

# TRICKS OF THE TRADE

A BEGINNER'S GUIDE  
TO CROSS DRESSING



Carollyn Faith  
**OLSON**

# Tricks Of The Trade

## A Beginners Guide To Cross Dressing

By

**Carollyn Faith Olson**

This book is a work of fiction. Names, characters, places, and incidents are the products of the author's imagination or are used fictionally. Any resemblance to actual events, locales, or persons, living, dead or fictional, is accidental.

If you purchased this book without a cover you should be aware that this book may have been stolen property and reported as "unsold and destroyed" to the publisher. In such case neither the author nor the publisher has received payment for that "stripped book."

Copyright 2010 by Maquia Publishing. No parts of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer who may quote passages in a review.

**Dedicated To**

**Jo-An Torres,**



**"A Mother and Friend  
To So Many Girls"**

### About The Author

"Tricks of the Trade" is the fourth book penned by Carollyn Olson, a married, straight, conservative, 50-plus year old cross dresser from California.

Her first book "Deception" was released in 2006 and was followed by "TG Short Stories" in 2007 and "Breaking Point" in 2009. All three books sold out their first printing. A few copies are still available from the second printing through MagsInc ([www.magsinc.com](http://www.magsinc.com)) or by contacting Ms. Olson.

Ms. Olson has been an ambigendered cross dresser for more than 30 years and is very active in the community. She is a proud member and the Post Mistress of the Vanity Club

([www.vanityclub.com](http://www.vanityclub.com)) and the co-founder of the Mature Woman Group ([www.groups.yahoo.com/group/maturegirls](http://www.groups.yahoo.com/group/maturegirls)).

“My desire is to create an illusion which is a complement to all women,” said Ms. Olson.

“Cross dressing is not meant to demean women, but to uphold their presence and beauty.

I try to accomplish that goal every chance I get.

“Reaching your goal as a woman is the reason I wrote this book. I hope I have given you the information you need in the following pages to help you gain insight and confidence in every aspect of your feminine life.

“Please enjoy!!!”

Ms. Olson can be reached at: [carollynolson@yahoo.com](mailto:carollynolson@yahoo.com)

## Introduction

When I realized, more than 30 years ago, that I was ambigendered, I had no place to turn. (I will explain being ambigendered later in this book). For the time being, I will use the more common phrase “cross dressing.”

The internet was in its infant stage, transgender support groups were few and far between and meeting others who enjoyed dressing as a woman was even harder to do. Of course, there were the drag clubs in San Francisco and other big cities and the Las Vegas “girls” reviews, but the individual ambigendered person was usually closeted.

I realized in my early 30s that I was different. No, I wasn’t gay or interested in men. I was still very masculine, but I had discovered a deep female side in regards to my “wiring” and that I wanted to dress as a woman. I felt the urge for many years, but didn’t know what to do with these feelings. No, the feelings were not, never have been and never will be sexual. I don’t “get off” dressing as a woman, however, they were very real.

Transgender books and articles were hard to find. I remember as a teen reading about England’s April Ashley and her sex change. I wondered how a man could physically become a woman. I had seen pictures of the female impersonators at Finocchio’s in San Francisco, and renowned TC Jones on the Jack Benny and Ed Sullivan shows, but there was very little information available to the curious.

While attending college, library books on cross dressing were rare. I found only one at my college, but it was smaller than this book in length and lacked any significant content.

Today, one can find anything and everything on the internet. Cross dressing today has come out of the closet and there’s a world awaiting any man who wishes to dress as a woman, or go even further and have a complete sex change.

There are many excellent books available including “My Husband Betty: Love, Sex and Life with a Cross Dresser” by Helen Boyd (Betty has since transitioned); “Alice In Genderland” by Dr. Alice Novic, and “Get Dressed!” by Gina Lance. However, there are very few guides for a beginner.

**This book is not for the predators and perverts who roam the internet.**

My sincere hope is that the following pages, with contributions from many of my personal and internet friends, will be helpful and aid those who are serious, and aspire to be a “woman.”

I have dedicated this book to a wonderful “mother” and friend, Jo-An Torres, owner of the I Love It Girl transformation salon in Fremont, CA. “Mom’s” support, care and love for girls from all over the country has been her life’s work. When I was a “raw and awkward beginner,” she gave me confidence, advice and support from the first minute I walked through her door. It has continued to this day. God Bless You, Mom!!!

I would also like to give a big hug to those who contributed chapters to this book – Nancy Wichmann, Lucille Sorella, David Borrows, Brenda Faulkner, Jennifer Nelson, Lilly Williams, Kathleen Danielle Sharp, Melissa Hansen, Michelle Popkov, Kathe Perez and Marvin and Meredith Evans. I would also like to say “thank-you” to Cristy Garcia, Jennifer Nelson, Ava Alba, Tiffany Michelle Lloyd and cover girl Heidi Phox for

allowing me to use their pictures to spice up the pages. And to my editor, Cindy Shelton, to whom I owe a new dress or outfit, thank you for your outstanding work.

A few of the chapters are designed with repeat information mentioned in another chapter. This was done intentionally to emphasize certain techniques by the various contributors.

Best Wishes In Reaching Your Goal,

**Carollyn**

## **Prelude**

### **Are You Ambigendered?**

**Ambigendered** (from Latin, ambo = both+gender = masculine & feminine) Having two genders, one masculine and one feminine, being able to use both well and comfortably; able to think, talk, feel and act in both genders independent of each other. Double-gendered.

A friend of mine owns the sailboat “Brandywine” which has two complete wiring circuits, direct current (DC) and alternating current (AC). Similarly, many girls who consider themselves to be cross dressers are actually not CDs, but ambigendered. Their “vessel” (i.e. body) has two complete circuits, masculine current (MC) and feminine current (FC).

Before you shrug this off as “crazy” talk or far-fetched, think about how your body and mind works when you change from your male to female personas. Not everyone fits into this mold, but to many, it is a natural phenomenon.

It is very possible your body can operate on either or both the MC and FC currents. This means that everything about you, from your head to your toes, can operate both ways. Your eyes and ears, lips and tongue, your arms and legs, and especially your brain, can change currents once the switch is flipped on.

It’s not easy though. Once you learn how to “throw the switch” everything is natural and as it should be on whichever current you have selected. Some girls have a “label” on the switch, such as hair or makeup or the final zip of a dress. Others don’t need anything, the switch is automatic. I’m fortunate to fall into this classification.

When the switch goes from MC to FC, you are totally complete and everything about you is functioning as a woman because you ARE A WOMAN. Your thoughts, emotions, gender expression and for some, romantic love, are female. The MC circuit is in the OFF position and simply not working. Likewise, when the brain switches from FC to MC, then the FC is OFF. For most people, only one circuit works at a time.

It is quite accurate to say that my “evil twin” brother and I live together as one. We may be completely different people but we are best friends. We complement and supplement each other. There is no doubt that he is wired as a man, not like a man. As a man, he thinks like a man. He does not think “woman” and then translates his thoughts to man. It’s similar to thinking in French rather than thinking in English and then translating into French.

On the other hand, Carollyn is wired as a woman, not like a woman. She thinks as a woman. She does not think man then translates her thoughts into woman. She is a woman!!! The two have come together as one to be ambigendered.

# Chapter 1

## Dressing Appropriately

When many of my friends dress, they are really afraid they will be read.

I want to be read and so should you. Why? Because I want other people to read me as the woman I am, not a man in a dress. And to accomplish my goal, it is so important to dress appropriately.

When you dress, it is important to remember, you are not a drag queen, you are not transgender (although you may be ambigender), and you are not a cross dresser. You want to be a woman so you should look and act like a woman. You want to be "read" – as female.

You want everyone who observes you, whether from near or from afar, to perceive you as an attractive, well-dressed, well-groomed woman, who is a credit to womanhood. You don't have to be perfect, just presentable.

There will always be significant local or regional differences in dress. The styles in Sacramento could be quite different than in other cities. One might get away with wearing a bouffant hairdo, heavy makeup, a low cut cocktail dress and 4-inch heels during the afternoon in West Hollywood or Las Vegas but not in Sacramento, Seattle, Phoenix and Dallas or most any other town. The object is to dress for the location and the occasion.

A 2005 survey of mothers and their daughters on the topic of dressing appropriately by Georgetown University Professor Deborah Tannen, author of *You're Wearing That?*, revealed that their three most important concerns were hair, clothes and weight.

So, let's begin at the top.

**Hair** – Your hairstyle literally sets the tone for everything you do. It defines you. Get the best professional advice you can find and afford. Your goal is to be attractive and well-groomed. Try to find a local wig salon that will cater to T-Girls. All you have to do is make a phone call and ask. It's not that hard to do. There are many salons that will welcome your business. Remember, your money is just as good as any other customer's.

For those of you uncomfortable going to a wig salon, search the internet for sites such as Noriko and Paula Young. My first wig was from Paula Young and was a dud. However, I have a friend who studies their site and catalog, and swears by their wigs. Once she buys the wig, she takes it to a trusted GG (Genetic Girl) friend, who does the final styling. The results are fabulous.

Above all, choose a style that is appropriate for your age, your facial shape, your natural personality, and the occasion or activity. Don't try to be someone you are not.

**Makeup** – Here again, professional advice is the best, but it can be expensive. If you go to a makeup pro, ALWAYS tell him or her you want to look like a "regular" woman. You





Don't be

afraid to ask for help from a makeup consultant

want to look natural, not overly made up. Except for the rare special occasion, you are not going to your debutante ball. Start by understanding that there is no correlation between price, quality and effectiveness. Some of the best-looking women I know don't go to the MAC or Clinique counters, or the high-priced beauty shops. They buy everything off the shelf at the drug store and take advantage of the 2-for-1 offers and coupon specials.

However, don't be afraid to go to the department store counters for free makeovers. Yes, the beauty consultants are there to make a living, but you are not obligated to buy anything.

My first makeover occurred when I was walking through a local store and the consultant asked, "Would you like to try our latest eye shadow?" An hour later, I had received a complete makeover and I loved the results. There was no financial obligation, although I bought a tube of lipstick for \$9. The chance to watch the consultant do her thing on my face was priceless.

Also, there are many internet sites to assist you. Grae Phillips has a wonderful site, and the numerous glamour magazines are always full of the latest advice.

The key is experiment, experiment, practice, practice, practice.



A proportionate figure comes from wearing the right breast forms and undergarments

**Breast Forms and Undergarments** – How your outer garments are to drape or hang, how they are going to fit, how they are going to feel and how they will look will depend in a very large measure on what you wear underneath. The right bra and breast forms that are proportionate to your height, weight and figure are essential. The same philosophy goes with your hip pads.

Very few dresses, skirts or blouses hang correctly on a male body without a layer underneath. "Pull in" or "pad out," whichever you need to do. You don't need to create the "hourglass" curves of a Cinderella, but you want to look balanced on top and on the bottom. If you're 5-foot-3 and are wearing size D forms, cutting back to a C may give you a more proportionate figure. On the other hand, if you are 6 feet tall and wear a B cup, you might want to try going larger. This will depend on your build as well. Think "proportion" at all times.

Lingerie can be important depending on what you are wearing. Your panties will affect your pants silhouette. A soft full or half slip will even out your dress or skirt. Here again, it is not necessary to coordinate between price and value. Hone your shopping skills, but always remember lingerie can be the key. A full slip, in black, white or cream, is one of the most feminine garments any woman can wear.

**Your Body** – It is also important for you to study your body and your body lines. Using a camera on a tripod, photograph yourself from every angle. You should be your own worst critic. Analyze your pictures and determine what improvements, if any, can be made. Identify your body type and decide what works for you and what doesn't. Also, experiment with fabrics and cuts. Not every style will work with every body type. It won't take long to determine what is best for you. If you work at this in an easy, yet systematic way, you will be more knowledgeable and better dressed than most women. For some very good advice, particularly on less than perfect body types, try watching the television show "What Not To Wear." The hosts give some great advice on how to maximize your natural features and minimize the less desirable ones.

**Legs and Feet** – Unless nature has blessed you with very attractive legs, you are going to need and want to wear hosiery. Pantyhose are a great choice for everyday, but stockings are much more flattering, feminine and sexy for special occasions. Wearing a corset or a garter belt can maximize the female experience. I love Sheer Elegance stockings, but they maybe out of the affordable price range for many



girls. For regular use, Leggs or any other standard brand works very well. Again, there is no correlation between quality and price. Experiment with the brand, the color, the shade and the texture that works best for you. Coordinate your hosiery color with your outfit.

Keep your toenails and fingernails trimmed and in good shape. Use a pair of hosiery gloves, available online and at specialty hosiery stores, to put on or take off hose. Nails are the worst enemies for your hose. A small investment will save dollars in the long run.

**Shoes** – Shoes can make or break an outfit. The biggest question is: "How do my shoes really, truly and objectively look ON ME?" Once again, pictures of your shoes with different outfits will help you decide what looks best for you.

Remember, stiletto heels are not always a necessity with a skirt or a dress. Often, lower heels or even flats will look and work just as well. On the opposite side, heels with jeans can add that little extra to an outfit. It's up to you and how you feel. At times, I can feel just as good in a pair of flats as in 4-inch heels.

I had a friend, an attractive young lady at a private woman's college, who was always on the go to other schools for weekend football games and dances. She told me that before she left her dorm room, she always made sure she packed ALL the shoes she "might" need. "If I have the right shoes, I can make anything work."



**Jeans and heels, a perfect combination**

**Shopping** – Nothing is more important and will have a greater impact on your womanhood. Identify the major department stores, specialty stores or consignment shops that you will feel comfortable frequenting. Always keep an eye out for "clearance" sales or big discounts. Penney's and Macy's often have sales with 50-60% discounts, and even more on clearance items. A friend recently bought a beautiful dress and shrug outfit at Macy's for \$9. The original price was over \$100.

Develop an "eye" for items that have your name on them. Train yourself to spot a garment or shoes "at 50 feet" that shouts "You!!!"



It's also fun to shop with a friend or a spouse whenever possible. Not only does it result in a girl's day out, but it allows you to "bounce" the item off your companion before purchasing. Just because an item is the latest fad, doesn't mean that fad is you.

**Know Your Environment** – What I mean, is when you are dressed, you must know where you are and where you are going. Check out the mall, restaurant, movie theatre, etc...where ever you are going in advance. See what the other girls are wearing so you can get an idea of what you should wear that is appropriate.

**Act Your Age** – Wear clothing that is age appropriate. Simply said, wear an outfit that somebody your age would wear. If you're 50, would you wear something a teenager would wear? Probably not. On the other hand, if you're 30 would you wear a granny dress?

**Update Your Look** – Always be alert for the latest fashions, but remember to use fashion-sense as well. Some clothes stay in style for years, especially the classics like a little black dress or a nice pair of jeans. Some styles recycle every few years. See what the other girls are wearing and find what fits for your desires.

**E.N.D.** – Remember these letters and words. Explore, Nurture and Develop. There is not another woman on earth exactly like you. Buy things that work for you and not someone else. All this might take time, but it sure is worth it. Enjoy yourself.

**Meredith Evans assisted with this chapter.**

# Chapter 2

## Covering Flaws

Wearing women's clothes isn't always that simple. Our bodies are often much different than that of the average woman. We have wider shoulders, longer arms, bigger hands and feet, an Adam's apple, and sometimes a beer belly. But, there are ways to get around our "flaws" and create an image which we can be proud to present in public.



