

Even More... Tricks of the Trade

A Beginners Guide To Cross Dressing



by **CAROLLYN FAITH OLSON**

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TRICKS OF THE TRADE

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By

Carollyn Faith Olson



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IN MEMORY OF MY MOTHER

*The most wonderful mother ever!
I will dearly miss my No. 1 supporter!*

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A Special Thank You



Cindy Shelton Tawni Katherine Bonds Cindy and Tawni, two of my dear Vanity Club sisters, have been instrumental in the editing, layout and design of the Tricks of the Trade trilogy. Without their long hours and diligence, the books would have been blobs of paper and ink.

And an extra hug for Tawni for her creative and lovely book cover.

~ Forward ~

“Happy girls are the Prettiest Girls” -- Audrey Hepburn

Audrey Hepburn’s analysis from her 1992 book “Enchanted Tales” reflects what is so true when I think of the ultimate desire of a cross dresser!!! We want to look pretty and to be happy.

If the late-Academy Award winning actress only knew I would be using her statement to introduce my third advice book, “Even More Tricks of The Trade – A Beginner’s Guide to Cross Dressing,” I would hope she would be proud.

When I embarked on what is now a trilogy of “Tricks” books in 2011, my goal was to help those men who wanted to present themselves as women and do it the right way. I didn’t want any aspiring cross dresser to stumble and fall as often as I did as a novice.

I started cross dressing 35-plus years ago when the internet was in its infancy and most of us were “in the closet” with no place to go. I had enough problems trying to find shoes that fit let alone any helpful assistance. I was fortunate to discover a limited number of books at a library on the subject to help me on my journey, but it was a struggle. I DON’T want that to happen to any one else. Thus the idea was hatched, with the backing of my GG mother JoAn Torres, for a series of self-help books.

The first “Tricks” book has sold beyond my expectations and has become my biggest seller. The sequel, “More Tricks” was released in 2013, and has also become a big hit. I hope this book will be helpful as well.

I would also like to give a big hug to those who contributed chapters to this book –Donna Kelli, Gina Marie Connors, Lucille Sorella, David Borrows and the staff at Glamour Boutique, Heidi Phox, Stephanie Shostak, Tasi Zuriack, Kathy Hamilton (my colleague at Suddenly Fem), Jamie Grae, Chryss Kohlmann, Gina Brown, Stefia Satoh, Jamie Anne May, Deedra Kay, Paula Gaikowski, Emily Kate Warren, Didi Gluck, Kat Collings, Tomima Edmark, Joanna Douglas and Cheryl Wischhover.

Please enjoy and send your comments to me at: carollynolson@yahoo.com.

Love,
Carollyn

PART ONE: BEING A CROSS DRESSER



Chapter 1

How Do I Feel...When Cross Dressing?

By Donna Kelli

The question often comes up in our community regarding "How Do I Feel... When Cross Dressing." I may not be an expert on the question, but Carolyn Olson asked me to give it a try. So, here goes...

I'm not certain that I feel much different than when dressed as a male - and what I mean by that is my personality, beliefs and thoughts are not vastly different than when dressed as a male or female. What does change is my walk, talk and mannerisms all become feminine. I've been asked how I remember to hold my glass or sit properly or do anything we do in a feminine way and my response is that I don't remind myself at all. I just forget about being male because I am dressed as female. I do not over think the fact that I'm presenting as female.

"Does it turn me on or otherwise excite me?" No. For me it's not about getting excited or turned on, it feels like a deep need inside to be female at least for that day. I do believe that while I don't currently relate as TS (Transsexual), but do feel TG (Transgendered), that I have a female inside because it's never been too difficult to let her out. For me it has always been about allowing her to be out and exist. Since I like my male persona as well, the struggle between the genders has always existed, and I feel like I have struck a balance...at least for the last several years.

So cross-dressing for me just feels like I'm wearing my clothes for the day, because that's exactly what I'm doing. What I'm wearing are *my* clothes, whether male or female. I don't use the term, "dressed en femme" or dressed "femme", because to me it's just getting dressed as I feel for that day.

What I have found intriguing and interesting about my situation is that I can dress almost whenever I want (excluding family events), yet I still choose to be male at times because I enjoy doing many things as my male self. I believe we are all naturally evolving and if we allow ourselves the opportunity to explore our feelings the inner being comes out. OK, this is getting way to philosophical - even for me. I'm Educated but not a Psychologist; these are just my feelings I'm sharing.

Please enjoy the book.

Donna Kelli is a member of the Vanity Club and lives in Southern California.



Chapter 2

Does Being Transgender Make You A Better Person?

By Gina Marie Connors

This is a complex and fascinating question.

At first blush, it seems like a no brainer; everyone knows, or remembers, the electric jolt that comes when we cross what I term the "*drag meridian*." That's the first moment in the transformation process when there is an unfinished woman looking back at you in the mirror, and not simply an oddly attired and toileted male.

We have all experienced the flash of hormonal heat that happens when you are out somewhere and you hear, "Miss," or "Ma'am," or even "Hey Lady." And there are very few things a person can do with their clothes on that supply the emotional rush of glimpsing yourself in a window or a mirror and seeing the woman who lives inside you walking and talking and interacting with the world.

Quite simply, cross-dressing is our un-chosen drug of choice. We are involuntary addicts; riders of the hi-heeled high. The casual cross dresser is an urban myth, like Lindsay Lohan's Mensa membership, or poo-fed alligators the size of Subaru's in the sewers. There may be men who cross dress on a casual basis but, when you scratch their surfaces, you will see that very few subjects, including work, family or football, occupy as much of their thinking every day as the various aspects of their distaff avocation. When we aren't actually cross dressing, we're planning the next time we'll cross dress, remembering the last time we cross dressed, or just imagining what life would be like if we were able to be a woman 24/7.

So the first answer to the question would be a resounding, "Hell, no, I wouldn't give it up!" No addict in the world surrenders the high without a fight. Passing pangs of conscience, New Year's resolutions or solemn promises to loved ones may cause us to purge our finery for intervals of time, but nothing quiets the call of the corset forever (metaphorically speaking). Even during the will power-powered purges, I would bet my organ donor card that every single one of us never forgets our dress size or our favorite shade of lipstick and, eventually, doesn't wind up right back in front of that mirror making sure our eyelashes are secure, that the beard cover actually covers our beards, and ceremoniously shouting, "damn the kitten heels, full speed ahead to the 'Ladies Drink Free' happy hour at the TG-friendly eatery at the mall!"

But that isn't the whole picture. The truth we may not admit to the world is that, irrespective of our reasons for dressing, stopping is not an easy option - even if we want to. Cross-dressing is what unadulterated pleasure tastes like to us. It's not our alpha and omega, but it's not just a run of the mill passion in our everyday lives either. It's the definition of passion for us. Cross-dressing is the loam and fertilizer for much of the happiness in our worlds. Take it away and we might be able to make it Monday to Monday but, for us it would be as Chief Sealth of the Duwamish Indians once described (in another context), "the end of living and the beginning of survival."

And that fact makes the question a more vexing conundrum. I wager that there isn't one of us who hasn't, in moments of turmoil, wished we could trade passion for simplicity, rid ourselves of our CLDD (Chronic Louboutin Dependency Disorder), and just lead lives that didn't involve our studying Vogue like a Super Bowl playbook. Certainly, most of our loved ones would appreciate that. No matter how accepting they may be, life for them would be a lot less complicated if each of

us wasn't having a passionate affair with the "other woman" we see in our mirrors.

So, while my answer to the question might, in sum, still be, "No thanks, I'm good." It's a reply freighted with both the joy that being transgendered gives me and the emotional complexity it has added to my life.

Gina Marie Connors is a member of the Vanity Club and resides in Virginia.



Chapter 3

Does Cross Dressing Make You A Better Person?

By Heidi Phox

This is something I've thought about on and off for quite a while. I'm sure, like most things, it depends on the person and the situation. Below is a list of questions to ask yourself. The answers you supply will help you on your journey in this lifestyle.

Is it a self-indulgent pleasure? Maybe. Does that matter?

Does your desire to cross-dress cause you anxiety or shame?

Does participating in cross-dressing detract from other areas of your life?

Does it detract from the happiness of others?

Are you putting your health in danger to be more feminine?

Does it keep you from making close personal relationships?

Would forcing yourself to abstain from cross dressing make you better able to overcome other impulses and temptations as well?

Does taking the opportunity to cross dress make you better able to withstand clearly harmful desires or temptations?

Does it make you more able to focus or give generously to other aspects of your life?

Does it help you connect with others socially?

Does it inspire you to keep more healthy and fit?

Does it help you be more willing to see to the needs of others?

Are you better able to deal with anxiety or pressures?

Does it give you confidence or make you feel proud of yourself for embracing this side of yourself?

It's good to occasionally think of these questions to make sure your ship is on course as it is easy to lose focus of your ultimate goal when sailing through the pink fog.

Heidi Phox is a Vanity Club sister and lives in Utah.



Chapter 4

Seven Myths About Cross Dressers and Transgender Women

By Lucille Sorella Do you ever feel misunderstood?

Sadly, there's a lot of ignorance out there. That's why I decided it's time to debunk the most common myths about cross dressers and transgender women.

Let's start with one of the BIGGEST myths of all: Transgender women, cross dressers, and drag queens are all the same.

Uh, NO.

I created my web site to be a welcoming place for transgender women, cross dressers, and anybody in between. But I think we all know that these are distinct groups and that the terms aren't interchangeable.

Here's how the [GLAAD Media Reference Guide](#) defines these terms:

- **Transgender women** – People who were assigned male at birth but who identify as women. Many transgender women are prescribed hormones or undergo surgery, but transgender identity is not dependent upon medical procedures.
- **Cross dressers** – Men, typically heterosexual men, who occasionally wear clothes, makeup, and accessories associated with women. This activity is a form of gender expression and is not done for entertainment purposes. Cross dressers do not wish to permanently change their sex or live full-time as women.
- **Drag queens** – Men, typically gay men, who dress like women for the purpose of entertainment.

Now that the record has been set straight, let's take a look at the top myths for transgender women and the top myths for cross dressers: **Top 7 Transgender Myths**

1. Being transgender is a choice.
2. Transgender people are gay.
3. Transgender women aren't "real" women.
4. Your chromosomes and/or hormones define your sex.
5. You have to have surgery to be a "real" transgender person.
6. You aren't transgender until you start HRT.
7. Kids and teens are too young to know if they're really transgender.

Top 7 Cross Dressing Myths

1. Cross dressers are gay.
2. Cross dressers are perverts.
3. Cross-dressing is a psychological problem.
4. Cross-dressing can be cured.
5. Cross dressers want to change their sex.
6. Cross-dressing is a destructive addiction.
7. Cross dressers can't be good husbands or fathers.

You and I both know that these hurtful myths aren't true. Now it's time for the rest of the world to wake up!

Your gender is who you are on the inside, and there are infinite gender expressions.

Are you listening, world?

Lucille Sorella is the owner of Feminization Secrets in Las Vegas, NV, and can be reached at: lucille@preenpublishing.com



Chapter 5

Cross Dressing In Public For The First Time

By Kathy Hamilton

Courtesy of *Suddenly Fem*

It's one thing dressing to stay indoors; it's quite another dressing to go out.

No matter where you are in your journey, we're all very similar, fundamentally. It's just that some cross dressers move at a slower pace than others. Some girls start with the "basics" and pretty much stay that way, while others immediately embrace the "complete feminine look" from the very first touch of a bra strap or after the first pair of tights/nylons.

Cast your mind back to your early days. What were you like? Maybe in the beginning you wore only a bra and panties, slipped on a pair of tights, or maybe even stockings followed by a silky nightdress or even a dress that might have been a few sizes too big. Oh, the thrills! Oh, the heavenly feelings, the joy!

Then there was the progression over the months, the years, mainly via trial and error. Perhaps the progression happened unknowingly, until suddenly, there bloomed a *beautiful rose* right in front of your mirror, a complete image of a most attractive woman, a well dressed, well made-up, feminine creature. Who was *she*, what was *her* name?

Long gone were the days of wearing whatever clothes you could get your hands on, of wearing only sexy underwear and maybe someone's cast-off clothes.

