will also serve as your something blue. They are a "good surprise for the hubby," Altman (<https://www.facebook.com/iloveagood/>) says. You can go for a gorgeous pale blue or bright blue if your dress is thick and layered. If you can get away with a blue [panty], it's a nice surprise for the groom and you feel sexier in it and you'll have your something blue."

The something blue panty may be a great option if you're wearing a multi-layered or thick wedding gown, but what if you're wearing a slinky, sexy form-fitting gown? Altman (<https://www.facebook.com/iloveagood/>) breaks it down. "You can go with your neutral nude shaper for the actual wedding and then you can go and change [into your sexy lingerie], or if you're a British person you can wear something bridal underneath and what I love about the bridal lingerie is it doesn't have to be white. I love the colors that are these nudes, blushes, grays—a beautiful gray can be classic for a wedding and it's so much more virginal and sexy than nude. The best part, gray is flattering on every skin tone— it's so pretty and the same goes for the blush colors."

While the months leading up to the wedding may seem like a neverending list of wedding to-dos, shopping for lingerie can be the fun little escape you've been looking for. You may only get to wear your wedding dress once (sadly!), but you can wear and re-wear your bridal lingerie and recreate the magic every time you put it on!



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Triumph Splendid Essence Suspender | \$29 via Journelle (<https://www.journelle.com/products/tri-67470-skin-light-combo>)



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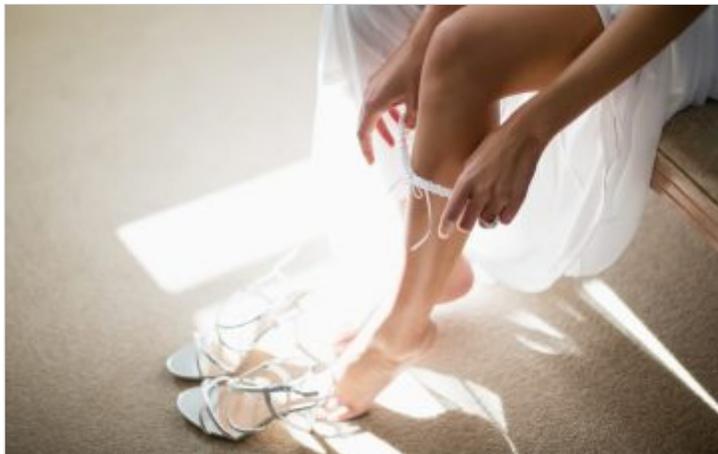
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