A top with a raised waistline is figure-flattering with a skirt or slacks

The most important thing to remember is to wear clothes that flatter your body, clothes that do not call attention to what you want to hide. One of the tricks of a well-dressed woman is that she is always aware of which clothes flatter her figure and which don't. Fashion is all about creating an illusion that is better than reality. Again, check out the show "What Not To Wear" for some real world examples.

A genetic male, when dressed as a woman, has very special fashion needs. Some of the body challenges one might face include small hips and a flat rear end, a thick waist, broad shoulders, a wide chest and above average height. Let's look at a few ways to solve these problems.

**Small Hips and a Flat Butt** – I wear a [Veronica 5](#) undergarment to solve this dilemma, but the cost can be prohibitive for some girls. An alternative is to design your own padding using foam rubber you can buy at most any fabric shop. Padding or no padding, remember that light colors make your upper areas look bigger. Wear dark-colored tops and light colors on the bottom to balance out your figure. When wearing a skirt, try an A-line that flares out at the sides, which will make your hips appear bigger. And, buy skirts and dresses with gathers at the waist to create a look of fullness in the hips

**A Thick Waist or Beer Belly** – Hide your waist by wearing styles with a raised or lowered waistline, such as baby-doll tops or drop-waist dresses. By all means, avoid tucked-in tops. And, don't be afraid to buy clothes in the maternity section if you are having problems finding clothes to fit over your stomach.

**A Wide Chest** – Wear tops and dresses with deep necklines which will create vertical lines and a slimming effect on your torso. Jackets and cardigan sweaters (open or closed) will help break up a broad-looking chest. Remember to wear dark colors as this visually makes your chest look smaller. And, above all, wear proportionate breast forms or enhancers. You don't want your breasts so large that they over-emphasize your chest.

**Broad Shoulders** – Try to avoid wearing tops that cut off at the shoulders. Instead, opt



**A shrug can help hide broad shoulders**

for halter tops, short sleeved sweaters or blouses that fall a few inches from your shoulders. Stay away from puffy or structured sleeves that stand away from your natural shoulder line. If you are wearing a sleeveless or strapless dress, throw on a shawl or a shrug to hide your shoulders.

**Too Tall** – Stay away from a monochromatic look (one color or shades of one color) because it will emphasize your height. Choose colors and clothing with fullness and gathers to make you look less vertical. Big prints will make you look shorter, as well as contrasting colors on top and bottom, to break up your figure.

**Adam's Apple** – Unfortunately, all men are burdened with this flaw, even though not all are visible. While my Adam's apple doesn't show, I know I'm in the minority. The best way to overcome the problem is to wear a high-collared blouse, a turtleneck sweater, a scarf, or choker-style jewelry to cover the area. A little bit of base makeup or a touch of bronzer in a darker shade can also minimize the bulge.

## Chapter 3

### Makeup Application

**Editor's Note:** Nancy Wichmann contributed to this chapter. She is a member of the Vanity Club and insists "I am not an expert - I don't even play one on TV. I do, however, apply makeup frequently and I did have professional training."

What you are about to read is my procedure when applying makeup. Every girl needs to develop her own variation. I do recommend that you keep this chapter handy when you put your makeup on so that you don't forget the steps, which I have done before. Feel free to use these instructions as a starter.

One thing that every "professional" agrees on is that the three most important parts of applying makeup are: blend, blend, and blend. There must be no visible lines in your makeup when you are done.

But before we start, you will need:

**Adequate time** -- Don't rush (remember: "Haste makes waste"). It took me almost two hours when I first started; I'm down to about one hour now.

**Cotton swabs** -- I have used Q-Tips, but I prefer the style with a rounded, pad shape on one end and a sharper pad on the other. It makes cleaning up boo-boos much easier.

**Eye makeup remover** -- You will almost certainly need to fix at least one boo-boo.

**A hand towel** -- Used for wiping your brushes.

**A GOOD table mirror** -- One that tilts to the correct angle to make seeing yourself easy. If you have problem eyesight, purchase a magnifying mirror.

**Proper Lighting** -- This is absolutely essential. Too much of a difference in lighting from one side of your face to the other will make your makeup lop-sided. Dim lighting will probably cause you to put on too much makeup. Too bright and you may never finish (BTW, daylight is the cross dresser's enemy).

Now, get out all of the makeup you will be using so it can easily be located when needed.

Take a deep breath and relax, now comes the fun part.

**Step 1** -- If you didn't apply moisturizer right after shaving, then apply it now, all over your face, except on your eyelids. Make sure that you completely cover the areas where you shaved.

**Step 2** -- Apply a yellowish concealer/base over the darkest areas of your beard. Hiding a beard takes work and practice. Pat the base on gingerly and make sure you get complete coverage. The area around your mouth (mustache, the corners of your lips, and from the lower lip to the chin) is generally the darkest and



hardest to cover. Don't overdo, but be thorough. Take your time. Make sure you get under your chin and down your neck – it's common for CDs to forget these areas.

**Step 3 --** Now, because it is an area I'm most likely to mess up, I apply my eyeliner. I use a liquid because it flows smoother. On the downside, it requires that you keep your eye slightly shut while it dries. Make the line thin and even.

If you use false eyelashes, make sure you do the line above where the lash attaches. Run the line from the inner corner to the outer corner, and slightly ( $\frac{1}{8}$  to  $\frac{1}{4}$  inch or 3-6 mm) beyond. Wait for it to dry (I fan it, but you could also use a blow dryer without heat). Now check it to see how it looks. Thin spots can be dotted to fill in the gaps. Thick spots can be cleaned up with the pointed cotton swabs and makeup remover I mentioned earlier.

**Step 4 --** The next most likely thing for me to mess up with is the mascara. (Someday I have to practice with false eyelashes!) Personally, I don't think the brush shape really matters; they are all about as equally ineffective. Start from the inside of the eye and work outward. Pay particular attention to the outermost third of the lash. If your lashes are thin, apply a second coat after you do the other eye. I also apply a little to my lower lashes because they are light. I find that it is more effective to also stroke upwards from underneath (but also more likely to make a boo-boo). Check for messes and clean them up with the cotton swabs and makeup remover as quickly as possible.

Now, use a black eye defining pencil on your lower lids. Slant it sideways and rub it gently along the inside ridge of the lower lid. You want to make a black line that will make your eyes just jump out at people. If you find your eyes watering, relax for a moment and do both eyes again. (HINT: Even if you are having a professional makeover, do this yourself. It's very difficult for someone else to do this without making you cry.)

**Step 5 --** Time for your eye shadows. I use a three color mix - usually of browns because of my natural coloring. Your hair color will have an effect on your choice as well. I use a smallish brush -- never those little foam applicators they often include because they disintegrate into your shadows and make it look rough.

Before applying the first color, wipe the brush on your towel to clean off the previous color. Put the darkest shade on first, closest to the eyeball. Don't start all the way in the corner; you can blend it into the corner. Apply the color over the crease of your lid. I like to draw the brush out just beyond the end of the lid. Wipe the brush on the towel. The middle color goes above that, up to just under the brows. Blend the first and second colors where they meet at the crease. Again, wipe the brush on the towel. Finally, the lightest color goes up to your brow. It should be no more than a brush width, and preferably, the thin side of the brush. For nighttime, you can put a glistening white just under the brow, very thin and not the full width.

Eye shadows are powders, therefore, they will dust. Clean off the lower lid below the lashes with a bit of makeup remover and a swab. Work clean.



Ava Alba shows perfect makeup styling with the emphasis on her eyes.

**Step 6 --** Your first concealer should be dry by now so it is time to apply a mousse foundation or concealer. Since this is not the first coat, you have to learn to “dab and smear” so the two layers don't get mixed together. Put a little on your finger tip and dot it onto your face with a slight sideways motion so that it smears out. Cover the entire first layer and most of the rest of your face, including your forehead and nose. This sets the underlying skin color for the foundation that you'll be applying in a moment.

**Step 7 --** Now it's time for your eyebrows. I assume that you've already plucked the shape. Use a brown eye brow pencil, tilted at an angle and start tracing your natural brow. Then add a little at the upper edge to thicken the brow just a teeny bit. How far out to go? Most makeup artists will tell you to take the pencil and hold it with the end at the tip of your nose and the body going across the outer corner of your eye - where it meets the natural line is as far as you dare go. I usually stop a bit short of that. Now use an eyebrow brush, going upwards and outwards so that all pencil strokes are evenly blended. (HINT: It's better to do this halfway than too much. You don't want big, bushy looking eyebrows. I use a lighter color pencil than my mentor gave me because I tend to put it on too heavy.)

Take a deep breath and relax. Check yourself over. Fix anything that needs to be fixed.

**Step 8 --** It's time for the foundation. If this takes less than three minutes, you're not doing it right; take your time. Make sure you shake the bottle well, then shake some onto your index finger tip. I start on my forehead and dab three spots with the first being just above the top of my nose, one left and one right. Now with the “dab and smear” technique, blend it out and up. Remember to go higher than where your wig sits on your forehead (if you wear one). Go all the way to the hair line (and even into it) on the sides. You may need more than one dab. Then use half dabs on your temples, blending up to the forehead foundation. Work down your face and nose. Don't worry about getting real close on your lower lids yet -- or in the side

creases of your nose. Remember to go on down your neck covering all the concealer. Also go behind your jaw line a bit - there was probably a little beard there.

Now, to finish the foundation, grab another (clean and dry) cotton swab. Dip it in the foundation or rub around the inside of the bottle neck. Now apply it sparingly to the inside of your eyes near the top of your nose and where there was no shadow or liner (leave no natural skin showing). With a bit more foundation, get the lower lids right up to the lashes. Now put a bit more in the creases of your nose, and possibly on into the edges of your nostrils. Your goal is a consistent color all over your face and neck. Now double check everything in the mirror. Turn off some of the light and look again. Fix any flaws you might find. Take a deep breath and relax.

**Step 9 --** Now you need a big poof brush (they sell it with that name). Wipe it on your towel. Shake it in the air. Dip it into your face powder and then tap off the excess - there will be some. Gently, from the forehead down, poof the powder onto your face. Don't worry about repeating some areas more than once -- the powder is setting the foundation and drying up the excess oils. If there is too much, the poofing will knock it loose. Should you end up looking like there's too much powder, clean the brush on the towel and poof away without any more powder.

The easiest way to finish the blend at the lower edge (on the neck) of your make up is to take the tissue that you've been using to wipe your hands and gently brush it across that lower edge from the makeup side to the non-makeup side. This creates a cleaner, feathered edge so it won't look like you're wearing makeup.

**Step 10 --** Wow, you've done an awful lot already! Now you need a smaller poof brush and your blush. Start by wiping the brush on your towel. Now dab it into your blush. With an upward stroke (from about the outer edge of your pupil), brush the color from the cheek bone up to your temple. Do both sides. Check the effect. If you need more, go ahead, but don't overdo it. Once it's obvious that you've applied blush, it's probably too much. You want a glow, not a blush. I also put a slight amount on the ridge of my nose.

Using a different poof brush, you can VERY lightly apply a LITTLE bronzer (if you need it) to your lower cheeks, chin, upper neck, and maybe forehead. Again, by the time you can see that you've put it on, you have too much. The point is to look like you've had a bit of sun on your face; if you really have, then skip this step.

**Step 11 --** Finally, your lips! Match up your lip liner and lip color. There should not be much of a difference - I have never understood girls who use vastly different colors and look really wicked for it. I use a felt tip lip liner. Draw it along the upper lip, from the little ridge outwards. Do the other side. Now fill in the crown in the center. On the lower lips, start in the center and draw the liner out, but not all the way to the corner. With your mouth closed, notice where the lips meet. That's as far as you should go with the liner. Do the other side. If your mouth isn't symmetrical, adjust for it with the liner. Try to stay right on the lip edge, not above, not below.

Ever since my mentor introduced me to lip gloss, I've not gone back to tube lipstick. But if you like it, use it. Again, work the lips in quadrants. Take the color up to, but inside the liner. The liner should stop the color from "bleeding" outside the lips when you talk, eat, or drink. It works, girls. Just remember to refresh the color every now and then -- like when you go to the ladies' room. For night time, you can use that same shimmery powder you used just under your lids on your lips. Use the same shadow brush and dab just a bit of the shimmer on your lower lip and rub them together. Viola! Instant kiss-ability!

From a professional beauty consultant, I learned how to make fuller, pouty looking lips, by putting a little concealer in the center of your lips before applying lipstick. Then after the lipstick, add a bit of gloss to the center of your lips.

Okay, now you're beautiful and ready to go! Stand up and check the mirror. Don't use the makeup light -- only the same "natural" light in which your admirers will see you. Go out and meet your public girl.

My last piece of advice is not to be afraid to experiment when you have time. But update and revise your procedure often.

Ava Alba is a member of the Vanity Club. Her picture was used with her permission.



# Chapter 4

## Beauty Tips

You can find most of this chapter in various places on the internet. To save time, and what girl doesn't want to save time, we have put this in one easy guide for you.

**Face Care** -- Begin by washing your hands to prevent any bacteria from transferring to your face. As you begin to wash, start with your hairline as hairstyling products tend to attract dirt. Next, apply your cleanser to your face, lips, and down your neck, making sure you cover all areas where you apply your makeup. After applying your cleanser, use the balls of your fingers to gently work the cleanser into your skin. Wait one minute then use a soft cotton ball to work away any dirt or excess makeup build-up. Finally wash your face clean with water and a quality face wash until your face becomes perfectly clean.

**Exfoliating** -- You can spend a lot of money on exfoliating products that you are "instructed to use" every day or two. But you have a pretty good exfoliate already sitting in your bathroom and it doesn't cost you any more to use it! It's called a wash cloth! Most terry cloth wash cloths do a very good job of exfoliating, especially on the rest of your body. Don't overlook this inexpensive beauty product.

**Eye Care for Dark Circles** -- Use a good mirror and take a good look at the actual color of your dark circles. If the color of your darkness is gray, lightly apply a soft pink eye shadow to the circles before applying your foundation. If your darkness is a blue hue, use a light peach color first instead. Also, steer clear of blue and purple eye shadows, which accentuate the blue in the dark circles. Don't wear eyeliner or mascara on your lower lashes; these just contribute to the area's overall darkness. Poor circulation is also to blame for puffiness and dark circles. Look for an eye cream with anti-inflammatory properties to increase circulation which will increase the blood flow to alleviate and brighten dark circles.

**Normal Skin** -- Normal/Combination skin will benefit from a good beauty cleansing regimen and usually performs well when left alone. Make sure to drink plenty of water; I recommend at least eight glasses a day. To slow the signs of aging, I also suggest that you moisturize your neck and skin on a daily basis.

**Oily Skin** -- Cleanse only two or three times at the very most with a product made for your skin type as washing more frequently will only strip the skin of oil which simply stimulates the oil glands to replace it. While washing, avoid rubbing soap into the skin as this can clog pores. Be careful to only massage your face with your fingertips slowly. Steaming several times a week with lavender oil, chamomile, dried parsley, rosemary or thyme can also help.

**Dry Skin** -- During the summer months when the weather is hot and humidity is low, moisture is lost from the skin which can lead to dry skin. A good moisturizer is also important in the winter when central heating can have the same effect. As a general rule, the lower the humidity, the heavier your moisturizer should be.

**Flaky Skin** -- Diet and lifestyle play an important role in the appearance of your skin. Aside from drinking lots of fluid, a weekly mask is extremely beneficial.