When you looked in the mirror, you saw your own tight fitting dress; your own 6-inch above the knee miniskirt (or should that be micro-miniskirt?); a long haired, flowing wig; bright, almost "drag queen like" make-up; very high heeled shoes; flashy jewelry, and so on --everything, indeed, to make you look like the fantasy woman of your dreams!

You pranced around, checking your look every few seconds, making sure your shape was sexy enough and your make-up just right. You'd touch your clothes, adjusting here and there constantly.

And then there were the photos, and more photos, and still more photos. You posed this way and that -- on the sofa, on the floor, on the bed. Back to look in the mirror, change outfits, and then even more photos. The narcissist in you comes to the forefront!

There's no use denying it, we've all been there. It's almost a rite of passage for *any* girl.

Close your eyes and think. See how the memories come flooding back?

Yet while you "played around" indoors, while you reveled in your sexy, feminine image, somewhere at the back of your mind, there was a nagging question: "*What's life like beyond that locked front door? What would it be like if I just stepped outside for a quick minute, or at least a*

second or two? Just to see, just to test the water... Just to feel the thrill of being outside dressed, looking and feeling like a woman?"

But what if someone should see me? A neighbor, a friend, or even the postman?

Does this sound familiar? Have you been there? Well, I absolutely don't believe *any* girl who says they haven't!

The more frequently you dressed, the more the lure of "outside" began to consume you. The more it consumed you, the more you subconsciously began to make plans to go out "Just that *once, and once only, time.*" Get it out of your system. Maybe it's a quick run to your car on your driveway, a fumble for something in the glove compartment, and straight back indoors.

Or maybe it's a walk around the outside of your home; once, very quickly, or twice if you felt brave enough. Then you dart back into the sanctuary of your abode, euphoric, out of breath, exhilarated. Your heart beats rapidly, almost out of control. Your mind keeps asking you to do it again and again and again.

The next time you dressed, you go and sit in your car for a few minutes, again breathing deeply and trying to gain a measure of control. You were almost panting, hoping no one had spotted this attractive woman leaving *your* house and sitting in *your* car.

Then your urge tells you to start your car. Suddenly, you are at the shopping center, or the McDonald's drive through, outside Starbucks or at the cinema. How did you get there? No idea! What are you going to do now? Get out of there and back home before anyone sees you!

Yet the next week you did it again. And, again the following week. But, by now, you're brave enough to walk around the parking lot on your heels, flash your long legs. You walk past the main door to the center, even skulking in the shadows, turning your head away if any other person came within 50 yards of you.

Now, does this part also sound familiar? You bet it does!

Finally, months later, after much thought and hand wringing, soul searching and fighting back a number of pure terror attacks, you get out of your car, stroll as confidently as you can towards the main entrance of the shopping center and breeze down the main aisles, past the brightly lit retail outlets, looking in the windows of each and every shop. And, to your surprise, no one pays you any attention. No one looks twice. You almost feel disappointed that no one abruptly stops and snickers as you pass them. You definitely do feel disappointed that it's taken you six months, a year, or even two years to get this far, to do something so simple. All that wasted time... Maybe?

But here's the rub! If you'd ventured to the shopping center in the sort of outfits and with the sort of "look" that you presented when you first started dressing, it's almost a certainty that everyone would be staring and pointing at this parody of a woman who felt it necessary to parade herself down the supermarket food aisles on a sunny afternoon.

It seems "blending in" and "passing" became second nature to most of us after a while and I do believe it's all a necessary part of the overall journey -- that is, the gradual change we all go

through in our presentation, in our “look”, once we find the courage to break open that locked door and let ourselves free into the big wide world.

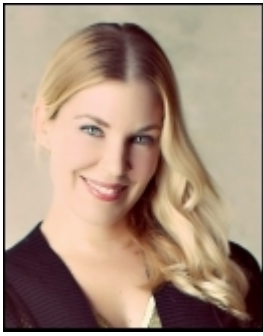
Without realizing it, you toned down that sexy, vivacious image of a woman. Now you are wearing more comfortable day-to-day clothes, a shorter wig where the hair generally stays in place and, most of all, you’re wearing shoes that allow you to walk without the pain of heels.

Mind you, having said all this, it was not easy to let go of that first image of a woman we created. It's not easy to forget the allure of silk and 4-6-inch heels, of micro skirts and over the top make-up. Yet, if you wish to go out and about successfully (i.e. without being spotted), changes to the way we present are essential.

After all, even real women don’t walk around shopping for three hours in high heels looking like they’ve just stepped off the cover of Cosmo!

Still, if you *really* can’t resist going out in broad daylight to everyday places in the attire and with the “look” I mentioned in the first six or seven paragraphs of this article, good luck to you—you’re a better woman than I!

Kathy Hamilton is a colleague at Sudden Fem and can be reached at: cathyh70@hotmail.com



Chapter 6

Three Ways To Develop Stunning Self Confidence

By Lucille Sorella

Have you noticed that all stunning women have one thing in common – besides their killer looks?

It's *CONFIDENCE*.

Confidence is also half the battle of passing or blending in as a woman.

How confident are YOU about expressing your femme self?

Do you think you'd feel more confident if you lost weight, started hormones, or had surgery?

These things can help, of course, but true confidence comes from within.

Here are three ways to feel more confident right now:

Stop putting your self down -- Sadly, most of us are our own worst enemies. How can you expect to feel confident if you constantly put yourself down? The important thing to realize is that these internal putdowns are a habit. They're not a reflection of who you really are.

The first step to breaking this cycle is to interrupt your negative thoughts. If you catch yourself beating yourself up, literally tell yourself to STOP. Next, find a way to reframe the thought into something more positive. Remind yourself that you're doing your best and that things ARE getting better.

This might sound like simple advice, but it works if you actually do it.

Take risks -- Confidence is like a muscle. If you don't use it, you'll lose it. And just like your muscles, it's something you can develop and improve.

One of the best ways to develop confidence is to take ACTION. You'll never build confidence if you stay in your comfort zone and do the same things you've always done. So get out there and try something new! Take a few risks! Once you do, you'll be amazed at how confident you start to feel in situations that once terrified you.

Celebrate your successes -- Celebrating your accomplishments is another great way to increase your confidence. It's easy to focus on the areas that still need improving, but don't lose sight of how far you've come. What risks did you take today? What did you do well? No matter how small, start to recognize these and celebrate them.

More confidence boosters -- Confidence is one of the most important feminine qualities you can develop. These tips are a great starting point. If you want to learn more, here are three great books for building confidence:

- [*Taming Your Gremlin*](#) by Rick Carson
- [*Feel the Fear and Do It Anyway*](#) by Susan Jeffers
- [*You Can Heal Your Life*](#) by Louise Hay



Chapter 7

Negative Perception

By Heidi Phox

From my observations and interactions with other cross dressers, both via the web and in person, I find that the vast majority of men that have a compulsion to wear women's clothing are otherwise pretty normal, considerate, hard working people. Most of the men are heterosexual, educated, and respectful of others. Still, cross dressers continue to be looked down upon and considered acceptable fare for jokes and disdain. And in this day and age of political correctness and acceptance, that seems out of order.

I've seen many very masculine appearing women that have very short cropped hair, wear what appears to be men's clothing routinely, and live their lives without anyone even blinking an eye. Yet if I were to be seen in my neighborhood in a skirt and heels, the gossip would spread like wildfire. I've heard from a number of girls that have been shut out by family members or divorced when they revealed their desire to dress en femme.

To be honest, the times that I went out in public I did get some double takes but didn't experience much negativity. I guess it's different if it's a stranger rather than a family member, friend, or acquaintance.

So what's the difference between a woman wearing men's clothing and a man wearing women's clothing? I think there are TWO societal norms that explain the difference.

First, men have traditionally been the more powerful sex of our species. They have made the most money, held the majority of public offices; lead the military powers, are physically stronger, etc. Women have been submissive to this role and secondary in stature. For a man to eschew the naturally born advantage of his maleness and seek to emulate a "lesser" component of society is not considered admirable generally. When a woman seeks to emulate a man's role, there may be some resistance, but more respect for her desire for the greater stature that she seeks.

Secondly, there is the effort and expense involved. For a woman to appear masculine it is more a matter of lack of effort to look feminine. One may not find it appealing but can understand that a short hair cut, no makeup, and simple, utilitarian clothing is a lot easier to maintain for a woman whose priorities or finances do not allow for the luxury of femininity. It's not difficult to imagine that the resources saved by not looking feminine are being used in way that is more productive for that person. However, for a man to look feminine it takes a great amount of effort and money. And the value of that extra effort and expense is less understandable.

Additionally, people naturally are distrustful of other people whose basic perceptions of reality are dramatically different from their own. Many people think of gender as a black and white, set in stone constant. And when someone doesn't adhere to that ideology, they are suspicious that other basic "constants" such as morality and concepts of right and wrong may also not be shared. But that is true when any group is singled out and discriminated against. Eventually, when there are enough personal interactions between the two groups of people they find out they are not that different and the discrimination subsides. Unfortunately, the majority of cross dressers partake in their hobby in secret and there never is the chance for the misconceptions to be disavowed.

Finally, the concerns people - especially wives - have about cross dressers abandoning their responsibilities and commitments are not without some basis. Although the primary source of exposure to the idea of cross dressing comes from television, I have also witnessed acquaintances via the internet allow their progression of cross dressing to cause major disturbances in their lives and those around them. I don't judge any one for making the decisions they feel is necessary, but I can see why others feel a level of discomfort towards cross dressers.

Admittedly, for many men that wear women's clothing, there is an element of sexuality involved and people frequently have less than perfect judgment in such situations. However, through my contacts with other transgendered individuals, I believe there is a great silent and invisible population of cross dressers that are as upstanding, if not more, than most people.



Chapter 8

Things Every Cross Dresser Needs To Emulate A Woman

By Carollyn Olson I recently read an article about men who want to emulate women. It didn't take me long to realize that cross dressers needed their own list too.

With over 35 years of cross dressing experience under my belt, I decided I am qualified to put together such a list with the help of the writers at *Times On Line*. So, here is my list of "the necessities" that no man's wardrobe can be without if he wishes to emulate a woman successfully.

Waist Cincher -- The right waist cincher can mold your body into a feminine figure by pulling in your waist and displacing what it pulled in to your hips and breasts. (It helps if you are a little overweight like me. My waist cincher displaces enough of me into my breast area that I can nearly fill the B cups of my bra and to often forgo breast forms.) I prefer an under-bust corset design with metal boning and a lace-up back.

Wig -- Style is your choice, but buy the most expensive synthetic wig you can afford. Inexpensive wigs look like wigs, whereas expensive wigs look like real hair. One of the nicest compliments I ever received was when a woman thought my expensive wig was my real hair.

Panty Girdle -- A panty girdle serves two purposes: (1) it shapes your lower torso into a more feminine shape and (2) it allows you to hide your male parts. I tried a gaff to achieve the latter, but discovered that it was very uncomfortable and that my male parts would escape frequently and required re-gaffing. The panty girdle did a much better job of keeping those parts in place and was much more comfortable. By the way, if you favor short skirts (like me), wear a brief panty girdle rather than a long leg panty girdle, so that your girdle is less likely to show.

Beard Cover -- I feel so badly when I see a beautiful femulator with the telltale signs of a beard because there is an easy fix: a good beard cover. By "good," I mean a cover that is sheer and orange (to counteract the blue color of a beard).

Little Black Dress -- Purchase a classic little black dress and it will never go out of style.

Moisturizer -- Moisturize every day, even during periods when you are not going out en femme. After many, many years of shunning skin care, using a moisturizer will make a big difference. Your skin will be smoother, suppler, healthier-looking, and your makeup will go on easier and look better.

Boots -- Buy a pair of boots for practical reasons (to protect your feet in cold weather) and for style (to look sexy).

Breast Forms -- If you are not naturally endowed or if your foundation garments do not displace sufficient flesh to fill the cups of your bra, then use breast forms (unless you are going for the flat-chested waif look). I use two pair of forms; one is a small pair to fill out a bra when my flesh just fails to do so and a larger pair for when I fake cleavage and need bigger breasts to match. For those of you on a limited budget, do what I did years ago (or what Heidi Phox recommends in the next chapter): I first used birdseed in a baggie as it is an inexpensive way to make your own forms. Also, if you have enough flesh to create cleavage with a little help, fill your bra with Styrofoam cutouts, and then pull your flesh over the top of the bra for that extra affect.