**Lip Care** -- If you want to get great looking lips that shimmer, try applying sparkling eye shadow over the top of your lipstick to create a new shiny shade. To achieve a pouty mouth, emphasize your top lip by dabbing a touch of gloss in the center. Oh, by the way, there is little credible evidence that lip plumpers work, so carefully consider that expensive product before buying.

**Fragrance Advice** -- Perfume scents last longer on oily skin and have a stronger fragrance as compared to dry skin. If you have dry skin, I suggest that you apply a layer of oil-based natural skin lotion to your skin before applying your perfume. The best spots to apply perfume are at the nape of the neck, the inner elbow, behind the ears, and along the shoulders. Avoid spraying perfume on silk; it will damage the material.

Remember that perfumes (and the various weaker versions) all have three notes to them: Top, Middle, and Bottom. The top note will be the first to evaporate away. It is also the one that irritates most people when you have it on too strong. The middle note seems to be the one that most pleases the wearer.

If you're wearing the fragrance for someone special, remember that it's the bottom note of the fragrance that is going to be the most attractive and hypnotic to him/her; give it time to wear off the top note at least.

**Layer Your Fragrance** -- Layering helps extend the scent of your fragrance. Applying a layer of lotion or cream prior to wearing your fragrance will help prolong the wear of your favorite scent.

**Fingernails** -- Fingernails are made of the same stuff as your hair, not gelatin. The number one trick to healthy, strong nails is vitamins. Many so-called experts believe in pre-natal vitamins, but I find cheap store brand multivitamins are just about as good and less expensive.

Applying fingernail polish takes practice. Next time you have some free time, or just a few days off of work, practice. Give the nails a chance to recover after taking one trial coat off before doing another.

Don't do it like they do in the salons -- you're not getting paid by the customer! Apply one coat and give it time to dry at least a little. You can even try a hair dryer on the low or no heat setting. I find the sun is the best nail dryer. Applying another coat on top of a still wet coat is a recipe for long drying times. After I leave a salon, I have found it can take up to 8 hours to get a reasonably hard dry.

**Grooming** -- Grooming refers to personally hygiene as well as your overall appearance. Start by keeping your fingernails trimmed and clean. When brushing your teeth, brush your tongue as well. Your tongue attracts bacteria and can cause bad breath. When outside, wear sunglasses. The sun will damage the skin around your eyes and squinting will leave creases over time and can cause headaches. In hot weather, I suggest you wear light-colored cotton clothing. This will absorb less heat and you will have less visible sweat stains. If you don't iron your clothes, remember to remove your laundry immediately from your dryer to avoid creases and wrinkles. Dry cleaning your clothes can be expensive, but worth it for your favorite items and it requires no ironing. A good inexpensive alternative to dry cleaning is a product called Dryel that you use in the dryer. You can clean 3 or 4 items at a time and it is safe for all dry cleanable items.

**Brows that Wow** -- Do not hide the beauty of your eyes under unruly, unkempt brows! Perfectly coiffed eyebrows are a natural frame for your eyes and will enhance your look and accentuate your makeup if done right. Great brows are achievable for anyone...just follow these simple steps to brow perfection:

Your brow should begin right above the inner corner of your eye and end at a diagonal with the outer corner of your eye. An easy way to determine where the eyebrow should begin, place a pencil against the side of your nose and line it up with the inner corner of your eye. To see where the brow should end, place a pencil diagonally from the side of your nose ending at the outer corner of your eye. The eyebrow should arch above the upper rim of your iris.

Comb your brows in the direction the hair grows, then use a brow pencil to lightly trace the start and finish point and the shape you wish your brows to be.

Only pluck from the underside of the brow in the direction that the hair grows. If you pluck from the top you chance plucking too much and losing the shape of your brow.

Pluck any stray hairs between the brows.

If you find plucking painful, dull the area with an ice cube or lubricant prior to tweezing. Hint: dental pain relief gel has a slight numbing property and works great! If you find your eyebrows are starting to thin use a brow color (powder or pencil) in the same color as your hair, or even a shade lighter, and fill them in lightly. Use feathery strokes, and don't draw on lines in place of eyebrows.

**Long Lashes** -- Great lashes are more about the application than about the brand you choose. Here are some great tips to get perfect lashes every time:

Apply your mascara in front of a mirror with both feet on the ground, not in the car, or on the bus!

Start with a mascara color that is a good color match for your own lashes. If you are going for a subtle look, try clear mascara.

Before applying your mascara, give your eyelashes that movie diva drama by using an eyelash curler... carefully! Remove any globs of mascara from the wand with a tissue before you apply.

To apply, start at the base of your lashes and work your way out with a zig-zag motion, applying more at the base than at the tips to give your lashes a rich, full look. For optimum drama, make your eyes look bigger by just coating your upper lashes with mascara. Leave your bottom lashes au natural.

If you happen to smudge your mascara do not try to rub it off. First use a tissue to dab the spot. Then dab a drop of concealer on to the smudge until it is complete concealed. Blend lightly by patting with your pinky finger. Keep your lashes looking great by applying a drop of olive oil to clean lashes before you go to sleep at night. To make sure you do not get any in your eyes, place the drop of oil on a tissue, bring it up to your eyes and bat your lashes against the oiled part of the tissue. You only need a small amount to reap the benefits. If you have sensitive eyes though, ask your doctor first.

Nancy Wichmann, a member of the Vanity Club, contributed to this chapter.

# Chapter 5

## Eyebrows

A feminine eyebrow shape with a high arch can help take a moderately proficient makeover to an almost miraculous transformation.

Some of us are blessed with thinner or lighter-colored brows and so we have less of an issue, but for those with overly masculine eyebrows, what are the methods and means available to feminize this critical facial feature?

**Plucking** is probably the most widely used method and it is certainly the cheapest since all you need is a pair of tweezers, patience and a medium threshold for pain. However, I would strongly recommend against a first attempt on your own, as over-plucking mistakes can take weeks to grow back! Any reputable beauty salon will have skilled staff on hand and eyebrow shaping can be done for as little as \$15 to \$20 for a first session. Salons are used to shaping both men's and ladies' brows these days. You'll just need to ensure you instruct the technician with regards to how feminine a shape you want.

**Waxing** is another method that is used increasingly by beauty salons. It can be very quick as compared to the more traditional plucking method. While results are great with hot wax, which is applied around the brows, then stripped off to remove the offending hairs, it is even easier to go too far than with plucking, and that is a risk many cannot take.

Perhaps, for many, the ideal is a combination of the two, particularly if you have thick overgrown eyebrows that almost join. Whatever you do, be sure to give clear instruction to any beauty technician as to how feminine a look you require. It's better to under-do the first time than over-do.

**Trimming** with small scissors or small eyebrow shavers can help to give a short term solution. Again, great care must be taken not to over-trim as mistakes may take weeks to grow out and eyebrows are a very noticeable feature on any person's face.

So, what is the recommended method to use if a beauty salon is not readily available, and if plucking,



trimming, waxing and shaving are not an option at all?

Are there any concealment methods that are more temporary so that all tell-tale signs can be done away with after dressing? Concealing and re-shaping without any loss of hair is a lot simpler solution than it sounds.

**Concealing Eyebrows** is a method used for years in the theatre. The first step is to apply eyebrow or modeling wax over the eyebrow to conceal the hairs. Pan-stick and foundation are used to blend the area before the new eyebrow is drawn into place.

The most common products are Mehron Modeling Wax and Kryolan Eyebrow Wax, though there are many others. Eyebrow wax is a white waxy substance that when worked between the fingers with body heat, becomes pliable and will smooth on easily to conceal the eyebrows.

Next, you should use a fixative or cosmetic sealer on top of the wax, which usually comes in a nail-polish type bottle and is applied using a nail-polish type brush. Again, Mehron and Kryolan both have excellent products though there are others.

If using pan-stick as your beard concealer, you can blend it into the eyebrow area before applying foundation and then powder so that you now have a clean skin-like surface to work with. The desired eyebrow shape needs to be sketched on using a good quality dark brown eyebrow pencil. If, after the ideal shape has been drawn there are still some tell-tale signs of the old brow, use Mehron's Clown White and more foundation for blending. Finish again with powder. Whilst the effect from a mirror 12 inches away may not seem the most subtle, once your wig and full makeup are in place, you will be amazed at the effect you can create - a new 'you' will literally emerge before your very eyes.

**Mapping the Ideal Eyebrow** is a good beauty technique that you will see often at a makeup counter. If you get a chance to see this method in action please ask the beauty advisor to explain what they are doing. Take a pencil and line it up with the outside of the nose, pointing it vertically upwards. Where the pencil line traverses the natural eyebrow is the point at which the eyebrow should start or better still, just a little inside the line. Any hair outside of that line (i.e. towards the nose) should be removed. Holding the base of the pencil at the outer edge of the nose, rotate it in an arc to the point where it dissects the center of the pupil – this is the line at which we find the high point of the brow so prevalent with female eyebrows. Now continue to rotate the pencil toward the outer edge of the eye to find the point at which the brow should end. This end point and the start point of the eyebrow should be at the same level.

**Before You Start** with any makeover techniques, time, patience and practice are your best allies – there are unfortunately no quick fixes to mastering these arts, unless you go the route of the beauty salon. With any eyebrow shaping remember to:

- Remove hairs clearly outside of the regular eyebrow line, especially outside the start line.
- If attempting to shape by plucking or trimming, do a (very) little at a time if you do not want others to notice in your day to day life/guise.
- If using tweezers, be precise and pluck only one hair at a time - do not be tempted to pluck multiple hairs at once. Work from the inside of the eye to the outer corner and go one row at a time, carefully.
- When using Eyebrow Wax, be sure to use fixative/concealer after the wax is applied, but before pan-stick and /or foundation are applied.

If permanent shaping is not an option (even very subtly) then I highly recommend the concealing method. It works extremely well and stays in place. The concealing is the easy part, but drawing in the correct feminine eyebrow shape requires practice. But don't worry, assistance is at hand. Many beauty stores sell eyebrow stencils which make even this fool-proof!

David Borrows from the Glamour Boutique assisted with this chapter.

# Chapter 6

## All About Lips

Renowned artists Leonardo da Vinci and Michelangelo took years to learn their trade before they produced the Mona Lisa and the Sistine Chapel paintings.

When it comes to painting our lips, it shouldn't take years to learn or complete, but it should be done deliberately.

Applying lipstick is an art. Don't let anyone fool you. Taking out a tube of lipstick and painting your lips should not be taken lightly. Lipstick will complete your appearance and will go a long way in defining who you are.

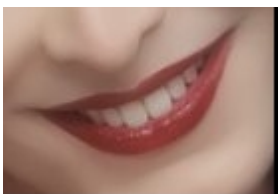
Lipstick color is up to the individual and usually blends with one's eyes, complexion and/or the outfit one is wearing. I can stand at a lipstick display for an hour, rubbing the colors on my wrist to determine "how will this color look?" I've probably bought and never used, and discarded more lipstick than most girls have in their makeup kit. I may just be too finicky. Oh well...

My number one rule is: "Never let a lipstick tube touch your lips."

"What?" you ask? "How can I wear lipstick without it touching my lips?"

Please notice, I said "tube." I use a good quality lipstick brush to artistically paint the color on my lips.

Perfect lips are not easy to develop. I should know. After 27 years of trying, I have yet to be 100 percent satisfied, but then again, I'm a perfectionist.



Perfect Lips (Courtesy of Tiffany Michelle Lloyd)

Good lips require a sharp lip liner pencil, concealer, a Q-tip or two, some clear gloss, a steady hand and a little imagination. I will try to make the following simple.

Start by puckering your lips, as if you are going to be kissed. Using a lip liner pencil slightly darker than your preferred lipstick color, carefully outline the crown on your upper lip. Then slowly draw a line to the corners of your mouth. Don't worry about using too much liner or making the outline too dark. We will solve that problem later.

On the lower lip, you have two choices. Are you preparing for day or night? Your lower lip should always be smaller (thinner) during the day than at night, since you want to be more dramatic after dark.

For the bottom lip, start the pencil from one corner and work to the other. If you're applying day makeup, run the line at the bottom of your lip. For night, go a little farther down below your lip, but make sure the curve is identical to your lip line.

Now, you should have a well defined outline. The next trick is to use a makeup concealer to sharpen the corners of your mouth. A pointed Q-tip will help shape the corners as the liner can often be too thick/wide when drawn.

With that accomplished, use the same lip liner pencil and fill in the entire lip area, just like when coloring a picture as a child. Your lips will begin to look more defined.

Now to complete the painting, dab the top of the color stick in the tube with even strokes to pick up the color. Then, start with the upper lip, use even strokes to slowly paint the crown and down the sides, and blend the color with the outline of the lip line. The lip liner will virtually disappear. Do the same with the bottom lip, again blending. If you desire, a little liner seen on the bottom lip can add drama to your appearance.

Don't blot your lips!!! Let the color settle naturally and don't over paint as more lipstick will end up on your teeth than your lips. If that occurs, you have too much lipstick on the inside of your mouth. To remedy the problem, stick your index finger in your mouth, pucker, and remove your finger. The "overage" will be history.

Concealer can again be used with a Q-tip to even out the rough spots on the outside line of your lips. If satisfied, use another clean brush to top off your lips with a bit of clear gloss, again brushing from the inside out. Your masterpiece is complete.

Painting is practical at all times and is much sexier than any lipstick tube application.

Tiffany Michelle Lloyd is a member of the Vanity Club. Her lips were used with her permission.



# Chapter 7

## Types of Women's Clothes

If you are more than five years old (if you're not, please return this book to your parents), then you've been subjected to the most cruel and inhumane discrimination on Earth -- MEN'S CLOTHES. You've been taught that there are only four types of clothes: Grubby, casual, suits, and formal. Most men only wear something formal (a tux) for their proms and wedding. If you've been working in a suit environment, there's even a high likelihood that your casual wardrobe is sadly lacking.

Women have many more types of clothes that they need to have on hand. This is one big reason why women always have bigger closet space or suitcases than men - we need it.

**Around the House or Beach clothes** -- These are the clothes you don't wear to the office, like jeans, shorts, tee shirts, sweats, etc. I'm a bit old fashioned here, but I don't like many of these styles in public. I wear jeans in public (as the most casual), but only because they have become so pervasive. I don't know who decided that jeans could be "designer wear," but they should be shot! (Even worse is the person that decided that sweat clothes - no matter what you do to them - could be worn outside the gym.) Please be careful wearing this type of stuff outside the house or the beach. Sloppy clothes make a sloppy girl and a sloppy girl may not pass as well.

**Casual and Career clothes** -- These days it's sometimes hard to tell the dividing line between casual and career (office) clothes. I do recommend that you pay attention to how your boss and your boss' boss dress even if they're men. Please don't dress like everyone else at your job level, and never the way people below your level dress.

A good reference, even though it's a bit dated on styles, is John Molloy's *Women's Dress For Success*. Unfortunately, to get the most out of that book, you'll also need to read the original men's version. It is based on solid research and the suggestions (if not the styles) are just as good today as they were when it was written. (If it helps to encourage you to read it, he suggests you buy an expensive sports car.)

Oh, by the way, if you're working en femme, congratulations!

**Dating clothes** -- Well, this is hard to explain. I think this category is one of those you have to experiment with and find your own style. It can easily combine casual, career, and dressy clothes and depends a lot on where you're going.

**Dressy clothes** are more for parties and up to semi-formal occasions (actually, many girls split party and semi-formal into separate categories). For the most part, they will look out of place at the office. However, you can learn to dress in down-and-up outfits too.

**Formal clothes** are just that, for formal occasions. These include going to the symphony, weddings (if you're in the wedding party), proms, formal parties, etc. The invitations will generally say "Formal" or "Black Tie" if they intend for you to wear a formal.

Cross dressers often don't understand the distinctions because men don't have all these categories of clothes, but look on the bright side, now that you know you need to buy some more clothes! When I was still pretending to be a man, I had trouble understanding the wide variety of seasonal clothes for women ("Oh, I can't wear that in the Spring!"), but now that I'm living it full time, it makes a lot of sense and it increases my need to shop.

Most cross dressers really do need to find a few (2 - 4) really good role models for their dress; those women don't need to know they're your role models. Just study them. And don't forget, some may be bad examples. And if you can travel, do so; the women in my new home of Boston, by-and-large, have no sense of fashion.

**Don't go cheap** – If you do you'll look cheap. Invest in a good wardrobe. Look for fashions that will hold up for several years instead of going out of style before you get to wear them a few times. Closely following the fashion trends is okay for dating, but not for the office (and many GG's are bad about this). There's nothing wrong with looking feminine at the office (as a matter of fact, it's a good thing), but it needs to be a more conservative feminine.

**Nancy Wichmann, a member of the Vanity Club contributed this chapter.**

# Chapter 8

## Determining The Right Bra Size

Your clothes will always look better when your undergarments fit properly, and that starts with wearing the correct size bra.

So often I have seen girls who have breasts that are out of proportion to their body. Breasts too big or too small for ones body type are important when it comes to looking natural and feeling good about oneself.

To feel comfortable, try to follow these simple recommendations from JoAn Torres.

**Bra Size** – Determine your band size by using a cloth measuring tape just below your breasts and above the rib cage. You should come up with 34, 36, 38, etc. If your measurement is an odd number, round up to the next even number.

**Cup Size** – Again, using the cloth measuring tape, measure around the fullest part of the bust, then round up one inch. Subtract the largest number from the smallest number (You may be a 34 below your breast, but across your breast you could be a 38. If that is so, you have a 4-inch difference). Every inch will equal one cup size. In our example, the cup size is a D.

Measuring is not fool proof, but a good start in determining the proper size. Check the following to determine if your bra will fit comfortably.

- ☐ The straps should be firm around your body and should be on the loosest setting. This way, as the elastic wears through the life of the bra, it can be tightened easily.
- ☐ One or two fingers should easily fit under the bra band.
- ☐ The bra band should fit horizontally around the rib cage.
- ☐ If wearing an underwire bra, the underwire should be flat, up against the body.
- ☐ Breasts should be fully enclosed in the cup. The breasts should not spill out over the cup or should there be wrinkling of the fabric in the cup.
- ☐ While looking in the mirror, breasts should be at the midpoint between the eye of the elbow and the shoulder. No higher, no lower.

A good referral source is:

[http://beauty.suite101.com/article.cfm/how\\_to\\_fit\\_a\\_bra\\_properly>properly](http://beauty.suite101.com/article.cfm/how_to_fit_a_bra_properly>properly).

Jo-An Torres, owner of I Love It Girl, contributed this chapter.

# Chapter 9

## Creating "Natural" Breasts

Have you ladies who have not had implants and are not on hormones ever wondered what it would be like to have natural breasts?

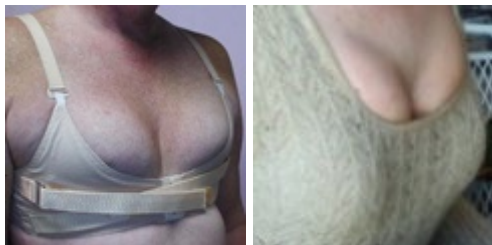
Thanks to my friends, Kathleen Danielle Sharp, Melissa Hansen and Lilly Williams, I have discovered four very different ways to do so.

The first is very basic and simple, while the second is much more complicated and time consuming. However, both ways work, as I'm living proof.

Kathleen has recommended, and I have purchased, what is called a "Jiggle Bra." The bra allows you to slip your forms into the bra pockets. When wearing the bra, your breasts feel very natural and "jiggle" as you move.

The bra can be seen and purchased through [Glamour Boutique](#). To save time, type "Jiggle Bra" in the search box. The bra comes in sheer or white, and costs about \$40 including shipping. It was recently on sale for \$23.95.

I have also purchased a "Cleavage Under Bra" from Glamour Boutique. The under bra is worn as a supplement to your regular bra. The bra will push your breasts up and the attached Velcro straps will make the existing cleavage even more prominent when enhanced by your bra and your breast forms. The concept works very well, especially when I'm wearing a low cut dress, sweater or blouse.



The Cleavage Bra works well with a low cut top

Melissa creates cleavage using adhesive silicone pads.

These types of pads are often used to lift and create more cleavage for real breasts when a regular bra cannot be worn such as with a low cut dress with a very low back. While these pads do not add any significant volume to the cup size of breasts, they can be used to enhance the amount of cleavage.

The silicone pads come in two parts – one for the left and one for the right. Each pad is backed with a light and reusable adhesive. Each pad is placed over the corresponding chest area. The pads are pushed toward the center and connected using the attached clip. This pushes any loose skin and tissue together to create the appearance of cleavage. This technique works on the same principle as taping, but without having to wrap yourself in tape and the discomfort associated with tape removal.

Wearing breast forms over the pads is usually necessary to obtain the desired breast size. Silicone breast inserts tend to work better since they have a concave back and are designed to fit over existing breasts. Regular breast forms with a concave back work, but inserts tend to look more natural and not move around over time. Tear-drop shaped inserts or forms are recommended for use with adhesive pads. Use the cup size of adhesive pads and inserts that corresponds with the final cup size of your bra.



Adhesive silicone pad can be found in some lingerie departments or from on-line stores. Running an internet search using the terms “adhesive body bra” or “adhesive strapless bra” or for the brand names “NuBra” or “QBra” will locate numerous stores carrying these pads. e-Bay is another source and most adhesive pads can be found in the “Breast Forms, Enhancers” category. Prices for adhesive pads vary so shop around.

The pads last for 50-100 applications especially when kept clean and free dust and dirt. It is a good idea to have a spare set since the adhesive can start to rapidly fail or if the connecting clips break.

## Detailed Procedure

1. Shave, and thoroughly clean and dry your chest wherever the silicone pads come in contact with your skin. Any hair, residual soap and water, dirt, debris or body oils reduces pad adhesion and may decrease their life.
2. Align one edge of the silicone pad in the desired location. Press the edge into place and continue pressing the pad down onto your skin using a rolling motion. Work your way from the first edge towards the other edges until the entire pad is in contact with your skin. This prevents air from becoming trapped beneath the pad which decreases adhesion. Do not press the entire pad into place at the same time. Repeat with the second pad.
3. Put on your bra and position it so the cups are immediately below the pads.
4. Pull the silicone pads together and connect the clip.
5. Immediately pull the bra upward so the cups are over the pads then adjust the bra for the proper fit. This helps to keep the pads from loosening or detaching.
6. Place the silicone inserts into the bra cups. Usually the best shape and fit is obtained by pointing the top of the tear-drop (pointy part) towards your arm pits. Use the bra cups as a placement guide. The inserts should be aligned and fit over the top of the pads. The inserts tend to move and settle into place based on the shape of their backs, and the position and shape of the pads. Re-positioning the pads may be necessary if the natural position of the inserts is not right. Sometimes, pointing the tear-drop part of the insert toward the center works best depending on the shape of your chest, position of the pads, neck line of the top or dress, and fit of your bra.
7. If the silicone inserts tend to move into an undesired location and adjusting the pads does not work, place a very small amount of silicone breast form adhesive on the backs before placing them over the pads. The back of the inserts only need to be slightly tacky. They do not need to be firmly stuck into place. Using adhesive is also recommended if you are wearing a demi-bra instead of full coverage bra.

8. After putting on your top or dress, check the position of your insert and pads and the appearance of your breasts and cleavage. The pads may need slight re-positioning to prevent them or the inserts from being too visible or unnatural looking. If leaning or reaching forward causes the inserts or pads to show, using a small amount of double-sided tape usually helps to prevent your top or dress from pulling away from your chest area.

## Finding the Best Position for the Silicone Pads

1. Most silicone pads have a left and right side. Usually the clip is at the bottom of the pads and when connected tend follow the usual contour of most bras cups.

2. Finding the proper pad placement requires some experimentation in the beginning. A good starting point is to place the pads, when connected together, so the highest part is directly beneath the center of the bra cups. The pads are curved on the outer surface and tend to mimic the natural contour of breasts.

3. If the silicone pads are placed too close together, only a small amount of cleavage will be created and this often looks unnatural. If the pads are placed too far apart, your breasts will be squashed together or misshapen which also looks unnatural. Also, the silicone pads tend to quickly detach from your skin due to the stress of being pulled together from a long distance. This is a greater problem after the pads get older and start to lose some of their adhesive strength.

4. Usually the natural contour of your chest dictates the proper height of the pads. The shape of the silicone inserts, how they lay on top of the pads, and the fit of your clothing over the breast area may also influence the best height of the silicone pads.

5. Once the best place for the pads is determined, it will usually be the same each time regardless of what you are wearing.

## Using Adhesive

Lilly prefers using Hollister #7730 Medical Adhesive (available from [www.hollister.com](http://www.hollister.com)), which is formulated for ostomy appliances, to attach forms directly to the chest. A 3.2 oz aerosol can of the adhesive costs about \$30 and can be purchased online or at a local surgical supply store. Do not bother with the Hollister Adhesive Remover, which runs about \$22. Good ol' Goo Gone is more effective, readily available and far cheaper at the Home Depot. I now buy Goo Gone in the quart size.

I'll let Lilly explain how she glues on her forms.

"It's actually very simple," said Lilly. "Just follow the steps."

1. Shave your chest, if necessary, then clean the area where the forms will set with rubbing alcohol.

2. Put on a bra with your forms, and then put on the dress or top that you intend to wear. Note: choose a bra that will become your "sacrificial lamb" as it may get some glue on it that will be next to impossible to remove.

3. Using a cheap eyebrow pencil, lightly mark the boundaries of the garment on your chest (scoop neck, halter, V-neck, etc.)



4. Once you know where the dress lands on your body, readjust your bra to position the forms for best placement with the least chance of having them pop out from under your clothes as you move. With my triangular forms, I have affixed them many different ways. For a low cut blouse or dress, I will frequently reverse the right and left forms, and affix them upside down so that the top tabs of the forms don't peek out. If I'm wearing a halter top, I will use the right and left forms on their proper side, but rotate them 90 degrees, so the elongated side tab that normally extends under the arm isn't visible.

5. Once the forms are optimally placed within the bra, peel down the bra one cup at a time, holding the form, and mark the form locations with an eyebrow pencil.

6. Next, spray the adhesive about 1/2" in from the edge of the form, all the way around, plus a little extra around the tabs, especially the tab that will be at the top of the form when affixed to your chest.

7. Put the forms down or back in their plastic box holders for about 7-10 minutes to allow the adhesive to settle. It actually becomes more liquid as it settles. Make sure that no adhesive gets on the front of the form. I have said before, this stuff is from outer space and will adhere to anything. If it gets on the front of the form and you put it back in its holder, you have to be VERY careful when you take them out of the holders so as not to tear them. I usually take a cotton ball with some Goo Gone and quickly wipe around the front before placing the form in the holder.

8. While the adhesive is settling, I usually cut a 6 - 8" strip of 3M Transpore surgical tape and tear it in half lengthwise so I have two 1/2" wide strips.

9. Now it's time to attach the forms. Do NOT do this over carpeting. If any of the now liquid adhesive drips on the carpet, you'll likely never get it out.

10. Now, put your bra back on.

11. Take the correct form (right or left), lean forward and carefully slip it into the bra so that it lines up with the eyebrow pencil marks from step 5, and press it against your chest.

12. Take one of the strips of surgical tape and use it to tape down the top tab of the form as it tends to pull away from the skin. Again, make sure that there is no adhesive between the tape and the form.

13. Repeat for the other side.

14. Now I usually go and do my makeup while the adhesive adheres to my chest. The adhesive usually sets after just a few minutes. After about 45 minutes in makeup, I remove the bra and the forms stay in place. Done right, I have done jumping jacks, and they don't slip.

This may sound complicated, but it's actually quite easy. It usually takes me 15-20 minutes to methodically do steps

1-13, while I'm doing other parts of my transformation. Please practice the process at least once before going out.

For removing the forms at the end of the night, gently pull the forms away from the skin, while reaching under the form to push on the skin. Don't just pull on the forms as you don't want to tear or stretch them.

Once mine are off, I immediately wash them in copious amounts of Goo Gone. I find the Goo Gone Spray Gel to be most effective. I often use an old toothbrush for the most persistent glue residue. Next, I use a mild dishwashing detergent to wash off the remaining Goo Gone. Then I take a cotton ball loaded with Goo Gone and start washing the residue from my chest. Be advised that you might end up with 2 circular rashes

on your chest after removing the forms. I always get them, and they last about 2 days.

I hope that explains everything. Give it a try, but remember to be careful and patient!

I have found the Jiggle and Cleavage bras to be great for most occasions and Melissa's method is excellent too, however the Hollister method is perfect for that special dress or top. No matter which method you choose, they all work and will help you feel "natural."

Lilly Williams and Kathleen Danielle Sharp are members of the Vanity Club. Melissa Hansen is a member of the Sacramento River CityGems.

# Chapter 10

## Enhancers, Forms and More

As girls, we are always trying to look our best, and accenting our breasts is a major part of our development. How one does it is up to the individual, but here's a little help.

Many of us started with socks and birdseed. Well, at least I did. A pair of white socks was readily available in my dresser drawer and a pair of 5-ounce baggies of birdseed was cheap. They both served the purpose, until the day the birdseed bag broke, but that's another story.

The norm for most girls are breast enhancers and forms, which can range from \$10 to \$100 on e-Bay and even more depending on the seller or store. Alternately, one can really splurge and purchase a prosthetic, or go for the ultimate with implants.

I know a few girls who are fortunate to have enough up top to wear a push-up or diva bra (available at Classic Curves International, [www.clcrv.com](http://www.clcrv.com)) and be naturally on their way. But for the other 99%, we need some assistance.

I graduated from socks and birdseed at an early age. A friend traded me a set of breast enhancers for a sweater and a year later, a purging friend gave me a pair of breast forms. I have found that both are an essential part of my wardrobe.

You should determine if enhancers or forms are best for you depending on your body type, budget and personal desires. For me, I still use both, depending on what I wear.

I have found enhancers most beneficial to me when I wear a baby doll top or low cut sweater. I'm fortunate to have enough chest skin to allow the enhancers to push up my chest and create well formed breasts and some cleavage. They are lighter in weight and easily fit into my long-line bra.

I have not abandoned the breast forms, however, especially when I wear a form-fitting dress or sweater. At times, I find the forms are more conforming and proportionate to my 6-foot frame, but then again, so too are the enhancers. It is ultimately up to the individual.

I also use double-sided wig tape to secure the enhancers or forms to my chest and keep them in the right place for a near natural feeling. The tape is about \$20 per package and works the same as when securing your wig to your forehead.