Wallet -- Buy a woman's wallet.

Watch -- Buy a woman's watch.

Camisole -- Buy one camisole, or better, buy two: one in black and another in white or beige. I own a half dozen because they can solve so many personal wardrobe dilemmas.

Gold & Silver Jewelry -- Buy one gold-colored set of jewelry (earrings, necklace and bracelet) and one silver-colored set to compliment most of your outfits.

Makeup -- These are the makeup items that I consider necessities: concealer, beard cover, foundation, powder, blush, lipstick, lip-liner, lip-gloss, mascara, eye shadow, eyeliner, and eyebrow color.

Outerwear -- If you live in cooler climates, you will need a woman's coat, woman's gloves and perhaps, a woman's hat if you plan on going out en femme during the winter. A man's coat, gloves, and hat will not cut it if you really want to look like a woman.

Hand Cream -- A man has man's hands - especially if he does manual labor. So, shave your hands if they have hair and use a hand cream daily to help feminize your man hands.

Deodorant -- Unless your manly deodorant is unscented, use a woman's deodorant to avoid the manly scent of a man's deodorant.

Makeup Brushes -- Buy a GOOD set of makeup brushes and throw away those foam applicators that came with your makeup. The pros only use brushes. To achieve a professional look, you should use brushes, too.

Credit Cards -- Most credit card companies will issue additional cards under the same account for other family members. So get an additional card issued to yourself, but just use the initial of your first name with your last name. For example, John Smith would get an additional credit card issued for "J Smith." Use this card when shopping en femme; it is just another small touch that will help you pass as a woman.

Makeup Mirror -- A makeup mirror can be your best friend. Get one WITH lights that you can switch to produce various lighting effects and a magnifying option. It is so handy when you are doing your eyes.

Eyeglasses -- If you wear glasses, next time buy a pair with unisex frames or if you can afford it, buy a second pair with a feminine frame. (With an eyeglass prescription in hand, you can order eyeglasses online and avoid the embarrassment of buying female frames in person). If you need eyeglasses for reading, you can buy inexpensive reading glasses with very feminine frames just about anywhere (the local pharmacy, Wal-Mart, etc.) Also, you can buy woman's sunglasses just about anywhere, too.

Clip-On Earrings -- If you don't have pierced ears, you should collect clip-ons. Clip-ons are a rare commodity and I buy them whenever I come across a nice-looking pair for sale.

Wrinkle Remover -- If you have wrinkles, use a wrinkle remover. I never paid much attention to those miracle skin care products that are supposed to remove wrinkles. However, one day I received a free sample of a product that was supposed to deal with wrinkles around the eyes. Looking in the mirror at the wrinkles developing around my 50-something-year-old eyes, I decided to try the free sample. After a week or so, I noticed that the wrinkles were less noticeable. After a few weeks, I had to examine my eyes closely to find the wrinkles. As a result, I was sold on the product and continued using it everyday. Today, the wrinkles around my eyes are still there, but they are not as deep as they once were and as a result, they are less visible especially from afar, which is the goal for using this stuff.

Makeup Boxes -- Males need more makeup than real females to look female, so get a big box for your makeup. Don't be shy about buying the biggest box you can find or afford. If the box is not full now, trust me, you will fill it eventually. A big fishing tackle box will do the job.

Jewelry Box -- Instead of using traditional jewelry boxes to store your jewelry, use clear plastic stackable compartmentalized storage boxes. They are inexpensive and allow you to see what is stored in the box at a glance.

Nails -- Long painted nails are so feminine, but how is a guy supposed to hide them when he is in male mode. The solution is to use fake nails. I prefer the pre-painted, pre-glued, press-on nails; they go on in less than five minutes and usually do not come off until you purposely remove them - especially if you clean your nails thoroughly first.

Perfume -- Buy one bottle of an expensive perfume and use it when you dress like a woman so that you will have the scent of a woman, too.

Cuticle Remover -- Whether you paint your nails or use fake nails, you should use a cuticle remover to clean your natural nails before you go glam.

Razor -- Purchase an electric razor with a sideburn trimmer and use the trimmer to remove long hair, and then use the head of the razor to remove stubble. For closely shaving your face, get a

multi-blade safety razor and always use a new blade before going out en femme in order to get the closest shave.

Tights -- Tights are very handy when there is no time to shave your legs and they are also very fashionable lately.

Attitude -- I wish you could buy attitude, but you can't. Attitude is something you acquire and is critical in your success of emulating a woman. When you go out en femme, act as if it is the most natural thing in the world. Don't be ashamed. Rather, strut your stuff. It's your life and if you want to live it as a woman even momentarily, it's your right to do so. If someone has a problem, it's their problem, not yours. Go for it, Girl!



Chapter 9

Hair Removal

By Deedra Kay

If you're thinking of transitioning, start with your face first! Even after having laser and hormones the male facial hair will not completely go away without electrolysis. The following are some helpful hints to remove unwanted hair.

Home Removals -- Shaving, creams, gels, chemicals, waxing, tweezing or machines are methods that you can try in your own house. Beware of any claim for "a money back guarantee," as this just guarantees that you will be pouring your hard earned money down the drain. For me, I just wanted to get rid of, or cut down on the amount of hair on my hands and arms. A dead giveaway: great makeup job and hairy hands will give you away every time. After shaving these areas you have to be careful about the dreaded hair stubble when your hair grows back.

One of my first tries at eliminating hair was with a *Kalo Hair Inhibitor*.

Company claim : "*Kalo Post Epilating Lotion and Spray is a true hair inhibitor to stop unwanted hair growth. Kalo does not need to be used for the rest of your life. In fact, you do not even need to use Kalo Hair Inhibitor every day. Kalo is also very effective at slowing the hair growth down when used after shaving.*"

Being very naïve, I thought this would be the way to go. Just tweeze my hairy knuckles, spray on the lotion and presto...fine thinner hair. What a joke! After two months of tweezing and shaving the hair was just as dense as before.

No! No! is a no-no.

Company claim: "*Now you finally have a solution that lets you achieve professional hair removal results in the comfort of your own home. One of No! No's! unique innovation is the development of a thermodynamic wire to transmit heat to the hair. Thermicon uses the scientific principles of thermal transference to conduct a gentle pulse of heat.*"

You would have thought that I learned from Kalo, (money back guaranty). But no! A No! No! was to be the new way to go. First, they have all these discount deals: sign up now and get so much off - if their product was so great why discount! This little wire is going to burn the hair off of your body and somehow go down to the root to kill the follicle. Burning hair smells! So before you use No! No! buy some scented candles and light them in the bathroom. Then turn on the fan and open the windows. And the buffer is not to get your skin smooth; it's to remove the tip of the burnt hair that's in your skin. Well, I'm a true die hard, and again I kept this up for two months. The results? No! No! belongs in the trash can.

Creams and Shaving -- They are so many creams and shave gels on the market today. I feel that once you become good at shaving, shaving is quicker, cleaner and less irritating than creams. Creams can have a harsh effect on your skin and if you do use a new cream or gel product (or any new product on your skin) always do a test run on a small area before using it everywhere. Don't be impatient like I was. I tested, then waited an hour or so and went for it. I ended up with irritated legs for a few days and had to use dark panty hose to cover the spots on my legs!

I personally don't like the smell of the creams. They create the burnt hair smell in the process of removing your hair. Sometimes the creams worked fairly well, but I suggest that you just try shaving your legs in the tub. The hot water will open your pores and if you do it under water the hairs will stand up and you will get a closer shave.

Waxing -- There is a plenitude of products available. I have tried those that were geared more to the male hair removal. They all state, "*you won't have to shave or remove hair for four to eight weeks.*" My best was about 2 weeks. Waxing involves a lot of self-inflicted pain. If you are going to do this to yourself get a chilled bottle of Chardonnay and have a glass or two before you start ripping your hair away! Ouch! I will tell you some areas hurt a lot more than others. The results... smooth skin for a short time but still no thinning or reduction in hair growth.

Here's the correct method of waxing your body:

- 1) Moisturize your legs and arms in the days prior to waxing. This should already be part of your daily routine.
- 2) Begin by taking a warm shower and scrub your skin lightly with a body scrubber.
- 3) Once out of the shower, moisturize and dry off.
- 4) Your hair should be about 6mm long for waxing.
- 5) Wax in a comfortably warm room as this will open pores making it easier to remove the hair.
- 6) Try to relax and cover the surfaces that are going to be treated with an old towel.
- 7) Heat the wax by following the directions (make sure to test if you're using a jar product by some on your wrist first!) If it tingles, it's too hot.
- 8) The wax should be a thick consistency like honey. If you're using strips, rub them between your palms to warm up the wax.
- 9) Apply the hot wax with a wooden spatula in a figure eight on your hair.
- 10) Leave on for two or three seconds before pulling it off with a strip.
- 11) Always stretch the skin against the hair growth when removing the waxed strip.
- 12) Pull the wax strip in the opposite direction of the hair growth.

If hair remains you can cleanup up the few hairs by tweezing. If you have a large area that needs re-treating you can re-wax - but only once. Apply cleanser followed by tea tree oil to the area and avoid wearing tight clothing for 24 hours after. Skip hot baths or showers as well for the same period.

Bleaches -- *Sally Hansen Extra Strength Crème Bleach*. Sounds like a good idea - just make the hair lighter in color and nobody will notice. Right!

If your hair grows like mine this is not a good idea! If it's a light color, and you use bleach, when the hair grows back in the bottom part of the hair will be dark. This will give your arms the look of a blond who "needs to get her hair dye again.". I only did this once and never again.

Epilator -- Well, I call this the big tweezing machine. A whole bunch of tweezers that yank your hair out, hopefully by the root, but some will break off and continue to grow. Another ouch! It works just like waxing but you don't have the messy cleanup after! I find it works better and is less painful if you just dap it down on a spot and then pull back instead of running it up or down your body. Try to go in the opposite direction of your hair growth - just like waxing. Don't lotion after, wait for the next day or morning. If you do use moisturizer you will have lotion go into the open pores and it could produce red spots all over your body that resemble ingrown hairs.

Talk about embarrassing first times: I did my legs. The pain was minimal and I used lotion to smooth the rough spots. By the next morning my legs looked like I had an attack of the Red Dots! I guess those black pantyhose will have to do for tonight.

Did it reduce the hair size or growth rate for me? No! Some of my friends said it did reduce their hair size and growth rate over time. But all this did lead to a more permanent solution.

Professional Waxing – Yes, it does last a longer. Having a pro apply the products seems to be less painful but it does cost more than the "do it yourself" remedies. Full body waxing is good for a few day girls outing, but regular treatments can add up to a lot of money over the long hall. Now be careful going to a professional because there are a lot of inexperienced people trying to make money in this field. You can get stuck with a bill and still have plenty of hair to deal with (ugh).

Electrolysis -- This is the only proven method of hair removal. It's a very slow, tedious process with each hair being treated one at a time. An electric current is applied with a very fine needle-shaped electrode, or metal probe, into each hair follicle to destroy the root. Be prepared to spend a lot of money and time. I personally schedule two-hour sessions at a time because this is the most that I can take and I'm relieved when a session is over.

The most sensitive areas are around the lower lip and under the nose. My last treatment was on the fine hairs next to my lipstick line on the lower lip. All I can say is, "Wow, that hurt worst than the laser treatments." I still have fingernail marks in my leg when I was hit by the probe.

With electrolysis you must have a beard growth to have the hairs treated. I normally have my treatments on a Monday night. This gives me all day Sunday and Monday for hair growth. The swelling that occurs from the treatments and having your skin poked and shocked can be significant. The first time I had treatments on my upper lip, I had a fat lip for two days. Some of my co-workers noticed so make sure you have a good excuse.

To cut down on the swelling you can use “*the Shotgun*” approach, which is working on different instead of a larger single area in one sitting.

I have had laser and will be getting IPL (Intense Pulsed Light) work done. Most people don't understand the difference of the two. The laser work was done on my hands, arms and shoulders. Laser or IPL is not a permanent removal of hair, but it almost goes away completely or at least cuts down on the time period between removal times. This all depends on your skin color and hair color - darker hair and lighter skin is the best combination.