Wearing the correct bra is also very important. I emphatically recommend a trip to Victoria's Secret or another specialized women's store to have a sizing. Yes, I was scared to death, but I knew it was important, so I called ahead and made an appointment. The sales lady was professional and treated me better than I ever expected...and she made a nice sale as well.

Most of us will not graduate past enhancers or forms, but here are some other ways to create the ultimate appearance.

Taping is still popular and a cheap way for many beginners to create cleavage. I've never liked using surgical or duct tape, as the tape was not only uncomfortable, but usually unraveled after a few hours, and it can be hard to remove the residue. If you're interested in this technique, there are many websites with instructions.

More and more girls are turning to implants. In the last year, three of my friends have spent \$5,000 to \$7,500 for permanent breasts. I'm told the under muscle implants are much easier and less painful than in the past, but one must go to a doctor specializing in the procedure. There are a number of specialists in the San Francisco Bay Area.

For about one quarter the cost of implants, real life looking Croptop breasts can be purchased from an English company called ProActive Prosthetics. Their products are amazing and individually designed; however, they are very expensive. Check out their website: <http://proactiveprosthetics.com>

A dear friend sent me information on a unique "open bra." The site is in German, but can be converted to English with one click at the top right of the web page: [www.brustprothesen.com](http://www.brustprothesen.com).

## Chapter 11

### Earrings

Many ladies, after seeing my picture or meeting me in public, have asked me if I have pierced ears. The answer is "No!!!"

The second question is: "Then why do your ears look pierced?"

It's actually very easy to create the pierced ear illusion, with the assistance of actual pierced earrings.

I usually wear various hoop-style earrings and at more formal times, I will create the double pierced look.

To create the pierced look, I buy pierced earrings with posts and clasps. The clasps will come in handy to keep the earring on your lobe. I take the earring post and cut it with a wire clipper about  $\frac{1}{8}$  inch from the end, then blunt the remainder of the post with a metal file to eliminate the sharp point and create a dull post. The post will press into my earlobe and the clasp will secure the earring to the back of my ear. If you do it right, the earring will never fall off your ear.

For the double pierced look, I buy stud earrings and cut the entire post off the back and again file the post down to a blunt end. To secure the stud to my ear, about a half inch or so above my pierced earring, I will apply a small drop of Super Glue and with a pair of tweezers, press the stud on to my ear. After 10 seconds, the glue should set and the stud will hold until you are ready to take it off. Super Glue cleanup is easy. Just pick off the residue with your nail at the end of the night.

Give it a try. I have been using both techniques for years.

## Chapter 12

### Choosing AProper Wig

When a man goes out to buy his first wig, it can be scary, intimidating and unnatural. I know from experience because I've been there and done that.

For the longest time I had been wearing a wig I purchased at a garage sale. It looked good, but it was old and hard to care for and it wasn't me. If I wanted to grow as a woman, I decided I had to do something about my hair. So, I bit the bullet.

My first move was to phone the local wig salons and ask if the staff is comfortable with a cross dressing client. On my first call, the lady responded "Yes, by all means." I was thrilled, but going to the salon would be even harder to do than making a phone call. The lady at the other end of the call would never know who I was after I hung up the phone. It would all change when I walked through the salon door. I made an appointment for the next week.

The days couldn't go fast enough. When the big day finally came, I went to the salon in male mode, with my wig in a plastic bag. The stylist, Linda, was fantastic. She greeted me at the front counter (luckily the salon was empty at the time) and guided me to a private room. I showed her a few current pictures and she was

impressed, but agreed with me the wig had to go. I had an idea of various wigs I would like to try, but she handed me a wig book and said “see what you like.”

In the meanwhile, Linda put my wig on my head and began to style it the best she could. About 10 minutes later, the wig was much different, fuller and more lady-like than I could have ever expected. But, I was still in male mode and it was hard to see the true results.

We made an appointment for me to return a week later, but this time as Carolyn. She kept my wig for cleaning and styling and gave me a similar “loaner” wig to wear when I returned.

The big day came and dressed in a red sweater, black skirt and heels, I entered the store. Linda, who has become a dear friend, was waiting for me and again we entered the private room. She gave me a number of compliments about my appearance which helped me relax. Once in the chair, she replaced the substitute wig with my original wig. I looked so different and was pleased with my new look, but she wasn’t done yet.

Linda asked me if I would like to try a couple of other wigs. Of course, I said “Yes.” Linda had been thinking about my hair for a week and had a few ideas. She left the room and returned with a handful of wigs, in all different styles and lengths, many of which I had selected during my earlier visit.

After trying four or five wigs, none of which produced the result I was looking for or that were “really me,” her associate entered the room.

“Linda and I have been talking and we think we have something you will really like,” said Cindy. “Close your eyes and don’t open them until I tell you to.”

I complied and within minutes I was 15 years younger, with a new look, the same hair style I currently wear – Noriko Sky Sandlewood. I immediately gave my old wig to the salon to donate to a cancer charity.

My first purchase was \$150, but it was more than worth it, and one of the most satisfying days of my life.

Now, not everyone will be as fortunate as I was, or can afford such a high-priced wig, but consider the following factors.

- ☐ Budget
- ☐ Function
- ☐ Shape of face
- ☐ Own skin and hair coloring

**Budget** -- While there are high end human hair wigs costing hundreds and even thousands of dollars it is quite possible to find very good quality synthetic hair wigs for a fraction of the cost. There are many wig companies offering varied levels of pricing at \$100 or under on the internet. I strongly recommend, Named Brand Wigs, Louis Ferre, Wig America, Esthetica, Motown Tress and the Glamour Boutique label wigs. Wig salons have a number of other wig products, including Noriko. Try to stay away from the cheaper and lower grade wigs such as Paula Young and similar products available on the Home Shopping Club and QVC.

**Function** -- Decide on the everyday use of the wig. Is it for attending a formal workplace, a glamorous party or simply for wearing in the comfort of your own home? Such considerations will impact your choice of wig style and color. For example, if attending a party you can obviously be more fashion conscious and daring with color than if you are simply trying to achieve a subtle everyday look.

**Facial Shape** --Always choose a wig that enhances your natural facial shape and bone structure. Most common facial shapes are oval (longer length than facial width but extremely well-proportioned), round, narrow-faced or square-faced where there is a prominent jaw and brow/forehead of similar width. Any length and style of wig compliments the perfect oval-shaped face if you are fortunate enough to have such facial features. Rounder facial features and strong brows and jaw features normally require longer styles and the addition of layers or curls help to diffuse those strong facial characteristics. Try to incorporate good bang length to eliminate prominent brows in particular; page boy styles are particularly successful.

**Color** -- If trying to match your own hair color, clip a small sample of your own hair to compare with on line color swatches. Your complexion color will have a lot to do with your hair color choice. Compatibility is important. You want your hair to blend in with your complexion and not the opposite. As you would with clothing, compare, contrast and then decide what looks best for you.

Don't be afraid to ask a stylist for help. Remember, our money is as good as the money of any other woman.

David Borrows from the Glamour Boutique assisted with this chapter.



## Chapter 13

### Waist Reduction With Help Of A Corset

Waist training is a gradual process of waist reduction using a steel boned corset. Also known as waist cinching or tight-lacing, the practice came to prominence in Victorian times, but has made something of a comeback in recent years.

Wearing a tight-lacing corset, exercise and eating a healthy diet can radically reduce the waist of men and women. Furthermore, the wearing of a corset while undertaking a good diet helps reduce food volume intake by constricting the internal organs, thus helping to promote the healthier practice of smaller meals, rather than three large meals each day.

Tight-lacing as a means of permanent waist-reduction and re-shaping is a practice that requires discipline and is best achieved when the following three components work in harmony:

- ☐ Waist cinching using a traditional steel-boned corset.
- ☐ Healthy diet.
- ☐ Regular Exercise.

Results will be slower and harder to obtain if the above components are not practiced as a gradual program of modifying the shape of the body. So, what are the steps to follow for correct waist-training?

**Starting Out** -- I advise all novices beginning their waist training, female and male to choose an under bust corset rather than a full corset that covers the bust. A person's body must become accustomed to the constriction of tight-lacing and I promote pleasurable wearing of corsets. If you try to do too much too soon or jump to a full corset you may find your initial experience an uncomfortable one.

Begin with a corset that is 4 to 5 inches smaller than your actual waist measurement. To measure your waist, look in a mirror and measure the narrowest part of the waist; with females this is usually just above the navel by an inch or two and for males it is usually just at the bottom of the navel. If your actual waist

measurement is 34" for example, then you order a 30" corset. Over time and once the corset is gradually broken-in you, will be able to close the corset so that you are obtaining a full 4 inch cinch/reduction. Corset stores like [www.GlamourBoutique.com](http://www.GlamourBoutique.com) already do the computation for you in their size selector i.e. it will say something like: '30 inch corset for an existing 34" waist'.

A new corset must be broken in otherwise you can damage the garment. The first few weeks of wearing the corset you must not over-cinch. Tighten the garment evenly until it is 'snug' but not tight. Corset panels are stiff when new and along with the flexible steel bones, must be allowed to mould themselves and change shape according to where your ribs and hips are. This takes time and if you rush the process you will either hurt yourself or 'pop' a steel bone or panel seam. Once the garment is worn-in you can then begin to tighten a little more each time you wear the corset until you have reached your comfort level. This may take months and at that point you should be wearing the corset fully closed so that you have achieved a full 4" cinch. Now you can progress to a smaller or next size down corset as part of your continued waist-reduction regime. Bear in mind that individual body shape's are different and you may not be able to fully close the corset. Bone cannot be cinched and you should not attempt such a feat – again the result will be a damaged corset. Everything should be done gradually and in moderation.

To begin with, try to wear the corset 3 to 6 hours a day where possible. We do not advise sleeping in a steel boned corset but at all other times of the day (apart from obvious breaks for bathing, etc.) as long as it can practically be part of your routine then it is a good discipline.

**Maintenance** -- If you are serious about waist-training then it is very important to look after your corset; over time they take a lot of punishment from regular cinching, but if you take some simple precautions you can extend the life of the garment:

1. Always wear with a liner or tight camisole/t-shirt. Even the most genteel lady will perspire in a corset – wearing a liner will protect the corset lining from much of the moisture and body oils in particular.
2. Air Dry your corset at the end of the day. Corsets must be dried out by turning the lining to the upper side and hanging over the back of a chair. Never hang on or near a heat source as over time this will cause shrinkage and eventual damage to the stitching.
3. Alternate Corsets. Rather than buy one very fancy corset, purchase two moderately priced, strong corsets and alternate them so that each corset gets to 'rest' between each wearing.
4. Consider protecting the outside of the corset by spraying a protective coat of Scotch Guard.
5. Cleaning. From time to time you may need to wipe clean the outside or the liner with a damp cloth. If the corset needs a thorough cleaning then it must be done at a dry cleaner – ensure they have experience of cleaning such articles. NEVER wash your corset.

Follow these simple tips for maintenance, break the corset in gradually and you will have a corset that lasts a long-time; a little bit of care goes a long way where corsets are concerned.

**Choosing A Corset** -- Only a traditional steel-boned corset can obtain a cinch of three to five inches and such a garment must be well constructed using flexible steel-bones and wider steel busk plates at the front for the fasteners which take a good deal of the pressure from tight-lacing. Be sure that such a garment has full cord lacing at the rear and that there is a strong 'exposed' tape circling the lining of the corset for added strength. Laces should be guided through traditional steel grommets.

Materials for outer panels and inner lining will vary but we recommend corsets with 100% cotton lining so that the corset is breathable. Outer material may be of silk, leather, PVC and the most common, satin. Always bear in mind that lighter colors will soil faster than plain black satin, for example. If you require a corset for tight-lacing (i.e. to reduce your waist either in the short-term for the obvious esthetic effect or as part of a continued tight-lacing regime to alter your body shape) then do not consider corsets with 'plastic boning', or garments that have zippers or ribbon instead of strong traditional cord lacing. Such garments are made to look pretty but are not made for tight-lacing.

**Happy Cinching** -- So, whether you just want to reduce your waist in the short term or you intend to embark on a gradual waist-reduction regime then the only garment that can truly undertake the rigors and give you results from day one are traditional steel-boned corsets. Remember, for longer term permanent waist-reduction a corset should be used in conjunction with healthy diet and moderate, regular exercise.

**David Borrows** from the **Glamour Boutique** contributed this chapter.

# Chapter 14

## Zippers

When God made man, He designed his arms for most all activities and chores.

Men, like women, can use their arms for just about anything in life except a few actions reserved for the opposite sex. One of them is zipping up a dress.

Zippering up your spouse's dress is simple. Zippering up your own dress can be discouraging, depressing and stressful.

Women tend to be more flexible and have a greater range of motion in their joints, due to their smaller muscle mass. A woman's ligaments are also more pliable due to the influence of estrogen. This flexibility enables her to easily secure a bra, tie a bow behind her back, or zip up a dress. A man is lucky if he can touch his hands together behind his back at the line parallel to his broad shoulder blades.

I know some "girls" avoid buying a dress with a zipper. They would rather have a dress they can pull over their heads or one that zips on the side (which is few and far between). But don't be distressed. Help is around the corner – or to follow.

I love wearing dresses and didn't want to let a back zipper stand in my way. It only took a little bit of imagination and ingenuity to create the tool I needed to succeed.

For less than 25 cents, you too can make your own zipper puller, which will allow you to wear any dress you desire.

For years, I have used a hook, which I found in my workbench at home, attached to a long string, to pull my zipper into place. I have also used a safety pin (ouch on the fingers if you are not careful) and string, and a friend recommended a ring zipper pull device, similar to that used by the handicapped ([www.disabilityproducts.com](http://www.disabilityproducts.com)).

Using any of the three devices is simple and should take no more than two minutes and minimal effort to complete.

The ring zipper puller retails for about \$6, but if you are like me, why spend the money?

To make your own puller:

- 1) Buy or find a hook apparatus (one with a circular end) or a large safety pin.
- 2) Tie a 3-foot or longer string or strong ribbon to the circular end of the hook or pin.
- 3) Secure the hook or pin through the hole in the zipper.
- 4) Put on the dress.
- 5) Hold the string with one hand over your shoulder and with your other hand, hold the top of the dress at the nape of the neck.
- 6) Pull straight up. The dress should zip itself completely up.
- 7) Remove the hook or pin and you are set to go.

You can reverse the process when taking off the dress.

I hope this helps you enjoy another little piece of life as a woman.

## Chapter 15

### Buying Shoes That Fit

Finding the right shoes for your feet has been an issue for girls ever since the high heel was invented.

You always want to look classy, and you want to find shoes that are not only sexy and compliment your

style, but shoes that are comfortable so your "dogs aren't barking" by the end of the night.

Finding the right size shoe can also be a frustrating experience. Good heels can define your female lines, define your legs and calves, and force you to take shorter and more feminine steps. Improper fitting shoes can create adverse health problems such as poor circulation, arthritis and back pain.

A simple pair of shoes is as basic, yet as important, as a nice dress or your shape wear. Shoes can be the topper to any outfit, whether they are heels or flats. A pair of 3-inch pumps or flat sandals can create an immediate female air, shape your legs and have a direct impact on how you move.

If you are buying your first pair of heels, you need to "walk before you run." I have seen too many girls who look like they are stomping grapes when walking in their heels. Walking should be smooth, graceful and with a little swivel of the hips.