The difference between Laser and IPS is the light beam that the machine emits. The basic theory is to kill the hair root with pulses of light. You will experience a burning sensation on your skin or a very red rash depending on the setting the doctor is using. FYI - you have to be a licensed doctor to use lasers.

IPL was originally developed to treat beauty imperfections (such as age spots and broken capillaries) and hair loss was noted as a side effect. With IPL they can change the type of light to work different areas of the skin layers. A lot of places will confuse the name between the two methods. So if you're checking out places take the time to ask all the right questions. Make sure they will do a patch test on you so you can see if this will really work for you and how your skin will react to the treatment. Be prepared to have some swelling for a few hours after and red colored skin that might last for a day or so. The other thing is you have to hide from the sun for a few weeks before and after and get some 50 sunblock to protect the treated areas from the sun!

No matter what you choose to rid yourself of body hair, it's painful and expensive. If you are planning on HRT a lot of the body hair will be reduced by the hormones. My latest adventure is with a home IPL machine by Remington which is not recommended for the face or neck. I'm currently treating my chest area with very good results in the first few months. So just maybe the \$400.00 was a wise investment for once. However, make sure you research the machine and get the one with long lasting head.

Good luck on your quest for smooth, hairless skin.

Deedra Kay is a member of the Vanity Club and calls Pittsburgh, PA. her home town.



Chapter 10

Getting Zapped As A Guy *(Electrolysis Mussions)*

By Jamie Anne May I've been meaning to share this for some time, and now it seems like a good time since Carollyn asked me to contribute to this wonderful book.

I've been having electrolysis treatments on my face since April 2013. I basically have no shadow and it's hard to see much of anything even after a week without shaving. Electrolysis has been a lengthy and costly experience, but more than worth it.

I've tried to break this chapter in to pieces. For anyone who has not had electrolysis there's a lot to consider; WAY more than I had considered, so I'll try to be as informative as possible. However, I can't promise that I'll be brief since it's really been a part of my life for almost two years. The one-hour sessions were only a small part of the deal.

Where I'm at now -- My face is pretty clear. I have not had a noticeable shadow in months, but hairs do pop up. I "shave" once or twice a week now - if you can call it shaving - but for the most part my face looks like I just shaved all day, and for many days in a row. My only problem area is under my nose (mustache area, aka, upper lip). It has been hard for me to deal with and is only recently staying clear for more than a couple of days.

About me -- I still live as a guy. I'm not even close to transitioning due to work and family. However, most of my clothes are actually "females"; all my jeans, tennis shoes, t-shirts, etc. I normally wear my femme clothing out in public places and it's either hard to tell or nobody cares. The jeans are probably the most obvious due to the shape and stitching, but again, nobody seems to care, so I stopped caring also. I like the styles. When I'm at home I kick it up and it's more obvious. But alas, my office clothes are still guy clothes: slacks and button shirts (Blaah.)

Regarding appearances -- I'm not currently married so there has been no spouse or *SO* issues with electrolysis. As it turns out I've been able to keep this my secret to most people, but there would be no way to hide it from a spouse. I've been able to arrange most family type visits around times I could shave and it has worked out. Work has been the trickiest part of electrolysis as I have looked odd at times, and frankly, I just pretended nothing was wrong. I work in an office, which is a professional environment, and thank goodness for that since I have not been confronted with comments. Of course, what might have been said behind my back is another story. It probably seems odd for a guy to look clean shaved at the end of the workday - that is if anybody is paying attention. And the style these days is definitely to have facial hair, especially that "non-shaved" look. My electrologist, Cassie, has told me many times that people must know I'm having work done on my face. But at this point the electrolysis is just about finished. If somebody were to ask, I guess I would tell them the truth, "I hate shaving."

Makeup -- I haven't worn makeup for almost a year now, mainly due to the electrolysis, as I am usually red-faced on Friday nights after my treatments and sometimes into Saturday. Ironically, the electrolysis has made me really unmotivated to go out dolled up. My social life has taken a big hit in the process (along with busy life stuff in general). In the long run, it will be beneficial for me.

Speaking of Jamie time -- Funny story. I started doing karaoke about two years ago while in girl

mode and I told the various DJ's that my name was Jamie. Well, Jamie time was not always easy to do so I'd sometimes do karaoke in boy mode at the same bars or with the same DJ's, but I'd still use the name Jamie. Hey, I like the name. My karaoke friends all call me Jamie and some of those friends have even met some of my family, so the name Jamie has come out to them, but so far, the female Jamie has not. I do sort of suspect that people wonder about me since I'm trying my hardest to be more gender neutral. As it is now, if I get dressed up and throw on a wig, even with no makeup, I can look at myself in the mirror and see a difference.

How my electrolysis started -- I'll back up to the beginning for a moment. In early 2013 I really had no intention of doing this, really, none at all! I happened to be at a party hosted by a full time Trans friend, who had electrolysis during her early transition. It sounded interesting, but frankly, I could not see myself sitting in a waiting room full of GG women to get this done. What changed my mind was a conversation I had with a guest at that same party. She was also a full time Trans girl. She was talking about her electrolysis and when she mentioned the location my interest was peaked. It happened to be right next to where I park for work. Hmm! I park a mile from my office and I use that walk for exercise - yup, long walks, every day, whether rain, snow, cold, wind, etc. The other thing that got me very interested was that the electrologist was also a TG named Cassie at Chicago Epilation. I was told Cassie understood how to work on Male-to-Female subjects and the issues involved. I suspect that the main issue is that everyone wants the work done FAST - like NOW! Right? I also was told her rates were reasonable compared to others. I made a 15-minute appointment to learn more and was not disappointed; the process was explained and I was assessed as to what would give the best results, either electrolysis or laser. I was not a good candidate for laser as my facial hair is a light color. I was still interested in electrolysis so Cassie zapped a few hairs to see how I would react. It was not the most comfortable feeling, but tolerable, and the thought of no shaving was awesome - even if just living as a guy.

The waiting room -- My appointments were actually at Cassie's secondary location. She has a room in an "alternative medicine" type doctor's office, which has Trans patients among others. I had no hesitation going there and waiting and never felt odd as a patient. Ironically I have always gone in guy mode, after work, in guy business type attire. In fact, Cassie has not seen me dolled up personally, only in pictures.

The appointments -- I should mention that I'm not on T-blockers. Most of Cassie's customers are either GG women or Trans girls on blockers. As I understand it the hair follicles are stronger and hold on to the hair more if the body is producing T. So to compensate I believe she adjusts the machine "up" a bit when working on me. I've had to develop a high tolerance for discomfort. She said it is called "discomfort," so I'll leave it at that. Anyone reading this, who has had electrolysis knows better. (Ouch!)

I've had almost 80 hours of treatments and have had about one hour on average every week since I started. That's tens of thousands of zaps! A male face is pretty dense - I've heard 40-50 thousand hairs - but Cassie is aggressive with me. She has worked very hard on giving me a smooth face. There is no shadow now, not even on my neck. I only go every other week now but really think the end is near. I'd say the re-growth is in the hundreds of hairs, not the thousands any more.

Note that hair grows in stages so even if an area is clear one week there is always some re-growth later. This is usually less dense and often lighter. It takes many times for Cassie to go over the same areas to get all the hairs. But I can say, it does work, and it is permanent.

The schedule -- Once you start and get some facial areas cleared out you really need to keep going! I had not given this point a lot of thought, but I really couldn't stop until recently, even if I

wanted to, since I'm pretty clear and pretty even now. That was not the case for at least a year. And you don't want to stop and have a blotchy face. Regular scheduled appointments were crucial.

Before getting zapped -- Besides the obvious prohibiting factors such as cost or time, the "prep work" is probably the hardest part. With laser you can shave but with electrolysis you MUST let the facial hairs grow for a couple of days. Cassie has to be able to pluck the hairs out with tweezers once the follicle is zapped. With a normal full beard, or with very little hair (i.e. the extremes), the appearance is not so bad, but that yearlong 'in-between phase" can be uncomfortable and awkward depending on who you have to interact with those days. I did my best to schedule meetings on Mondays, Tuesdays, or Wednesdays, but was actually called into meetings on an occasional Friday when my beard growth was erratic. OMG! I just pretended nothing was wrong but I did have bald areas on my face - ugh. Thankfully, those days are past.

Getting zapped -- I must give Cassie credit, she understood my needs and tried to minimize the weirdness as much as she could (remember, no makeup or cover-up for me at work). She tended to be fast and aggressive and often pushed me to as much as I could take in my sessions. The process itself consists of Cassie wearing microscopic goggle/glasses with a very bright light (she says she can see under my skin, and she probably can). She sticks a needle in each follicle, hits a zapping pedal, and then gently tugs the hair. If it comes out, fine, if it's still too tight, she zaps it again. (I guess that's my very non-medical description.) The treatments consist of constant zapping and tugging/plucking for an hour and I feel each one. For the most part the discomfort dissipates quickly. However, the upper lip area might take a few seconds to dissipate, so it feels more constant or continuous and is harder to tolerate.

The mind games -- During the sessions, I had to teach myself many relaxation techniques. In the beginning, I'd focus on the songs on the radio. After a while I realized that I needed to be even more relaxed and let my mind wander, so now I have the radio turned off. When it's really uncomfortable I have my eyes closed and ask myself, "What does it feel like to sleep?" and try to clear my mind and imagine myself sleeping. It helps and usually those measures are necessary when Cassie works on the upper lip area.

The upper lip -- I'd say that most of my face is mildly sensitive and more so in some areas than others. But, OMG, that upper lip (aka the mustache area) has to be the most sensitive area by far! Apparently there are more nerves in the middle of the face than the sides. The upper lip area was saved for last and done after most areas were mostly clear. I had the upper lip area done during Christmas vacation as I knew it would be red for many days, and it was! The entire mustache area had to be hit at once - it was a brutal two-hour session - and my whole upper lip was swollen for days. The upper lip area has to be done all at once as it would be way too noticeable for a partial job. Of course, the hair grew back, but not as dense. Since that time I've had the upper lip area worked on consistently over the past few months and it's pretty clear now.

Another point about the zapping is Cassie needs to stretch the skin to open the pores. If I am tensed up, she tells me to relax! Relaxation is so important. For the upper lip stretching the skin means keeping the mouth open a bit so she can stretch the skin over the teeth. To get the idea of what it feels like lay down very still, pull your lip around, poke your upper lip with a pin over and over and pull nose hairs out one by one, and DON'T move! OMG, it's NOT fun.

After getting zapped -- Once you've been zapped for an hour it's still not over. The pores are open and swelling occurs. The first thing to do after the sessions is to hold ice on your face for a few hours. Ice packs have been my friend, as were the cold dark Chicago winters. I took my own

ice packs to each session, which melted slower than the ice cubes she would provide. It also helped to take Ibuprofen or Naproxin. The redness and slight bumpiness often lasts a day or two but always fades. Cassie was also kind enough to share some free samples of Burn Free, which felt great. When I'd get home I'd clean my face and apply Burn Free, or some other moisturizing lotion, and Ice it! BTW, if I were starting over I'd get a whole bottle of that Burn Free - so smooothing (hint, hint).

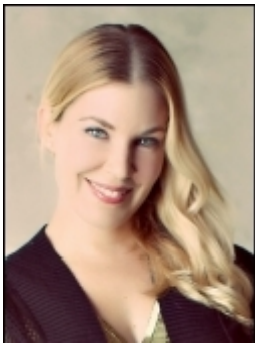
Pre and Post Shaving -- For over a year I'd shave on Wednesday for work, skip Thursday and Friday, looking funny during the day, and get zapped after work on Friday. I'd ice my face on the way home and even more when I got home. I'd be red-faced Saturday and sometimes into Sunday. By Monday I was pretty clear and I'd shave for work and then look OK for a few days. Now I shave on Monday for a Friday session and it's still hard to see any hair on Friday. Cassie can pretty much clear what hair there is in one or 1-1/2 hours every two weeks. Now the redness usually fades by Saturday.

The maintenance -- In the beginning Cassie insisted I use Witch Hazel. I love that stuff! I splash a little on round cotton pads and clean my face every day. She says it's good for the pores and tightens the skin. It really makes the skin feel clean. I also use other skin lotions on my face every day - Burt's Bees usually.

Cassie's TG Therapy sessions -- That's most of the electrolysis story but I want to tell you a bit about Cassie. Given that it takes SO many treatments to complete the electrolysis, it's best to get along with your specialist, and Cassie has been great. Often times, she was like my Trans therapist, since we could and did chat about anything and everything occurring in the Trans world and the events I was missing. (Hey, the \$\$ went to getting zapped instead of plane rides - what can I say?). Cassie has also served as a fantastic role model for me. She's just an everyday working girl and a fantastic friend. I easily give her 4-stars.

Jamie Anne May is a member of the Vanity Club and lives in Chicago, IL.

PART TWO: HAIR AND MAKE-UP



Chapter 11

Transgender Guide To Wigs, Hairpieces And Extensions

By Lucille Sorella

Are wigs, hairpieces, and hair extensions part of your femme wardrobe? If not, they should be!

Even if you've grown out your own hair, a wig or hairpiece is a great way to transform your look and add some instant glam.



As a belly dancer, I've been wearing wigs in my performances for years. I LOVE my wigs and could talk about this topic for days!

To start, I created this tutorial to give you an overview of your wig, hairpiece, and hair extensions options.

Human Hair vs. Synthetic Hair vs. Blended Hair -- Whether you go for a wig, hairpiece, or hair extensions, the first thing you need to do is choose between human hair, synthetic hair, or blended hair.



Human Hair -- Human hair is the best option if you can afford it. It looks ultra natural and can be cut, styled, permed, or colored just like your own hair.

The downside is that human hair wigs cost hundreds or even thousands of dollars. (Beyonce's wig reportedly cost \$6,000!) Another drawback is that human hair tends to be heavier than synthetic hair and requires more styling.

Here's how to decipher some of the buzzwords you'll run across when shopping for human hair wigs, hairpieces, or hair extensions:

- **Remy Hair** – Remy hair means that the hair cuticle has been kept intact as opposed to being stripped in acid. Remy hair is softer and less likely to tangle than non-Remy hair.
- **Virgin Hair** – Virgin hair refers to hair that has never been permed, dyed, or chemically processed in any way.
- **Asian vs. Indian vs. European Hair** – These are the most common hair types for making wigs, hairpieces, and hair extensions. European hair is considered the highest quality and is the most expensive.

Synthetic Hair -- Synthetic hair is cheaper than human hair, so it's a great option if you want to build a big wardrobe of girly wigs and hairpieces. High quality synthetic hair is virtually undetectable from human hair.

Other advantages of synthetic wigs are that they come pre-styled and are lighter than human hair wigs.

The disadvantage is that you can't heat-style most synthetic hair. (Though you can now find heat-resistant synthetic wigs and hairpieces on the market.) Synthetic hair also has a limited lifespan of 3-6 months of daily wear.

Blended Hair -- Blended hair consists of a blend of human hair and synthetic hair and offers the best of both worlds: It's less expensive than human hair and looks more natural than synthetic hair. It can also be heat-styled.

Wigs -- When it comes to wigs, the big differentiator (aside from hair fiber, style, and color) is the cap construction.

Here are your wig cap options:



Standard cap wig



Capless wig



Monofilament wig

Standard Cap Wig -- A standard cap wig has a closed lace crown with the hair machine-sewn to the cap. This is the most common and affordable wig cap style.

Cap-less Wig -- A cap-less wig is similar to the standard cap, except that the hair is attached to vertical lace strips instead of closed lace. The open design makes the wig lighter and cooler than a standard cap.

Monofilament Wig -- Monofilament wigs are made with thin nylon or polyester mesh material at the crown to create the illusion of a scalp. This looks more natural since the hair can be parted or styled in any direction.

Lace Wig -- Lace wigs are super popular since they are the most natural-looking wig option. Lace wigs are made with a fine lace mesh that is custom fitted, trimmed, and glued (or taped) to the skin around the hairline. This creates a lifelike hairline, even with the hair pulled back.

Full lace wigs have a cap that is entirely made from lace mesh, while lace front wigs have lace mesh at the front and another material at the back and sides.



Lace front wig



Untrimmed lace mesh



Beyonce's lace front wig

Hairpieces -- Hairpieces are a great way to transform your look without the hassle of wearing a full wig.

Since hairpieces blend into your own hair, you should test them in person to make sure you've got a good color match. Another option is to custom dye human hair hairpieces.

Here are the most common hairpieces:



Half wig



Wiglet



Ponytail hairpiece

Half Wig -- A Half wig (also known as a fall or 3/4 hairpiece) is worn away from the hairline and covers the crown, sides and back of the head. The half wig is either attached to the head with clips or worn with the hair pre-attached to a headband.

Half wigs are my dance wig of choice since they let me add length while revealing my own natural hairline. Brilliant!

Wiglets -- Wiglets are a great option for girls with thinning hair or receding hairlines. Wiglets have a small base that is attached to the front or top of the head, adding volume where you need it. The advantage is that they disguise hair loss, but are lighter than a full wig.

Ponytail Hairpieces -- Looking for an easy updo? Try a ponytail hairpiece. Ponytail hairpieces are attached via a jaw clip, interlocking combs, or an elastic string. (Note: To wear a ponytail hairpiece, your hair has to be long enough to pull back.)

Clip-on Bangs -- Clip-on bangs are a fast way to add some sass to your style. Just clip them on to the front your hair and voila! Instant bangs.



Hair Extensions -- Hair extensions are a huge craze right now and it seems like every Hollywood starlet has them.

Hair extensions add length and fullness to your hair – but keep in mind that your hair has to be thick enough to hide the base of the hair extensions. Hair extensions don't work well with thinning hair or a receding hairline. (You're better off with a full wig or a wig let.)

Here are the most common types of hair extensions:



Clip-in Hair Extensions -- Clip-in hair extensions are fast, fun, and easy. The extensions are attached with clips and can be worn all day and all night. Lots of girls rave about [Euronext human hair clip-in hair extensions](#) from Sally Beauty. They cost \$130-\$150 and come in 15 different colors.

Bonded Hair Extensions -- If you are looking for more permanent extensions, bonded hair extensions are the most popular option. Bonded hair extensions are attached with a special type of glue and last 3-6 weeks before needing to be reattached.

In theory, bonded hair extensions are not supposed to damage your hair. However, I've spoken with lots of women who claim that bonded extensions DID damage their hair.

Bonded hair extensions are also expensive, typically ranging from \$500-\$2000.

Sewn-In Hair Extensions -- With sewn-in extensions, your hair is first braided in tracks around your head and then the extensions are sewn to the braided tracks.

Sewn-in extensions also range from around \$500-\$2,000, but they are most cost effective since they last longer. The disadvantage is that they can feel very tight and painful when first applied and can also damage the hair.



Chapter 12

Face Up To Your Wig Style

By Kathy Hamilton Courtesy of *Suddenly Fem*

T-girls, wigs and hairstyles... what can one say? It's almost impossible to find a novice T-girl whose first desire is not to buy that longhaired, sexily styled wig. Perhaps it's been a long held dream or fantasy to parade around with long hair, flicking it behind your shoulders, seductively easing it away from your eyes, and generally just enjoying the sensation of feeling and looking like a young woman.

But this look is not for everyone, and sometimes your choice of a wig gives you away as male or at the very least doesn't flatter you at all. If your goal is to "pass" or blend in whilst out and about, a considerable amount of thought needs to be given to the type of wig or hairpiece you choose.

Your skin tone, your natural coloring, plus, importantly, the shape of your face all are factors to be considered. You don't need this book to tell you that men's faces are quite different than women's, and while there are 6 or 7 recognized different face types, many men tend to have only 2 or 3 of these, mainly square or oblong faces (see more below).

But, as a starter, well before choosing a wig style, do the following to work out what type of face you have. Measure:

- Your face across the top of your cheekbones
- Across your jaw line from the widest point to the widest point
- Across your forehead at the widest point (usually somewhere about halfway between your hairline and eyebrows)
- From the tip of your hairline to the bottom of your chin

With the following information you can determine which face is the most similar to yours, and which wig style you should consider to purchase, and more importantly, which wig you should avoid.

Square



Square shaped faces are as about as wide as they are long, have a strong, square jaw line and usually an equally square hairline.

Look for wig styles that add *height* to the top of your head, as this will elongate the symmetrical square shape and narrowness at the sides.

Off-center parts with height at the crown look great on square shaped faces and short-to-medium length wigs - especially with waves or roundness around the face to soften the angular shape. Wearing a wig with layers and wispy looks around the face is another way to soften your face shape and will achieve a nice balance to your otherwise straight features.

However, avoid long straight styles that accentuate a square jawbone: straight fringes or center partings, or a straight bob ending at the jaw line.

Oblong



Oblong faces are longer than they are wide and are often long and slender, about the same width at forehead and just below cheekbones. Many people with oblong faces have a very narrow chin or high forehead.

The wig style you choose should add *width* to your face to help minimize its vertical length.

Preferred wig styles are short to medium in length, with longer top layers such as wedges and graduated bob cuts. Those wigs with chin and shoulder length that turn under or flutter out also

work very well.

Layered styles in medium and longer lengths with wavy and curly textures will flatter the face and neck while obscuring the straight long lines of an oblong face; additionally, straight across bangs, feathered bangs, or half bangs with side parts soften the forehead.

Longhaired wigs should be avoided, as they will make your face appear even longer

Diamond



The Diamond shaped face is widest at the cheek bones; with a narrow forehead and jaw line - each approximately equal in width - and in some ways a cross between heart and a dramatic oval shape!

Fortunately, for those with this shaped face, it allows for a number of hairstyle options. Ideally, though diamond shaped faces need a wig styled with fullness or width in the forehead hairline and to the lower cheekbones of the face. Hair should be styled close to the head at the upper cheekbones where the face is broadest. Wig styles that tuck in behind the ears also

will work well, especially if you have a good cheek bone structure.

Almost all hairstyles work with a diamond shaped face, so you should experiment. If you have a dramatic diamond shape, leave weight in the back nape area and this will achieve a balance between your cheekbones and relatively delicate chin line.

Wearing a wig with height on top or volume on the sides is to be avoided. While some fringe cover can hide a narrow forehead try not to wear too much hair on your face, thereby hiding your best

features.

Heart



People with a heart shaped face have a large and wide forehead, high cheekbones, sometimes a widow's peak hairline, and a narrow "v-shaped" chin.

Look for a wig that allows you to bring some hair across your face to soften its width. In addition, keep the hairstyle closer to the head near the eyes and fuller around the jaw.

Additional width, if desired, can be done below and in front of the earlobes. Longer, layered hairstyles work well and a chin

length bob is ideal for this type of face shape as it makes the jaw area appear wider and more balanced.

Styles with too much height at the crown should be avoided, as it will make the face look longer.

Oval



With an oval shaped face the *length* is equal to one-and-a-half times the *width* typically and is slightly narrower at the jaw line than at the temples. The hairline is often gently rounded.

This type of face is well proportioned and allows for the most versatility in wig choices and, in fact, most wig styles - short or long, straight or wavy are suitable.

Consider your best features such as your eyes, cheeks, or mouth and then accentuate them with your wig style.

Styles that cover up your "perfect" features such as heavy fringes, or too forward-directed styles should be avoided.

Round



The round shaped face is as wide as it is long, and full-looking with a round chin and hairline; the widest part of the face is through the cheekbones.

Good choices for this face type are wigs with a fullness and height at the crown, but not at the ears; off-center partings help reduce the face's roundness. Wigs with a short, swept-back hairstyle or with a style longer than chin length should be considered.

To help make your round face shape appear longer and narrower, aim for wigs which have layering at the top to achieve fullness, while keeping the rest of the cut relatively close to the face to elongate the round face shape.

It's best to avoid chin length hair and center partings, as these tend to accentuate roundness. Because the widest part of your face is at the cheeks and ears, you need to avoid having the fullness of the cut there because it will make your face appear wider. Short crops or straight "chopped" fringes should also be avoided.

Pear

The cheekbones and jaw line of a pear shaped face essentially broaden to showcase a wider faced look. This type face features a distinctly narrow forehead and a rounded chin.



It's best to look for wigs that will add volume above the jaw line as layers create fullness on the upper half of the face.

Hair on the sides of your head and at the nape are best set and combed in a pattern close to the head since any style too voluminous will add weight to the bottom of the face. However, don't be afraid to show your forehead, as this will draw attention upward and away from the jaw line. Also, if you have bangs, angle them slightly and tuck them behind the ears to draw attention upward.