Most experts, and I, recommend nothing more than a 2-inch heel, and then gradually work up to the 3 1/2 to 4-inch stilettos. Imagine yourself as a teenage girl trying on her first heels. Take your time and learn to walk and balance. Practice will make perfect. Remember to walk one foot in front of the other and to "let your nylons kiss" just above the knee. Before long, you will be a master.

Buying shoes can be an experience too. Most department stores do not carry large sizes. I read recently where the average man's shoe size is an 11, which results in a 12 or 13 in ladies. Help is kinda on the way, as the average woman's size has increased too, so many designers are producing larger size heels.

Shoe sizing is very important. Generally, one usually needs to add two shoe sizes to find the correct woman's size. Thus, a man's 10 should be a woman's 12. Oddly, I wear a man's 10 1/2, and a woman's 11W or 11 1/2.

When trying on shoes, leave a minimum of 3/8-inch between the end of the shoe and your big toe. If the distance is less, move up one size. And, if one foot is larger than the other, go with the larger size. You can always add an insert for the smaller foot.

Payless Shoe Source is one store with a regular supply of shoes up to size 12. Larger sizes can be purchased on line. Another excellent source for larger shoes is Nordstrom's Rack. They carry up to size 13 and once or twice a year has a "Large Shoe" sale, where I have seen even a size 15. Nordstrom's Rack is a little pricier than Payless, but I have found their shoes to be a little more fitting and comfortable.

The internet has been a big help, but I prefer to try on my shoes before I buy them. It is important to me that the shoes are not only comfortable, but they complement the outfit they will be worn with. So, if at all possible, I wear the outfit in question. I realize that is not always possible and that I have bought shoes "on the fly" and have had to return them later.

A Google search can assist you in finding larger shoes; however, I have been happy with the Baker Shoes, Zappo, My Shoes, and Sexy Shoes websites and the products available at on-line TG stores, such as Glamour Boutique.

Remember, when shopping through an internet store, to check the exchange policy before you purchase the product and when trying on the shoes you have purchased through an internet supplier, remember to wear them on a carpet, so the soles do not get scuffed or the heels damaged.

Other considerations when choosing the right shoes are that very pointed toes may cause you to go up an extra size. Open-toed heels and sandals are easier to fit due to the extra space available in the front and the back of the shoe.



My best recommendation is to do your homework and buy your shoes from a reputable store or supplier. As long as you follow many of the above guidelines, you can get great shoes at a good price that will fit properly and complement your wardrobe.

David Borrows from the Glamour Boutique contributed to this chapter.

# Chapter 16

## Nailing It Down

I absolutely love wearing long painted nails. If I were full time I would have long painted nails full time as well. By their length and bright color they alter the proportion of your hand, changing it from a stubby male hand to a long graceful female hand.

Wrapping your hand around a Martini glass or a wine goblet is visually delightful. Long nails encourage more feminine hand movement as well. The colors available from OPI, MAC, Revlon, etc., are lovely and can be chosen to compliment any outfit.

My favorite length is 3/4 to 1 inch depending on which nail you measure. There is nothing you can't do wearing long nails, however, at times, you may have to get a little ingenious or even ask another woman for help with a zipper or a bracelet clasp.

I pre-paint my nails so they look perfect and take only minutes to apply. I have tried Talons, but they are too long and too thick for me and the standard lengths available in the drug stores are too short for my taste.

I pre-paint the nails supporting them on a long strip of painters tape so that the paint will not bleed under the nail. I usually use 2 coats and sometimes a clear top coat.

My favorite nails are Broadway's long #10109. They are hard to find in the drug stores, but they are available over the internet from Beauty Online Supply. I last bought 10 packages (2 sets/package) so I wouldn't run out.

[Broadway Two-Step Nail Kit - Broadway - Broadway - BEAUTY ONLINE SUPPLY](#)

I select nails slightly narrower than my natural nails in order to enhance the illusion of length. I use sizes 1, 4, 2, 3 and 6 from thumb to baby finger. These nails are square cut and other than filing off the molding tabs I do nothing to them.

The adhesive that comes with the nails will run from good or bad. For consistency, I buy the smallest bottle of Weldwood Contact Cement I can find. It has a small plastic applicator. I chemically clean my own nails with alcohol or contact cement thinner. I apply contact cement to both the artificial nails and my nails. Wait 15 minutes and stick nail to nail bed. If you stick them together before the contact cement has set you may distort the nail as it gets momentarily soft.

Once the adhesive has thoroughly dried you can do anything, even shower and these nails won't come off. I do carry the tiny bottle of Contact Cement in my purse just in case.



### Jenny Nelson's long and sculptured do-it-herself nails

When you need to remove your nails, use the little wooden stick that comes in the package or a small file. Pry into the corner between your natural and the artificial nail. You can twist the nail off on your own. Usually the adhesive will stick entirely to the artificial nail. You can save the nails and use them again.

I've worn them for as little as a day and as long as 9 days. Beyond 9 days I can't say how easily they will come off.

Read more at: [How to use Glue on Nails \(without damaging your own\) | eHow.com http://www.ehow.com/print/how\\_4704899\\_use-glue-nails-damaging-own.html#ixzz0qxJU5M00](http://www.ehow.com/print/how_4704899_use-glue-nails-damaging-own.html#ixzz0qxJU5M00)

I would like to thank Jenny Nelson and Brenda Sue Faulkner from the Vanity Club, who contributed to this chapter.

# Chapter 17

## The Dreaded “5 o'clock Shadow”

Are you a victim of the dreaded "5 o'clock shadow?"

Many girls find, no matter how close they shave their facial hair, that stubble can appear within a couple of hours and can ruin their makeup and appearance.

I'm fortunate to have a blond beard, which is slow growing. With the help of a close shave, a good pore minimizer (Clinique), a reliable beard cover and my regular Almay base makeup, I can usually go about 12 hours before any stubble appears. (For beard cover try Max Factor pan stick, if you can find it; MAC Studio Tech cream in a compact; Derma Blend, Smart Cover, Kryolan, Cinema Secrets or a wonderful mineral concealer by Illuminare that is excellent at hiding a shadow) However, I have a number of friends who are just the opposite.

The Clinique pore minimizer is the most important part of my makeup preparation and the first cosmetic to go on my face. I generously apply the minimizer on my cheeks, around my nose, under my eyes and along my jaw line and let it soak into my skin for about five minutes. You will immediately notice the difference in your skin texture. I then proceed with the pan stick and the rest of my makeup.

Electrolysis and laser treatments are the only permanent solutions, but beard removal isn't for everyone and it can be expensive. Temporary options include shaving, depilatories and tweezing. I don't recommend waxing (except for your eyebrows) since beard hair is too course and facial skin is too sensitive.

Shaving is the fastest and easiest way to get rid of your beard, but the downside is quick re-growth. The following are a few tricks that can give you a longer lasting shave...and a smoother face.

- 1). Exfoliate your beard before shaving. I usually shave while taking a good hot shower. The hot shower and steam allows my face and beard to soften for a smoother and more satisfying shave. If you are unable to shave and shower, use hot water on a washcloth, and scrub your beard for about 30 seconds, using a circular motion. This allows your skin to soften and the whiskers to rise and will result in a closer cut.
- 2). Use a high-quality, blade razor. I prefer a Gillette Fusion with 5 blades for a good, quick and clean shave, but have also used a Mach 3 Turbo with outstanding results. Always use a clean, fresh blade.
- 3). Try Aveeno's Positively Smooth Shave Gel, which is designed to slow hair re-growth.
- 4). Shave your beard twice, if not three times. For the first time, shave with the grain of your face to avoid razor burn and ingrown hairs, and for the second try, use small strokes against the grain for a closer cut. On the third shave, find the rough spots you have missed and again use short strokes against the grain.
- 5). Carry a rechargeable electric razor in your purse for those long days in makeup. The electric razor can be used right over your makeup for a touch-up. This way you don't have to remove all your makeup every eight hours or so to retain a smooth complexion. Depilatories are a good option for the beard since they

dissolve the hair below the surface of the skin. This makes it less likely to see a beard shadow and can buy you a little more time before the stubble returns. Please DO NOT use a depilatory body cream on your face. Instead, look for "Magic" brand depilatories at your local drug store, which are formulated for men's beards.

To prolong smoothness, use a hair inhibitor, which will slow the growth of your beard. Many of these products contain natural enzymes that can disrupt re-growth when applied to the follicles. They work best when the hair has been removed by the root (such as through tweezing) and should not be used in combination with depilatories. I don't recommend tweezing as it is time consuming, painful and can irritate your skin and often make it uncomfortable to wear makeup.

So, to win the battle with the "Five o'clock shadow" use a combination of the hints above and you will be more than happy with the results. Don't be afraid to experiment with what works best for you.

Lucille Sorella from Feminization Secrets ([www.feminizationsecrets.com](http://www.feminizationsecrets.com)) contributed to this chapter.

# Chapter 18

## Reducing Your Height, Hands & Feet

“Is there a way to actually physically resize and reduce my hands, feet, and height to keep in line with the average female?”

It's a tough question because SIZE has a lot to do with femininity ... but you can't physically change your height or hand and foot size. (There are no surgeries for this yet.)

The good news is that you can make yourself APPEAR smaller and more feminine. Here are 5 ways to reduce height:

- ☐ Choose full skirts and dresses to draw the eye out. (More width = less height).
- ☐ DON'T wear super tight clothes. (Less width = more height.)
- ☐ DO wear a different color top and bottom to visually break up your figure.
- ☐ DON'T wear monochromatic outfits (one color or shades of one color) since this makes you look even taller.
- ☐ DO wear a contrasting belt to interrupt the eye from going straight up and down.

Yes, it's true you might be taller than the average woman, but don't forget about the sexy tall women out there who are revered for their long legs and height!

Even short TG women tend to have bigger hands and feet than genetic women. This sends masculine signals, so here are 5 tips for downplaying large hands and feet:

**Wear heels** -- Heels make long feet look shorter because they bend the foot into a vertical position. Obviously you shouldn't go overboard if you are tall, but even a 1" heel will make your feet look smaller and more feminine.

**Groom your fingernails** -- Groomed fingernails make your hands look more feminine, which helps blend them into your overall image. Choose nail shades that blend into your skin tone, rather than attention-grabbing reds and pinks. The ideal fingernail length is 1/4" past your fingertips. Nails that are too short or too long make your fingers look stubby.

**Avoid strappy sandals** -- Strappy sandals are sexy, but the more of your foot you expose, the bigger it looks. You should also avoid T-straps since the center strap creates a vertical line that makes your feet look longer. If you want to show skin, choose peep toes or sling backs instead.

**Choose the right jewelry proportions** -- Avoid flashy rings and bracelets if you have big hands, but that doesn't mean you should go for dainty jewelry styles. You need big bold jewelry to match your proportions. If you want to wear bracelets or rings, choose one or two wide but simple styles in a solid color.

**Go for rounded toes** -- Remember those pointy toe shoes that looked like they could be used as a weapon to kill somebody? Thank God they are out of style now because they are a TG girl's worst nightmare! Pointy toes add unwanted length to your feet. Square toes are also a no-no since they make the feet look wider. Instead, go for classic shoe styles with rounded toes.

Lucille Sorella from Feminization Secrets ([www.feminizationsecrets.com](http://www.feminizationsecrets.com)) contributed to this chapter.

# Chapter 19

## Shortcuts

I thought it would be fun to revisit and add a few shortcuts, which will help you be "the woman you want to be." All the shortcuts are easy, time saving and great for those of us on a limited budget. So, here we go.

**Pantyhose/Nylons** – I always replenish my favorite pantyhose/nylons when I'm down to only two pair. And, I always purchase four pair. The reasons are simple. First, the hosiery companies always change colors with the seasons. Second, when I buy four pair, I actually have eight pair. When I get a runner in one of my hose, I cut off the damaged leg and save the hose for when another pair has a run. I then cut off the damaged leg on the second pair, put it on over the first pair, and presto, I have a functional pair of nylons. True, I'm then wearing two pair of hose panties, but by doing this I have saved money to spend on other clothing items.

**Eyebrows** – So many girls have told me they have problems drawing eyebrows. One of the easiest solutions is to buy a stencil kit at a local drug or beauty supply store. You can select the stencil shape you prefer and practice drawing on your eyebrows. After a little practice, you won't need the stencils, and you'll have perfect eyebrows.

**French Nails** – Kiss is the most popular brand of press-on and glue-on French nails. Lately, the 541 nails have been discontinued and the substitute style comes mostly in the short length. One solution is to grow your nails out and with a bottle of clear polish and a bottle of White Out, you can make your own French nails. It's easy to do too. Coat your nails with the clear polish at least twice and let them dry. Then carefully apply the White Out across the tips of your nails. A second coat is recommended as well. Let dry and your nails should look perfect. Sally Hansen also has a French Manicure Pen, which looks like a Sharpie with nail polish inside. It's easy to apply and takes about 5-7 minutes to dry.

**Breast Forms** – I don't know about you, but I hate it when my forms slip out of my bra. I've used glue and adhesives in the past, but recently I solved the problem with a Jiggle Bra. The bra has pockets in which I place the forms and is comfortable to wear. And, they feel and look natural, even with low cut tops and dresses. A Jiggle Bra comes in black, white or sheer and costs about \$25 through the Glamour Boutique ([www.glamourboutique.com](http://www.glamourboutique.com)).

**Pierced Ears** – Many times I have been asked if my ears are pierced because they look so natural. No, they are not, but it is easy to create the pierced-ear illusion. To create the pierced look, I buy pierced-style earrings with posts and open-holed clasps. The clasps help keep the earring on the ear. Now how do I do it? Easy. I take the earring post and cut it with a wire clipper about 1/8-inch from the end, then blunt the remainder of the post with a metal file to eliminate the sharp point and create a dull post. The post will set into my earlobe and the clasp will secure the earring to the back of my ear. If you do it right, the earring should never fall off and your ears will look great.

**Walking** – Creating a girlish "gait" is easier than you think. Just "let your nylons kiss." What I mean by that is let the area above your knees rub together as you walk. It's simple to do, keeps your legs together,



causes you to walk slower, and helps create the swivel-hip action every girl desires. Remember also to take shorter than usual strides.

# Chapter 20

## Female Deportment

Deportment refers to the way a lady carries herself; how she moves, walks, inclines her head, her manners etc. A lady walks, talks, eats and stands quite differently than a male and it is the sum of all of these parts that embodies what it is to be a lady. As someone once noted, all ladies are women but not all women are ladies, especially in today's modern world where dress and roles in life cannot always be easily identified as male or female. But if you are serious about creating a totally feminine illusion then deportment is something that should be studied even if you only use bits and pieces.

Much about creating the feminine illusion has to do with clothing, shape, makeup and in the mental aspects of confidence. Often the bridge between the two can be aspects of deportment which help the whole make more sense. Indeed, deportment and physical exercises are often a physiological key into 'feeling' more feminine. This will eventually lead to that confidence of feeling feminine and less of being a "guy in a dress". It's hard to dispute. We see the results weekly when we see a novice trying a pair of 3" heels for the first-time. Sure, the first ungainly steps can look awkward but after a short-time anyone can walk taller and more serenely in a pair of heels with a little help. Indeed, heels naturally re-align the body into a more feminine shape by shifting the weight onto the balls of the feet and pushing the buttocks slightly out.