It's relatively easy to work out which shaped face you have and which wig will suit you the best; if you can't do this yourself ask a friend for help -- or, failing that, try and get advice from a qualified wig vendor or other beauty practitioner.

In any event, getting the right style is essential and will lead to you having that much more confidence in getting out and about.

Chapter 13

Must Have Secrets For Beautiful Eyes

Courtesy of [WebMD](#)

Break Away From Basic Brown -- Bright eye makeup looks great in a magazine, but are you wondering how to really use those colors? Blending them with the neutrals you already have is a great approach. Start with a light base over your lids and place sheer color in your crease. For a night on the town, replace your basic black or brown liner with a colorful pencil.

Play Up Your Eyes -- Make the most of your natural eye color. For green or hazel eyes, try shadows and liners in the purple family. Neutral shadows make green eyes pop. Deep navy and other blues make blue eyes brighter. Brown-eyed girls can wear just about any hue, and neutrals with red and brown undertones really enhance darker eyes.

Yes, You Need a Separate Eye Cream -- Eye creams are made just for the thin, sensitive skin around your eyes. They may be less irritating than regular face creams. Use fragrance-free eye creams because fragrance can irritate eyes and cause swelling or even allergic reactions. Tip: Keep eye creams in the refrigerator. The cool temperature can help ease puffiness.

Hello, Bright Eyes! -- Bright eyes mean health and beauty, but sometimes we need a little help. Redness-relief drops offer an instant pick-me-up, but don't use them for more than three days or they can make redness worse. Line your inner rims with white pencil to make your eyes look brighter, or use black liner at night for the same effect. Yellow-based foundation or eye primer can help with red skin around your eyes. **An Expert Cover-Up** -- Nothing says "I need a nap" like dark circles! The key to covering them up is moisturizing first. Next, apply primer before putting on your concealer. Be careful not to overdo it. Too much concealer draws more attention to the area. For really dark circles, go for a smoky eye, which draws focus away from the under-eye area.

Shed Light on Dark Circles -- Dark circles under the eyes are caused by too much pigment, swollen vessels, or fat loss -- and yes, lack of sleep. Rest up! Retinol, brightening ingredients, chemical peels, and lasers can help, too. Still can't get rid of them? Hyaluronic-acid-based injectable fillers help by adding padding to skin under the eyes.

Send Bags Packing -- Puffy eyes? We've all been there! Next time, try an eye cream with caffeine to help get rid of extra water. Cool compresses can be a quick fix. And cutting back on tea, coffee, alcohol, and salt can help. If you notice more bags as your birthdays start to pile up, a CO2 laser or surgery can tighten your skin.

Optical Illusions -- If your eyes are deep-set, stick with medium tones on the lids, go lighter in the contour, and stress the lash line. Skip colors that are too dark. For close-set eyes, highlight the outer corners and avoid dark shadow on the inner corners. Pull wide-set eyes together with dark shadow in the inner corners.

Shimmer at Any Age -- Sheer, delicate sparkle is ageless. It brightens your eyes and adds texture to your eye makeup. Just remember to moisturize your lids before applying. And stay away from shadows that are too metallic.

Living With Laugh Lines -- You smile with your eyes, too! Years of squinting and smiling etch lines into thin skin around the eyes. Eye creams with retinol and hyaluronic acid plump up wrinkles and renew skin. Botox, Dysport, and Xeomin shots ease crow's feet. Lasers or injectable fillers can erase any creases left behind. **Long-Lasting Eye Makeup** -- Layering makes eye shadow and eyeliner last longer. For maximum staying power, use eye primer over your whole eyelid. Then, dust your lids with loose or pressed translucent powder. Apply eye shadow, blend, and apply powder again.

Solutions for Sagging Skin -- Look for eye creams with antioxidants, retinol, and peptides. They can prevent and improve sagging skin. Laser treatment tightens skin for a non-surgical lift. For extremely saggy skin, eyelift surgery (blepharoplasty) removes extra skin for a firmer, younger look.

When You've Been Framed -- Girls with glasses have a few makeup tricks to make their eyes stand out. Medium colors and intensity make eyes look fresh and bright. Heavy makeup makes your eyes disappear into dark shadows, because your glasses act like a shield that keeps natural light from getting to your eyes. Avoid dark colors in the crease, especially if you wear reading glasses. It can make eyes look hollow **Arch Support** -- Comb your eyebrows with a brow or spooly brush so you can see areas that need to be filled in. Use a pencil or powder to add color to gaps, and then use your brush again to pull color through. You never want your brows to look like they were drawn on. Finish with brow gel to keep color and shape in place. Think of it like hairspray for your eyebrows.

Curl Your Way to Pretty Lashes -- As we age, our lashes grow straighter. Use an eyelash curler to help open up your eyes and prep your lashes for mascara. False lashes offer a dramatic change to your eyes, but they don't have to look fake. Make sure you trim the strips to fit your lash line. Use a minimal amount of glue, and let it dry a bit before placing lashes on with tweezers.

Get Long, Lush Lashes --You can easily get thicker, fuller lashes for your alluring eyes. There are many over-the-counter lash-lengthening serums. There's also one FDA-approved prescription serum, Latisse. It lengthens and thickens lashes and is safe and effect.

Chapter 14

Six Steps To Better Eyelashes

What to do, and what not to do, for lush, full lashes.

Courtesy of [WebMD](#)

Want longer, thicker lashes? Start with these six lash lifesavers.

1. Take it easy. Never tug at your lashes, and avoid rubbing your eyes. "The lash root is very delicate and lashes can easily break due to our daily habits," says dermatologist Jeannette Graf, MD, of Great Neck, N.Y.
2. When using a lash curler, don't pull on your eyelids.
3. Remove your mascara before you go to sleep. (The stiffness from the mascara can break lashes.) Use a gentle makeup remover. Pat or dab at your lids -- don't rub or pull.
4. Remove clumps from mascara when the mascara is still wet and easy to comb through.
5. Tossing your old mascara every three to six months also helps keep lashes and eyes healthy. That will help your mascara stay free of germs that can lead to infection.
6. If you get pink eye or another eye illness, replace any makeup that went near your eye area.

Your lashes serve a purpose beyond beauty. Eyelashes serve a protective function: to keep foreign matter out of the eye."

A lash can last about three months before falling out and can take two months or more to completely grow back. Damage can also make the hair more fragile, thinner, and shorter when it does grow in. If you damage the follicle enough, it will stop producing hair, Graf says.

Eyelash Conditioners -- "Just like you condition your hair, you need to condition your lashes," Graf says. Her simple suggestion is to put a thin layer of Vaseline or Aquaphor over your lids at night. Over-the-counter lash conditioners can also help. They usually contain ingredients to strengthen and moisturize lashes.

A lash conditioner can help stop breakage so your lashes look longer in a matter of weeks, Graf says.

More Long-Lash Options -- Eyelash extensions are tiny, synthetic hairs glued to individual lashes. They last for a couple of months.

Expect to pay \$300 and up, and know that your natural lashes can be damaged as the extensions fall out.

Another option is the prescription drug Latisse, which promotes lash growth. "Latisse is excellent and works very well," Graf says.

Side effects can include irritation and darkening of the skin on the eyelid, which has been reported to be reversible after stopping the drug. There is also a potential that the drug could turn light eye colors brown, which is likely to be permanent, according to the drug's label.



Chapter 15

Four Tips For Perfect Matte Red Lips

By Emily Kate Warren Courtesy of *Youbeauty.com* I have to admit that I am lazy when it comes to my own makeup, but don't hold that against me! It doesn't mean I don't want to look pulled together.

Here I'll share with you my recommended method for looking like you spent way more time primping than you actually did by perking up your face in seconds flat with a bright, matte lip color. Don't let the eye-catching color scare you — it's not intimidating to apply at all!

Step One: Smooth Your Canvas -- Exfoliate your lips using lip balm and a tissue. Glob on the balm, smile to pull your lips taut, wrap a tissue around your index finger and rub vigorously to scrub off the dead, flaky skin.

Step Two: Conceal Redness Around Your Mouth -- This is an important but oft-neglected step. Vibrant colors always look sharper and more polished when the area around them is perfected. Use a bit of foundation or concealer around the outer edges of your lips to hide any redness or discolorations.

Step Three: Color -- Apply a bright, matte lip color to the center of your lips, then press and roll your lips to smoosh the color to the outer edges of your mouth. I love Nars Velvet Matte Lip Pencil in Red Square for every single skin tone — it's simply the perfect color! 16

Step Four: Blend -- Use a dry, clean eye shadow brush to blur and soften the outer edges of the bright color until it blends out to your skin tone.

Voila! You now have beautiful perfect matte red lips! Enjoy!

Emily Kate Warren is a contributing writer for Youbeauty.com and lives in New York City and Los Angeles, CA.



Chapter 16

Six Steps To Irresistible Lips

Courtesy of David Borrows at *Glamour Boutique*

Do you wonder how other girls manage to cultivate a truly sexy finish to their 'look' with their lips when you get frustrated at your own messy attempts? The good news for cross dressers is that lips are one of the easier aspects of a makeover to push the envelope as part of your feminine transformation; all that's needed are a few simple steps to ensure your lips 'pop' and give you that all important confident, sexy look that will be admired by others.

1. White Teeth -- Most people forget this but it is actually one of the most important components of having sexy looking lips. Make sure you brush often and try some whitening remedies if you have particularly stained teeth. The whiter, the more irresistible.



2. Moisten Lips -- You do not want your lips to crack when you put on your lipstick so applying a cream will ensure your lips are nice and moisturized looking perfect throughout your day. Lipstick tends to dehydrate your lips and lip balm will act as a barrier to your lipstick so a little cream will go a long way.



3. Highlight your Lips -- Add a little concealer or white liner to the outer parts of your lips. Do this lightly though; if you are using white and press to hard it will be too blunt of a line. This will create a border around your lips allowing them to really pop. You can also add concealer to your actual lips to make the lipstick last longer, just make sure you moisturize before so they are not too dry. This works best if you are using a moisturizing lipstick or gloss rather than a matte.



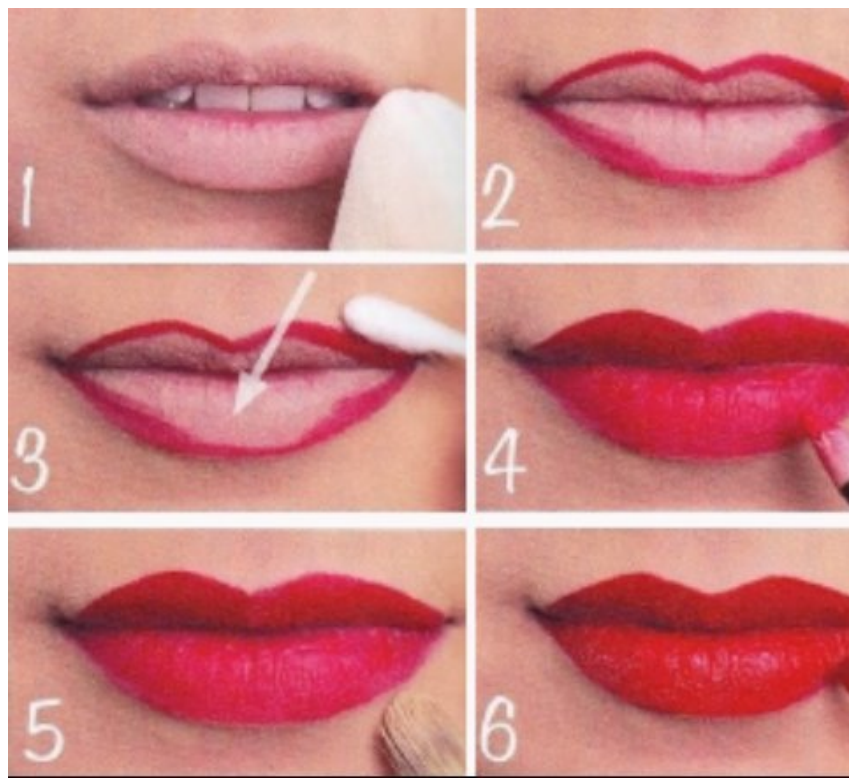
4. Lip Line -- You always want to line your lips before applying a lipstick. If you are going out to an event and know you won't be able to re-apply lipstick much then choose a lip liner close to your lip color. This will help to avoid having a ring of liner around your lips when your lipstick wears off. If you are wearing a darker color than you will need to match your lip liner to your lipstick or gloss so going with a 2-in-1 (as pictured below) may be helpful to make sure the colors match.