So what's important to learn from deportment to help complete your feminization? Is it more important to stand like a lady or to be able to have the table-manners of a lady? The list can go on and on as to what you can do to help perfect the image, but we are trying to distil it down to the 'must-have' pointers that will give you the most gain with the least pain.

- Stand Tall in Heels: A girl unable to walk in heels is a big giveaway. Choose an appropriate heel height in a comfortable shoe that fits. Next, practice in the confines of your home how to walk with good posture: stand up straight with your shoulders back. Do not be tempted to stoop even if you are 6' tall – even tall women look feminine.
- Walk With Confidence: Walk heel to toe with small steps/strides and notice that women on the whole walk slower and more gracefully than men. Practice as often as possible and always walk with confidence. Keep legs, feet and knees as close together as you can and start by taking steps half as long as you would normally. This will feel terribly awkward to begin with but with practice it will become second nature.
- Keep Shoulders Still: For the most part women's shoulders stay still when walking whereas men's definitely move. If you stop the shoulders moving you will find the rest of your walk will look and feel a lot more feminine. By keeping shoulders still you'll make your hips sway when striding. When practicing, exaggerate the hip sway from side to side – you can always calm it down when you go out but make sure you practice in an exaggerated fashion so you know what it looks and feels like.
- Hold Your Head Up High: When standing or walking ladies tend to keep heads held high as if a piece of string were pulling from the centre of the top of the head upwards. This does not mean walking stiffly however, indeed, many ladies walk with a relaxed gait.



Ava Alba is a perfect example of

### Female Deportment

- **Stand Compact and Curved:** Do not forget the principles when you stop walking. It's very important to retain your new improved posture when you become stationary; remember, chest out and shoulders back; sometimes turning the palms outward in an open position can help force the shoulders back too. Stand with arms close to and in front of the body, lightly clutched together. Using a purse or handbag is an excellent 'prop' to help melt away any awkwardness with such new mannerisms. Keep legs, feet and knees as close together as you can and start by taking steps half as long as you would normally. This will feel terribly awkward to begin with but with practice it will become second nature.
- **Talk Softly:** Ladies tend to talk with a softer tone than men. Tone is different than pitch and although ladies tend to talk in a higher pitch the tone is just as important, if not more so. Try concentrating on creating a more pleasing tone rather than just exaggerating the pitch.
- **Take Care when Sitting:** Sitting down and standing again is very tricky in heels and needs practicing otherwise they are another 'giveaway' when you are out. When sitting you should keep knees together and remember to straighten your skirt or dress under your legs as you sit. Such movements need practice in order to appear like second nature. Once sitting your legs should remain slightly to the side with knees together and remember good upper body posture at all times. If you must cross your legs, a lady will only cross her legs at the ankles and no higher.

Some of this will seem very old-fashioned but try to implement some aspects where you need most help and you will increase the chances of passing as a lady. Just as an actress needing to play a part of a different period may do, watch some of the old Hollywood starlets on Turner Classics and mimic how they walk and talk.

Above all, have fun and be confident in all you do. Even if you are not the most graceful, if you walk across a room with an air of confidence and purpose and you look presentable, no-one will question what or who you are!

# Chapter 21

## Voice Feminization

Kathe Perez at Exceptional Voice, Inc., contributed this chapter. Kathe is a Certified Speech-Language Pathologist in Denver, CO. She can be reached at:

kathe@exceptionalvoice.com; [www.exceptionalvoice.com](http://www.exceptionalvoice.com) and [www.voicefeminization.com](http://www.voicefeminization.com)

You're dressed beautifully, your make-up is perfect and your freshly polished nails glint in the evening lights. But as soon as you speak...your voice gives you away. What's a girl to do?!

A surfeit of information floats around the internet about how to feminize the voice. It's no wonder you may be confused about what to do. At conferences where I present and in the emails you send, it usually goes something like this:

"I read somewhere where you should place fingers above and below your Adam's apple and raise the pitch of your voice till you can't feel the vibration on the bottom side as prominently as you would with normal speech."

"I have too much resonance, is that why my voice sounds so masculine?"

"I was told by a speech expert to just speak softly."

"I read somewhere that cross-dressers can't really feminize their voices, because we aren't full-time, so, am I stuck sounding this masculine when I'm dressed?"

Creating a beautiful or passable feminine voice to match your beautiful feminine attire is going to take some work. Here are a few simple exercises and tips to get you started.

Let's begin by clarifying how your voice works. Your voice is produced by your vocal cords (or folds) which are encased in your larynx (voice box). A fascinating thing about the larynx is its location in the body. It's positioned in the front of the neck right in the middle of a busy freeway of airway tubes, blood vessels, and nerves. This makes the voice a unique witness to the many events that occur in the body.

Poor health or disease often leaves some kind of "footprint" on the voice. Your uncertainty about who you are will be revealed in your voice. When you're angry, anxious or upset, your voice shows it. When you feel joyful, your voice trumpets the news to others. And of course, your voice reveals your gender. When you look fabulous, you want to sound fabulous.

Voice scientists, speech-language pathologists and ENT physicians (otolaryngologists) organize voice production into five components. They are:

- Respiration-power source

- ☐ Phonation-sound source
- ☐ Resonance-sound modifier
- ☐ Articulation-speech modifier
- ☐ Prosody-melodic aspects of speech

The sound of your voice occurs when the vocal folds vibrate. Air travels upward from the lungs through the opening of the larynx called the glottis. The frequency (how fast) the vocal folds vibrate is the pitch of your voice. Bigger/thicker vocal folds vibrate slower and thus have a lower (male) pitch. Smaller/thinner vocal folds vibrate at a faster frequency creating a higher (female) pitch. Once the vocal folds have been set into motion, the sound is modified by chambers of the throat, nose and mouth, creating resonance frequencies. The size of these chambers directly affects these resonant frequencies. The bigger the throat size, the deeper (or lower) the formant frequency. We call these deep resonant overtones.

Genetic females have a smaller mouth and throat and therefore do not have that deep rumble that you hear in most genetic male voices. These chambers play a very important role in the perception of the timbre of the voice, whether it's perceived as rich, nasal, thin, masculine or feminine. The articulators (tongue, lips, jaw, and soft palate) shape the sound into recognizable speech. Then it's the prosodic features (pauses, phrasing, speaking rate, inflection, and fluency) which make your speaking style uniquely your own. All five components must be included when training your feminine voice.

For training purposes, I've subdivided these categories into the Nine Elements of an Exceptional Feminine Voice. We'll cover breathing, pitch tuning and resonance tuning in this chapter.

- ☐ Pitch
- ☐ Voice Quality
- ☐ Loudness
- ☐ Resonance
- ☐ Articulation
- ☐ Phrasing
- ☐ Pacing
- ☐ Melodic Intonation
- ☐ Fluency

To train your voice, you will first have to learn abdominal/diaphragmatic breathing. Are you aware of the sensation of your belly pulling in as you speak? Here are a set of exercises that will help.

**Breath Control** -- It's important to learn to feel the movement of your belly when you speak. It is your ability to control the airflow that will help you create an exceptional feminine voice.

**Anchoring Breath Exercise** -- Begin by placing a hand on your chest and a hand on your belly. Imagine a candle about six inches out in front of you. As you pull your belly in; blow out. (Image that the flame flickers a bit as you gently blow out). Blow out gently five times; feel your belly come in as you blow out.

Now, produce the sound (s) gently five times and again feel your belly come in as you make this sound. Next, produce the sound (sh) gently five times as your belly comes in. Repeat this exercise five times daily.

**Finding Your Correct Pitch** -- Your speaking pitch or speaking fundamental frequency (SFF) can be measured in Hertz (cycles-per-second) and/or musical notes. The average adult genetic male SFF is

approximately 110 Hz (A2 on a piano). The average adult genetic female SFF is approximately 220 Hz (A3 on a piano), which is about an octave above a typical male pitch. An octave makes a big difference in the perception of the gender of a voice. These exercises will help you develop a feminine pitch, which might seem difficult at first, but it's absolutely achievable!

To be successful with finding the "right" pitch and then using it in conversation requires that you develop your sense perception so that you can both hear and feel the correct pitch. I encourage my CD clientele to purchase an electronic chromatic tuner (like one used to tune a guitar). It is a simple and inexpensive tuner (about \$30 at most music specialty stores). You can also download for free a frequency tuner from Seventh String ([www.seventhstring.com/tuner/tuner.html](http://www.seventhstring.com/tuner/tuner.html)). With your tuner, you can determine your pitch accuracy for isolated vocal sounds, words, phrases and conversation.

Follow the pitch tuning steps below. For you non-musical gals, you'll need a musical note to frequency chart. You can download it from this page on my website, (<http://exceptionalvoice.com/voicefeminization/voicefeminizationtherapy.html>). Your tuner will only provide you with musical notes and for most of us, working with numbers is easier.

The pitch range that we want is 196 Hz (3G) – 263 Hz (4C), meaning that if you sustain a vowel or syllable at 3B (247 Hz) or 3G (196 Hz), instead of an A3 (220 Hz) that's fine. Assuming that A3 is the only perfect or right pitch is not correct. Once you get a hang of how to tune your pitch, you'll then be ready to train yourself to speak conversationally so the musical note on the tuner reads somewhere around A3 (a few notes above or below is just fine).

**Pitch Tuning Exercise** -- Adjust your posture to a "tall relaxed" feeling so you have an internal sense of length from your bottom to your head (and by-the-way, a tall posture is definitely more feminine). Pull your belly in gently (just like the last exercise) as you "sing" the sound (he) at a pitch in your male voice, but at a slightly higher pitch than usual. Hold that note for a count of five.

Look at your frequency tuner, what note did you hit?

Refer to the frequency chart (mentioned above) and see what pitch you hit. Your goal is A3 (220 Hz).

Now, on that same note, slide your voice up in pitch until your tuner reads A3. Sustain the (he) syllable for a count of five. Try to maintain the A3 pitch while you sustain (ha) then (hoo), each for a count of five.

If you're finding it difficult to maintain the A3 pitch, repeat steps 1-5 again.

Also, notice that GGs (genetic girls) often (quite often in fact) use their falsetto voices. While habitually speaking in falsetto isn't natural, it IS natural to use falsetto when you're happy, excited, thrilled or surprised. So, don't be afraid of your falsetto, you can train it to work for you.

**Feminine Resonance** -- Some studies have indicated that a crossover pitch of about 165 Hz (E3 on a piano), is where there's a shift in whether someone perceives you as male or female. While I don't disagree with this, my experience has shown that creating an exceptional feminine voice is more about the resonance.

Listen to your voice again (recording it is a good idea) as you sustain the A3 pitch in the pitch tuning exercise above. Does it sound like a man sustaining a higher pitch or a woman sustaining a typical pitch?

My guess is the former—there's a masculine sound even when you're at a higher pitch. To achieve feminine resonance, you'll need to learn how to make your throat space smaller, which will result in higher resonant frequencies. Follow these resonance tuning steps.

**Resonance Tuning Exercise** -- Sustain (h) on the A3 pitch as you did for the pitch tuning exercise; be sure you're pulling your belly in as you do this.

Next, sustain the sound (m) on the A3 pitch and sense the vibration in your cheekbones. This is important, because you'll use your mind (what you're thinking about) to help you find the feminine resonance.

Next, sustain (m-ee) on the A3 pitch. Can you feel the vibration? These two sound together—(m) plus (ee) - naturally lift your larynx (voice box) upward in your throat which creates a smaller throat space. It will take repetitions of these steps and listening to your voice for the change in resonance to occur, but it does work.

To summarize about your voice—create a plan for yourself. Beginning with breathing, pitch and resonance is a great way to shape your voice. There are many other steps, but devoting 15 to 20 minutes each day with just these few exercises will lead you in the right direction.

**Feminine Communication Is More Than Just Voice** -- Research has revealed numerous gender differences in styles of communication. One study examined communication style in computer mediated communication (emails, message board postings). When there are no visual or voice cues to determine gender for the reader, it was the communication style (word choice, length of phrase, use of questions or words of thanks) that identified the gender of the writer.

Women tend to express themselves in a more polite, often thought of as a questioning, style. This higher, broader inflection pattern suggests kindness and politeness. Even though it sounds like they're asking a question, they're not.

Women tend to use longer phrases, which means, you're going to have to give some thought to how you express yourself. Try using more adjectives and adverbs. For example, instead of saying: "Let's go shopping." Try something like: "You know, I was looking in my closet the other day and realized I'm tired of that same old ankle length green taffeta skirt I wore to the Opera last month. Let's go to Nordstrom's or Lord & Taylor. I know they're having a year-end sale and I'd love to find another evening skirt." Now, that's a longer group of phrases!

Also, the topics we discuss reveal a lot about gender. Women tend to be more process-oriented which means they'll talk out loud about how they're going about doing something. Men tend to be more goal-oriented and will talk about what they've done.

Body language also tells us a lot about gender. We've all heard that men tend to take up more physical space and women less so, but consider fluidity of movement. Whether speaking with bigger or smaller hand/arm gestures, try using sweeping movements instead of sharp quick angular movements.

Finally, create a list of feminine communication traits like phrase length, listening more, interrupting less, topic choice, arm gestures and facial expression. Develop strategies for incorporating these behaviors while you're practicing your feminine voice. Record yourself frequently. Work on your voice a little every day -- begin with breathing, tuning your pitch and resonance. Slowly the voice will shape itself into something you'll feel confident using when you're out for the evening.

# Chapter 22

## Taking Perfect Pictures

At first glance, posing for a picture should be easy. Smile and click. There's much more however, that goes into making the picture "perfect."

Fashion photographers can take hours, if not all day, working with a subject. Makeup and clothes, primping, posturing, posing and much more are required to get the ultimate picture.

If you've had a professional photo shoot, you know what I'm about to say. My first pro shoot was with three outfits and took over two hours. My second and third lasted well into four hours. Most photographers are perfectionists, and we should be as well.

I'm not going to elaborate on a professional shoot, but rather give you some tips to help you improve your own picture taking ability.

My most important recommendation is to buy a good rechargeable digital camera, with at least 8.2 megapixels, a timer, a flash, a zoom lens, and enough bells and whistles to take and edit quality pictures in the camera. Many of my best portraits have come from editing my regular pictures right in the camera. If not in the camera, there are plenty of free picture editing programs on the net to touch up those less than perfect shots.

My Sony camera cost me about \$200 a few years ago, and I have seen a similar model for less than \$150.

I have been fortunate to receive "lessons" from two lovely lady friends. One of the ladies was a former fashion model and she helped me understand how to sit, walk, stand and act. She continually said, "If you're going to dress like a woman, you must learn how to be a woman" as she put me through the motions. She was a tough cookie, but so, so instrumental in my female life. The other sweetheart taught me how to pose.

Always treat your camera as a friend. Laugh, smile and have fun. You can always preserve the "good" and delete the "bad" and the "ugly."

After a few pictures, you will determine "your best side." Mine happens to be my left. Why I don't know, but it is. So, work with your "best side" when sitting, standing or taking portraits.

Pictures while sitting are surprisingly more difficult to master than when standing. There always seem to be so many things to do in the 10 seconds your timer gives you: adjust your skirt or dress length; have your knees together ("let your nylons kiss") and feet pointed in the right direction with the toe of your higher leg pointed down; back straight; shoulders back and stomach sucked in; hands together; a slight tilt with your head, a deep





### Cristy Garcia demonstrates two beautiful seated poses

breath and a comfortable smile. Above all things look into the camera. Actually sitting pretty can create fabulous pictures. Here are a couple more hints.