Line the outer edges of your lips, not your actual lips-this will help to make them look more full. The picture below will give you some guidance.





5. Apply Lipstick -- Having sexy lips often involves a bold color lipstick or gloss. If you have plump lips go with a dark matte color. For tiny lips go with something light colored and shiny. If you have a hard time applying lipstick evenly than use a lipstick brush. Don't just go for classic red; try other color for different occasions and different times of the day. Look for [lipstick packs](#) that have different color or shades and experiment when practicing your make-up.



6. Get rid of the Excess -- If you are wondering why you always have lipstick on your teeth it is because you forgot to dab! It is important to do this once right after applying lipstick and then once right before going out to ensure that there is no lipstick on your teeth. Just take a tissue and smack your lips together to get off any excess. It is always handy to keep a little compact mirror in your purse to keep an eye on those teeth!



David Borrows is owner of the Glamour Boutique salon and website www.glamourboutique.com and resides in up-state New York.



Chapter 17

How To Find The Best Lipstick

By Didi Gluck

Courtesy of *Realsimple.com*

Red lipstick is an undeniable beauty classic. But how do you pick the best one for your complexion?

Why Red? -- Red lipstick is a stone-cold classic, say makeup artists (and most mere mortals). Among women who wear lipstick regularly — that would be 71 percent of us according to a survey by Elizabeth Arden — fully one-third sport crimson (and that number more than doubles over the holidays, reports *Birchbox*). However, these lipstick-wearers admit that when it comes to finding their perfect shade, red is the trickiest one to ace. Fortunately, singling out your best scarlet just got a whole lot easier. Read on for tips on how to choose shades, everything from brick to cranberry, with skin-tone-specific color suggestions and — here's where things really get simple — universally wearable hues. (Don't believe there is such a thing? All three of our models shown on our website are wearing NARS limited-edition lipstick in Future Red.) All that and application secrets too!

For Fair Skin -- If you have fair skin, consider a shade with a touch of orange in it to brighten your complexion, New York City-based makeup artist Melissa Silver suggests. Think tomato red to coral red. That's not to say you can't go with a dark red, but stay away from deep reds with blue in them, which can appear Goth against an alabaster skin tone. Here's an easy way to gauge what works: Rather than swatch colors on your hand, dab on a fingertip and hold it up to your lip. Or apply the color (if possible) and snap a selfie. If the lipstick looks jarring to you, it will to others, too. For a more modern effect, skip using a liner, unless you have fine lines around your mouth. In that case, outline your mouth with a nude (skin-toned, not lip-toned) pencil after applying color to keep it from bleeding into the creases.

For Medium Skin -- Good news for those with medium-toned skin: Basically, anything goes for you, from orange-red (ideal during the summer) to burgundy (in winter), according to Silver. One thing to keep in mind: If your teeth aren't pristine clean, avoid hues with too much orange in them, which will amplify the yellow in your, um, pearly whites.

For Dark Skin -- Cool reds, devoid of orange undertones, are the most complementary on dark skin. In general, look for shades with a blue, almost plum, cast (as in deep cranberry to light crimson). Remember, dark colors can be deceptive in the tube — coming out sheerer than expected — so when possible test on skin before investing. To deepen the intensity of a sheer shade, try smoothing foundation that is a shade or two lighter than the skin on your lips first. This cancels out the pigment in your lips and allows more of the lipstick to come through.

All About Texture -- The days of lipstick in one-texture-suits-all (that texture being waxy) are long gone. Now you can choose from a variety of finishes—lustrous gloss, shine-free matte, rich cream—depending on the look you're after. Going for a subtle effect? Avoid a color-rich matte red, which can make you look “like you stuck Mr. Potato Head's lips on your face,” says Silver. A gloss or balm would make more nuanced choices. You'll need to reapply more frequently: Neither formula has the staying power of a cream or a matte, containing less pigment in a more slippery base. For long-lasting wear, a stain — which delivers sheer color but has extra-tenacious pigments — is ideal. However, because it's also runny, you'll need practice to master a stain (i.e., don't apply seconds before a photo op unless you've experimented previously). A final caveat: Glosses and stains are not ideal for women with fine lines around the lips, as they can bleed into and magnify them.

Lip Tips -- Still slightly overwhelmed by your options? Consider a “universal” red, one with either violet or yellow undertones (considered neutral on the color wheel, these colors blend with any skin tone). Yes, it's a bit challenging to detect such subtle-ties, but even an untrained eye can

usually gauge a tinge of yellow or purple. Before buying, if possible, take a red lip color to a window so you can see it in natural light (fluorescent store lighting can make reds look more blue-toned). When in doubt, it's better to buy a shade that seems slightly too bright, because you can always blend it or blot it to make it sheerer and more wearable. (Sheering a color out — makeup artist-speak for blotting with a tissue — to lessen the intensity of the pigment is also a good way to ease into reds, if you're not used to seeing yourself in them.)

Other Helpful Hints

1. Smile broadly before applying. This stretches your lip skin so that you get color into every nook and cranny.
2. Not handy with a tube? Consider using a lip brush for precise placement of color.
3. If your lips are flaky, exfoliate with a lip scrub or facial exfoliate, then smooth on a lip cream or balm before applying red lipstick, which can accentuate dryness and lines. If your lips are always dry choose a more emollient formula like a cream lipstick or tinted balm.
4. Stains can take some getting used to as they come on strong. Silver recommends applying them from the inside of lips (where they meet your mouth) out toward the perimeter so that you get a feel for the product — and avoid obvious mistakes around the lip line. If you want extra shine, allow a stain to set for a minute then top with gloss.
5. Last but not least, before walking out the door — whatever formula you're wearing — stick your pointer finger in your mouth and drag it out slowly to capture any excess pigment so it doesn't end up on your teeth!

Didi Gluck is the beauty director for the Realsimple.com magazine and internet site.

Chapter 18

Party-Perfect Makeup Ideas For Every Occasion

Courtesy of *Pretty T-Girl Magazine* **THE DRESS CODE: Black Tie Optional: The Focus, Lips-** When you want your face to look dressed-up but not made-up color your lips a rich shade of plum; it's bold but has a cool elegance you won't get from a candy-apple red (and still works beautifully with vibrant shades like orange).

A matte finish is more glamorous than high shine; simply tap a creamy lipstick over bare lips with your finger. Then tidy up the outer edges and create a barrier against bleeding with a pencil (for the most natural-looking line use the side, not the point, to draw short strokes). The pencil shade should be as close as possible to the lipstick without going darker.

A strong mouth brings out the flush in your cheeks, so go light on blush, but do take a couple of minutes to define your eyes. Run a rich brown liner pencil as close as possible to your upper and lower lash lines, and then finish with two coats of black mascara.

THE DRESS CODE: Cocktail: The Focus, Eyes - Dramatic eye makeup can be rock 'n' roll or rebellious or (as we prefer it) beautifully refined. When a healthy dose of black liner is paired with a sheer yellow gold shadow the effect is sumptuous but not too smoky. And it's a good look during a holiday season that's heavy on activity and light on sleep. Playing up the eyes makes any shadows under your eyes less noticeable. Coat your lashes with mascara and define your brows with a pencil that's a shade lighter than their natural color.

Keep the rest of the face simple; even out redness or discoloration with concealer and warm up your complexion by blending a golden bronze blush over your cheekbones. A creamy nude lipstick topped with a couple of dabs of golden gloss on the center of the mouth completes the look. If you have time to paint your nails, a light gold polish is festive but not so flashy that you have to take it off before work the next day.

THE DRESS CODE: Casual Chic: The Focus, Cheeks - If you want to look polished enough for a party but perfectly natural and fresh faced, rev up your radiance. Rough or flaky skin won't reflect light (and can leave makeup cakey), so prepping the canvas is key. Gently exfoliate then apply an oil-free lotion and let it soak in for several minutes. Blend a light liquid foundation over any blotchy areas.

To create a translucent flush choose a creamy rose-tinted blush as it will melt into your skin.

Then, to illuminate your whole complexion, apply a sheer shimmery powder or pearly cream to the areas of your face where light hits: the cheekbones, temples, and the bridge of the nose.

Keep your eyes bare, except for the softest silver accent and mascara. Choose a lipstick shade similar to your lip color or a subtle pink gloss.

Barbara Jean Jasen is the managing editor of Pretty T-Girl Magazine and lives in Las Vegas, NV.



Chapter 19

How To Clean Up Your Eye Makeup

By Joanna Douglas Practicing your smoky eye? There's a good chance you'll end up with some sort of pigment falling below your lower lash line. Here's the best way to clean it up — without having to start over.

1. Remove the pigment from your lower lid with a gentle eye makeup remover like *Elemis White Flowers Eye & Lip Makeup Remover* (\$30).
2. Apply a light eye cream like *Ole Henriksen Fresh Start Eye Cream* (\$38) under your eyes. Let it dry.
3. Pat concealer under your eyes to camouflage any dark circles.
4. Lightly dust on some powder like *Boots No. 7 Perfect Light Loose Translucent Powder* (\$11.99) to set the concealer.

Next time remember to blow on your eye shadow brush to remove any excess pigment before it hits your lid.

Joanne Douglas is the senior editor at Yahoo Beauty (www.yahoo.com/beauty).



Chapter 20

Makeup Remover

By Carollyn Olson

I've always had problems finding a good makeup remover and recently I was introduced to a wonderful product, La Fresh Travel Lite® Makeup Remover Wipes, by my Vanity Club sister, Espy Lopez, at Classic Curves International (CCI is the maker of the high quality Veronica 5 hip pads/panty

and other undergarments for cross dressers).

The *La Fresh* wipes are perfect for a quick and thorough cleanup and surprisingly can remove the heaviest makeup as well.

One or two *La Fresh* pads will remove most all the makeup on my face, eyes (including eyelashes), and lips. I love them because they will dissolve waterproof mascara that most cleansers don't touch. The pads are really gentle on your face thanks to the Vitamin E moisturizing formula, and are environmentally friendly too!

The cost? A pack of 15 pads can be purchased for \$12 (including shipping) from Ms. Lopez, c/o CCI, PO Box 115, Wilmington, CA 90748, or a box of 48 for \$20 through the *La Fresh* website (<http://lafreshgroup.com/travel-lite-amenities>).

I use the *Neutrogena* cleanser, available at most drug stores, with warm water to complete the process - especially in the crevices around my eyes and where my makeup is heaviest on my forehead and my jaw line.



Chapter 21

When Should You Toss Your Beauty Products?

By Cheryl Wischhover Courtesy of *Glamour.com* In a perfect world we would finish every last drop of every single beauty product. But this doesn't happen very often, if ever. Makeup and skin care products are not like Twinkies; they don't last forever. If you hang on to things too long, at best they lose their efficacy, and at worst they can become contaminated with bacteria or other gross stuff. To figure out when to throw things away I chatted with experts with intimate knowledge of each category.

Makeup -- Generally, the drier a product is, the longer you can keep it, according to Debra Coleman-Nally, Maybelline's Head of Research & Development. "Mascaras have the shortest shelf life due to daily use and the small quantity in the tube. We recommend *three months* for mascara for optimal performance," she says. Powder shadows, face powders and blushes have the longest shelf life since they don't contain water. You can keep them for up to *two years*. Creams and foundations last about *18 months*. Store your makeup in a cool, dry spot – extreme heat and cold are cosmetics' enemy. If there's any change in color, odor, or appearance, it's best to get rid of it.

Lipstick -- According to Poppy King, the founder of Lipstick Queen, lipstick actually lasts a long time, if stored properly. "You only need to throw away lipstick and lip gloss if it starts to smell strange or it hardens and the texture feels strange," she recommends. Like all the other products, store lip products in a cool, dark place — lipstick is especially susceptible to hot temperatures. In general, check in with them every *two years* or so. "If you are one of those people who buys in bulk when you find a shade you really love, store the extras in the fridge and when you are ready to use them, let them adjust to room temperature before applying," King says.