Always sit forward on the chair or bench as it improves your posture and makes it easier to cross or sweep your legs. Always cross your legs at the knees. And when sweeping your legs under your body, cross your legs again at the knees, then swivel with your hips. Sweeping might hurt the first couple of times, but once you learn how to do it comfortably, it will become natural.

Standing pictures are much easier, but you must again practice the above procedures. What can be crucial in standing pictures are your hand gestures and foot posture.

Our hands and feet are usually bigger than those of most women, so the idea is to make them look smaller. Never have your hands turned fully towards the camera. Instead, turn your hands at a slight angle or place one hand on your hip and the other away from the camera.

Footwork is important too. How to stand can be critical. Again, angle your feet. Look at how a fashion model stands, one foot in front of the other, both at an angle. It's an easy way to stand and can help emphasize your shape and soften your appearance.

Props can also help improve the picture. Using a tall or short chair, a bench, a tree or plant, outdoor scenes, or walking across a foot bridge are just a few ideas. Let your imagination be your guide and don't be afraid to experiment.



### Standing poses with footwork

Makeup is also crucial in your picture taking. Balancing softness and highlighting is so vital. I use a soft face powder over my base makeup, but contour my cheekbones and jaw line with a darker blend. I also use a bolder eye shadow and darker, fuller lipstick than usual to emphasize my facial features. All this can help your face "glow."



### Using props effectively

My dear friend, Cristy Garcia, is a photo perfectionist. She has over 1,000 helpful pictures posted and welcomes your comments and questions as well. Her pictures will easily give you ideas for quality, style, pose and poise in a number of indoor and outside settings. [www.flickr.com/photos/cristy98girl/](http://www.flickr.com/photos/cristy98girl/)

The lovely photos of Cristy Garcia are included with her permission.

# Chapter 23

## Playing It Safe

I think it's safe to say most of us feel we can take care of ourselves when we are out in public. Wrong, especially when you are dressed as a woman.

One of my objectives when I meet novices at major events, such as Colorado Gold Rush, Southern Comfort, etc., is to help them. One of the things one needs to know is how to be safe rather than sorry when dressed en femme.

A lot of precautions one will take for granted when in drab mode are extremely important when dressed as a lady. For instance, walking in heels does not make it easy to run away from an attacker, or even cross the street when the "Walk" signal is about to turn red. A lot of common sense is necessary.

Even at major events, when you think the environment is totally "us girls," you need to be aware that there are some malevolent people who can not be trusted. There are many admirers who attend these meetings, and most of them behave like gentlemen. But there are some who have stalked the girls, their hotel rooms were invaded and they were molested.

Here are a few hints to help keep you safe.

- ☐ Think like a woman!
- ☐ Always walk with a companion. Many hotels, shopping centers and restaurants will have a security person who will walk you to your car.
- ☐ If alone, always look around and behind you, even if you are only walking a short distance. (A friend was once groped by a man on a bicycle).
- ☐ Wear clothes and shoes which will allow you to run, if pursued.
- ☐ A purse can be a "lethal" weapon, as can be a knee to the groin of a male attacker.
- ☐ Keep you cell phone "On" with 9-1-1 programmed into your speed dial.
- ☐ If possible, enroll in a police department class so you can be licensed to carry a Mace canister in your purse. If not licensed for Mace, who can legally carry pepper spray, available for purchase at many hardware and sporting goods stores.
- ☐ Know your surroundings before you venture out so you don't get lost. (When I go into unfamiliar territory, I always survey the landscape a day or so in advance.)
- ☐ When unlocking your car, first look into the back seat to assure nobody is hiding where they shouldn't.
- ☐ Upon entering your car, lock the door first and then start the engine.
- ☐ Always latch the door bar in your motel room and double lock your door. Use the peep hole before allowing anyone, even motel staff, into your room.
- ☐ Know where the motel Exits are and where they go. You don't want to run into a dead-end.

Remember, a girl must be careful when out and about. It's always best to be in groups because there is safety in numbers. (I myself was accosted in broad daylight just outside of my hotel at Diva Las Vegas last year.)

Now, I'm not advocating carrying weapons or anything crazy! Just remember to be careful, know your surroundings and discuss safety issues when you are with your friends whether you meet one-on-one or at a major event.

Always put safety first. By doing so, your girl time will be secure and even more enjoyable.

Michelle Popkov from the Vanity Club contributed to this chapter.

# Chapter 24

## Going Out For The First Time

Now you're all dressed up and ready to go! You look in the mirror and see that your makeup is perfect, your hair is set and styled, your outfit is fashionable, yet conservative, and walking in heels is easier than you thought it would be. But, you're scared to death.

Taking that first step out the door can be the most agonizing, yet exciting and satisfying experience for the novice cross dresser. Your mind is swirling with doubt. Your heart is beating double-time. Sweat is forming on your forehead. You ask yourself over and over again "Am I passable? Will I be accepted?" You grab your purse, take a deep breath and...

This fictional description is typical. We have all been through the emotional roller coaster of going out for the first time as a female. The emotions can be over whelming.

My first time out was the second time I dressed. Maybe I was too bold and brazen. I sympathize and understand the feelings of girls who are afraid. However, my attitude was "I'm dressed, so I'm going out." No ands, ifs or butts. And, I found the reward was better than winning a Gold Medal.

Let me tell you my story.

The first real time out was about 30 years ago on a dark and rainy Sunday night. Yes, I was scared. I was dressed in a black leather skirt, a paisley orange and black blouse, 4" black stiletto heels and I carried my wife's faux fur jacket and purse over my arm. I thought I looked fem-tastic with painted nails, light conforming makeup and matching jewelry. My old wig never looked better.

I decided to go to a local restaurant/bar for a drink, and then decide if I wanted to go to a movie or shopping. Being my first time out, I wasn't too sure what would be best and the safest. (I always err on the side of safety).

I drove to a local restaurant, which I knew would not be too busy on a Sunday evening. The parking lot was almost empty, so I parked near the door. I walked in and was greeted by a young lady, bid her hello and headed to the bar area. Since it was dark, I felt that if my makeup was not too good, nobody would notice. I sat at a table and the waitress came and took my drink order. All was fine, despite the wind and rain outside.

While I waited for my drink, I decided to check my appearance in the ladies room. I walked past two men, one who gave me a friendly nod. To get to the ladies room I had to walk a bit of a way through the restaurant. As I turned the corner, there to my surprise was a banquet room full of uniformed police officers. I almost wet my pants. Where did they come from? There were just a few cars in the parking lot.

Ready to panic, I quickly decided to play it cool and ducked in to the ladies room. Looking in the mirror, I saw a real woman, one who had already passed with the girl at the door, the two men and the waitress in the bar. Confident, I did a quick check of my makeup, freshened up my lips, and headed back to the bar.

My glass of wine was waiting. Nervously I sat and crossed my legs and tried to relax. My skirt rode up a little higher than I desired. I didn't want to look cheap, but the leather kept sticking to the chair. With nobody seeming to care about my presence, I sat back and enjoyed my drink.

The waitress asked if I would like another drink. I said "no" so she brought me the bill and as I paid her she told me she liked my blouse. I thanked her in a soft voice, which I had practiced, and it seemed to work. A few minutes later, she came back to my table and started a conversation. She asked why I was alone and I told her my friend must have bailed out on me. I asked her about the police and she told me they were

eating dinner and were staying at the motel next door. (No wonder I did not see many cars in the lot).

After the chat with the waitress, I had just about finished my drink when the policemen began to infiltrate the bar area. A couple of handsome officers looked my way, and I received nothing more than a smile. That was OK with me. But, I decided it was time to leave. So, I walked to the door, where another officer opened the door for me, and headed to the car, careful not to trip in my heels on the slick ground. I was in 7th heaven. I had done it...

I never did go to the movie, but went home and changed into a more casual black dress and lower black heels and headed to the local grocery store for some needed items.

I shopped en femme for the first time and bought my groceries. Upon paying the bill, the check out lady said "Thank you Mrs. \_\_\_\_\_," since the grocery card I used always showed a name on the receipt. I said "thanks" back.

I went home, fell on the bed and cried. I was so happy.

Oh what a night. I had done what I had never expected to do and I passed with flying colors. There was no stopping me now.

So, please don't hesitate. Go for it!!! Remember, you aren't the first and won't be the last. Enjoy!!!

## Chapter 25

### To Tell Or Not To Tell?

One of the hardest decisions you might have to make is to tell or not tell your spouse or family about your cross dressing.

It seems to be a more common occurrence today that years into a marriage, your wife discovers that you are a cross dresser. Whether or not you tell her, she catches you, or finds one of your female items around the house.

I have friends who are on both sides of the proverbial femme fence, including myself.

My wife does not know about my activities. I truly wish I could tell her, but she would be devastated. I won't go into the details, but it's a risk I just have to take.

Other friends are fortunate enough to have spouses who approve, understand or at least tolerate their husbands. Some have been honest with their spouse since they first met, or before they were married. Others have come out after years of secrecy.

The decision is yours and I will not tell you what to do. It's your life, not mine. However, the following is a guide for those who may be on the fence.

#### The Advantages of Not Telling

- ☐ Your wife won't have doubts about your sexuality, thinking that you are gay or Bi, etc.
- ☐ There is no risk of separation/divorce because of your cross dressing if you can keep it a total secret.
- ☐ Your wife won't have that internal feeling that she is ashamed of what you do.
- ☐ You can continue to pretend to be the macho man that your wife and family view you as.

- ☐ Your family's opinion about your male status will not be in question.
- ☐ You don't have to worry about your friends or neighbors thinking that you are weird, provided that you confine your cross dressing to in-the-home or to out-of-town trips.
- ☐ As long as she doesn't know about it, she won't leave or divorce you because of it.

### Disadvantages of Not Telling

- ☐ You have to continue to hide that "woman within", causing you great stress because of your lack of freedom to express yourself.
- ☐ You cannot share one of the most vital parts of your soul with your wife.
- ☐ It may only be a matter of when, not if, you get caught in fem-mode. Many factors can contribute to being "discovered" – an unexpected illness or an accident, requiring hospitalization, etc, while out in fem-mode.
- ☐ When your spouse discovers that "other" woman, your stash of lingerie, clothes, or make-up smears, she will be outraged and think that you are cheating on her.
- ☐ After you confess, she will feel that you didn't trust her enough to share your feelings with her.
- ☐ She will be hurt.
- ☐ Having to explain your situation off-the-cuff, when caught or discovered, will not allow you to offer rational, intelligent answers, because you will be too panicked to think clearly, and she will be too upset to listen.

### Advantages of Telling

- ☐ Your spouse and family will never be blindsided by an "accidental" discovery.
- ☐ You will have plenty of time to find books, articles and other resources, which explain cross dressing, thus allowing you to have a reasonable discussion with your wife and/or family.
- ☐ You will be freer to share your inner-most secrets with your wife, thus building up mutual trust and respect.
- ☐ Your wife will appreciate that you trusted her enough to share your most personal secret.
- ☐ You will be free to express your fem-self at home and maybe even out in public, without fear of your family accidentally "discovering" the other you.
- ☐ You can make plans, mutually acceptable to both of you, for sharing time between your drab-mode and your fem-mode.

- ☐ You can work out other compromises, as necessary, to satisfy the needs of you and your spouse.
- ☐ You will be relieved of the constant stress you have been suffering from worrying about getting caught!
- ☐ You might be able to wear her clothes, if you are the same size.

## Disadvantages of Telling

- ☐ Your wife may leave or divorce you immediately.
- ☐ Your wife may question your sexuality.
- ☐ Your wife, children and family may reject you and sever all contact.
- ☐ Your wife may threaten to “out” you, if you don’t quit cross dressing, by telling your boss, co-workers, friends, children and relatives.
- ☐ To save yourself and your career, you may have to entirely stop cross dressing.
- ☐ You may live in misery, the rest of your life because of the complications of your honesty.

The decision is yours!!!

## Postscript

I began Tricks of the Trade with a question. “Are You Ambigendered?”

I didn’t try to answer that question for you. Obviously only you can do that, and the answer, if any, is yours. Rather, we have tried to share with you some techniques to help you become the person(s) you were meant to be.

One question remains: Are You A Complete Woman (CW), Or Would You Like To Be One?

That could be the subject for a second book, yet I hope I have pointed you in that direction.

Here are a few clues, a few aspects of Complete Womanhood:

- ☐ The COMPLETE WOMAN’S emotions, feelings, gender expression and for some, romantic love, are feminine BECAUSE SHE IS A WOMAN. The CW has nurtured and developed and encouraged her Feminine Current (FC) circuit so that when it is ON it is the only current that is running in her brain and in her body. She is a woman, head to toe. Nothing is missing. Nothing is incomplete or inappropriate. Everything is as it should be.
- ☐ Most importantly, she does not need to “translate.” She doesn’t Think Masculine and then translates to Feminine. She Thinks Feminine because SHE IS A WOMAN. She wears whatever she wants to wear, or wears nothing. She wears a wig or makeup when she wants but it does not define her womanhood. It’s not about clothes: it’s about which circuit is ON.



□ She NEVER worries about the phrase “passing.” SHE IS A WOMAN and anyone who thinks otherwise simply doesn’t know that the FC circuit is ON. If it’s ON, it’s ON.

□ Her interpersonal relations are those of a Woman and her Gender Expressions are as a Woman. She may have relationships, even intimate ones, with women or with men, or both, yet those relationships unfold as they do BECAUSE SHE IS A WOMAN.

So, discover your own very special pathway and Become The Person You Were Meant To Be.

**Marvin Evans contributed to the Postscript.**

If it is your wish and desire to  
become the woman you are meant to be,

**Tricks of the Trade**

is the book for you.

Whether it be full-time, frequently,  
rarely, or even just in your thoughts,

Carollyn Olson will plot the course  
and get you on your way.

You will likely discover aspects of yourself  
you never knew existed.

It will be truly a Great Adventure.

Marvin Evans

# Table of Contents

[Copyright](#)

[Dedication](#)

[About The Author](#)

[Introduction](#)

[Prelude](#)

[Chapter 1 Dressing Appropriately](#)

[Chapter 2 Covering Flaws](#)

[Chapter 3 Makeup Application](#)

[Chapter 4 Beauty Tips](#)

[Chapter 5 Eyebrows](#)

[Chapter 6 All About Lips](#)

[Chapter 7 Types of Women's Clothes](#)

[Chapter 8 Determining The Right Bra Siz](#)

[Chapter 9 Creating "Natural" Breasts](#)

[Chapter 10 Enhancers, Forms and More](#)

[Chapter 11 Earrings](#)

[Chapter 12 Choosing AProper Wig](#)

[Chapter 13 Waist Reduction With Help Of A Corset](#)

[Chapter 14 Zippers](#)

[Chapter 15 Buying Shoes That Fit](#)

[Chapter 17 The Dreaded "5 o'clock Shadow"](#)

[Chapter 18 Reducing Your Height, Hands & Feet](#)

[Chapter 19 Shortcuts](#)

[Chapter 20 Female Deportment](#)

[Chapter 21 Voice Feminization](#)

[Chapter 23 Playing It Safe](#)

[Chapter 24 Going Out For The First Time](#)

[Chapter 25 To Tell Or Not To Tell?](#)

[Postscript](#)