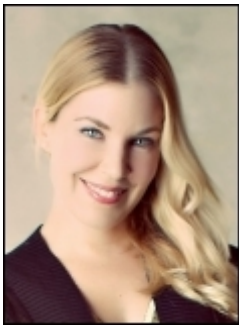
Sunscreen -- Sunscreens contain active ingredients, so they're labeled like drugs with expiration dates, making it a no-brainer. "Sunscreens are designed to remain highly efficacious for *two to three years* from the date of manufacturing," Holly Thaggard, the founder of Supergoop, says. "But remember, if your sun care products are applied generously and frequently, a bottle of sun protection shouldn't normally last from one year to the next!" Although Thaggard says sunscreens are tested in storage conditions up to 104 degrees F to determine stability, it's best to store in a cool, dry place. Toss it if the texture, smell or color changes. Bacterial contamination is a concern; a few years ago, natural brand Badger had to recall a batch of sunscreen for contamination.

Skin Care -- Skin care products make it easy on you – there's a symbol on the label that looks like an open jar with a time (ie: "12 m") listed above it. If you write the date when you open it on the label, you know exactly when to toss it. "Unopened products traditionally have a *three year* shelf life," a rep from Skinceuticals' Education & Training Division says. "Once products are opened, shelf life varies by formula." Store your products at room temperature, as they can deteriorate if left in extremely hot conditions. Again, keep an eye on the texture, smell, and color.

Hair Products -- "It is typically okay to use standard shampoo and conditioner for *two years*," says Fabian Lliguin, of natural hair care brand Rahua. "For natural shampoo and conditioner like Rahua (which is naturally preserved), it is safe to use up to *18 months* after opening." Styling products, however, run the risk of drying out sooner if they're kept open or stored in less-than-ideal conditions. Lliguin also points out those products you scoop out with your hands are at higher risk for contamination, so use a scoop if you can. Like skin care, hair care product labels are stamped with the "after open" symbol on the back.

Cheryl Wischhover is a write and contributor at www.glamour.com.

PART THREE: LEGS AND SHOES



Chapter 22

How To Make Your Legs Look Amazing

By Lucille Sorella Nothing is hotter than a great pair of legs – and you're in luck since most cross dressers and transgender women have gorgeous, defined legs. (I'm jealous!) How can you make your legs your BEST feminine asset? Keep reading to discover 3 ways to make your legs look amazing:

1. Add some color -- Smooth, tanned legs are SEXY legs. But what if you have pale legs marred with scars, bruises, and visible veins? Pantyhose are a no-no in the summertime. Instead, add color and cover imperfections with a tan (either a real tan or a spray tan) or leg makeup.

I'm a huge fan of [Sally Hansen Salon Airbrush Legs Leg Makeup](#). It's like sexy spray-on pantyhose that give you perfect legs. Love it!

2. Show off your legs in sexy shoes -- The right shoes can take your legs from good to GREAT. Anything goes as long as you keep these two tips in mind:

- Go high, but not TOO high – High heels make your legs look sexy and super feminine, but be careful not to go too high if you have very defined legs. The higher the heel, the more your calf muscles contract. This can make your legs look overly muscular and masculine.
- Choose a rounded toe – Square toe shoes make legs look stumpy, while pointy toes add unwanted inches to the feet. Round toe shoes will give you the long-leg/dainty-foot look you're going for.

3. Choose the right skirt length -- When it comes to showing off your legs in a skirt, shorter is NOT always better. How short is too short?

Try the finger length test: Stand up straight and put your arms to your side. If your fingertips fall past the hem of your skirt, it's too short.

You should also avoid skirts that are too long. Calf length skirts tend to look dowdy – besides, we want to see those gorgeous gams!

The most flattering skirt lengths are from mid thigh to just above or just below the knee.



Chapter 23

Guide to Walking in Heels

Adapted by Carollyn Olson, original author unknown One night a few years ago a girl friend left her apartment wearing a new pair of 4.7-inch Gucci stilettos when a dog started growling at her. She was startled, but being a huge dog-lover, she gave the dog an affectionate petting. "What was going

on?" His owner, an older lady, was quick to reassure him. "Hush boy," she purred. "That girl," pointing disdainfully at my friend, "is just having a hard time walking straight in her new heels."

My friend walked away sulking - thankfully without tripping. My friend, now a long-time cross dresser, has mastered the art of walking in higher than normal heels, and a long way in the shoe department.

The following are a few hard-won tips for walking gracefully and comfortably in heels.

Size Matters -- As any woman with some fashion sense will tell you, there is no legitimate middle ground for heels. It's either flats or *real* heels; anything below 3 inches is considered cheating. Heels up to 4 inches are very comfortable to walk in as long as the shoe is carefully designed; 4.5-inch heels are manageable by literally everyone if you've had enough practice, and a 1-inch platform can help keep you safe in 5 to 5.5-inch heels. Higher heels than that, let's pass.

Your Height Doesn't -- If you feel like it, you can wear heels even if you're tall. And no, you don't *have* to wear heels if you're petite. Heels are not about looking taller; they're about looking stylish. I have friends who are over 6-foot tall and wear high heels all the time. At 6'4" or 6'5", they are often the tallest person in the room. Do they feel like Gandalf summoning the Hobbits? Sometimes, but it is still worth it.

Fit *Really* Matters -- Every self-respecting woman should have a trusted cobbler (shoe repair person), who will competently file your heels to suit them specifically to your feet. Don't skimp on maintenance, either.

Design Is The Key -- This is oh-so-important: While you can get away with poorly designed flats (such as rubber ballet flats if you don't wear them too long) you definitely want to avoid cheap heels. They will give you blisters and make your feet hurt, yes, but more important in the long run they could affect your posture and damage the bones in the soles of your feet. Before you pick up any pair of high heels, try the shoes on in the late afternoon when your feet are a bit swollen. How do they feel? Are your feet howling like a baby fox caught in a trap? Not okay.

Walk, Don't Run -- There are really no shortcuts here. The only way to learn to walk in heels is to do it a lot, practicing first with easier shoes. The basics: Don't walk on eggshells; do not tiptoe; step the heel first, then the tip of the foot. The more surface the shoe has, the easier it is — you might want to start with tight-fitting ankle boots (bonus point: pretty!).

Pick Your Battles -- High heels can be good for the soul, but they're not particularly good for your body. Choose when to wear them wisely. In most business, after work, formal and night time situations you're expected to wear heels. What makes an occasion? Sometimes it's just the wearing of the heels themselves.



Chapter 24

The Secret To Walking Gracefully In Heels: Seven Tricks That Work

By Kat Collings Courtesy of *Whowhatwhere.com* When Marilyn Monroe said: "Give a girl the right shoes, and she can conquer the world," we're fairly certain she was talking about heels. But if you can't walk in said heels? Well, that essentially negates any potential conquests, whether you're in the boardroom or the bar. Accordingly, I've put together the seven secrets to walking in heels the right way.

Trick 1 -- The easiest way to look like an amateur in heels is to put your whole foot down at once, as if you're wearing flats. When wearing heels, put your heel down first, followed by your toe. This will make your walk look more natural.

Trick 2 -- Wearing heels makes your stride shorter than normal, so you'll have to take an increased number of small steps to go the same distance. We're not recommending baby steps, but don't try to take your usual long strides either.

Trick 3 -- Trying to walk quickly in heels often ends up looking quite awkward. Between the smaller steps and the compromised balance, it's best to take your time in heels. Besides, walking slowly gives off an air of confidence.

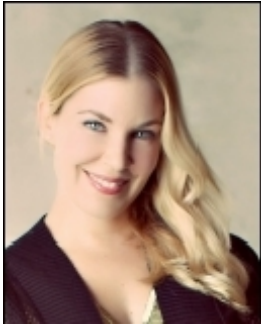
Trick 4 -- You may find you want to walk faster than your heels will allow and end up craning your neck forward to compensate. This ends up looking strange so allow yourself to lean just the slightest bit back when walking in heels as this will counteract your inclination to lean forward.

Trick 5 -- When you want to draw a straight line, you'll get better results if you look at your end point as you draw, rather than looking at your pencil as it moves. Similarly, when walking in heels you'll walk more gracefully if you look at your goal point (maybe it's the podium at the end of the stage), and visualize a straight line going toward your end point rather than looking down at your heels as you walk.

Trick 6 -- As you take each step, or if you feel yourself slipping, arch your foot slightly to put pressure on the inside of your shoe. This will make your shoe fit closer to your foot, making it easier to maneuver.

Trick 7 -- If your shoes are ill fitting it makes the difficult task of walking naturally in heels almost impossible. If your heels are too big, use shoe pads for a better fit. If they are too small, consider having them stretched by a local cobbler. Break in stiff or snug-fitting shoes by putting them on with socks and blasting your feet with a hot hairdryer.

Kat Collings is editor and owner of the internet site Whowhatwhere.com and resides in Mt. Shasta, CA



Chapter 25

How To Walk Like A Woman

By Lucille Sorella Your walk is a critical aspect of your feminine image. The two biggest mistakes I see cross dressers and transgender women make are: 1) Walking like men 2) Over-exaggerating their movements In this article I'm going to reveal how to achieve a natural, feminine walk. But first let's look at the 3 biggest differences between male and female walks: 1) Men tend to walk with a "shoulder swagger", while women sway their hips when they walk.

2) Men have sharper movements, while women usually have more fluid movements.

3) Men walk with longer strides than women do.

Here are my top 3 tips for walking like a woman: **The Hips Matrix** -- Most advice for TG women focuses on the mechanics of how to walk like a woman. But this advice ignores the fact that males carry more tension in their bodies and therefore have stiffer movements. Until you learn how to "loosen up," your feminine walk will always look stiff and unnatural.

My friend Rob Brinded is a movement specialist and one of the foremost experts in male/female movement reprogramming. His "Matrix" exercises are designed to release tension and free up your body movements so you can walk like a woman. Check out his "Hip Matrix" video at my website and then try it for yourself. If you do a test walk before and after the Hip Matrix, I promise you'll be amazed by the difference!

Wear High Heels -- Women have a lower center of gravity than men due to their larger hips. This creates that sexy hip sway that's characteristic of a feminine walk.

Forcing your hips to sway usually looks unnatural. Instead, practice walking in high heels. High heels change your center of gravity and exaggerate the forward curve of your spine. This helps release the hips, which naturally feminizes your movements.

You can enhance this effect by keeping your shoulders still when you walk. This forces you to use your hips for balance.

Once you've mastered hip walking in heels you can practice the same movements in flat shoes.

(Though why anybody would want to wear flats instead of heels is beyond me!) **Shorten Your Stride** -- Shortening your stride is another easy and effective way to feminize your walk.

The average woman's step length (the distance from the toe of one foot to the toe of the opposite foot) is 26". So if you want to be scientific about it, get out a ruler and measure your steps! Keep in mind that the higher your heels are, the shorter your steps should be.

There are other subtle elements that define a feminine walk, but these tips are a great place to start.



Chapter 26

Five Ways To Tell If Heels Will Hurt Before You Buy Them

By Kat Collings We have a love-hate relationship with heels. The four-and-half-inch stilettos that make you feel like you own the world Friday night leave you scarred with blisters the next morning. What's a girl to do?

Get smarter about heel purchases.

1. **Pay Attention To The Heel Cup** -- Manufacturers put a stiffening agent in the heel area, or the counter of the shoe, so it retains its shape. The stiff nature of the counter makes it a prime spot for friction and blisters. Opt for shoes made of real leather or suede, because it's more pliable than synthetic materials and will mold to the shape of your foot, thus reducing chafing after a few wears.
2. **Do The Thumb Test** --Your shoes are guaranteed to hurt if you buy them too small! There should be a thumb's width from the front of the inside of your shoe to the end of your longest toe. Leaving this bit of space is crucial for your foot to have a little wiggle room when it moves in the shoe, rather than forcing it to create friction against the sides.
3. **Conduct An In Store Assessment** -- Don't just stand up in the shoes and walk a couple steps, go for a cruise around the store. In department stores, the shoe sales floor is specially padded to heighten the appearance of comfort, so it helps to walk out of the area — if it's available, try walking on tile. Secondly, close your eyes so your sense of touch is heightened, and focus on how your feet feel. Look out for pressure at particular points, which is a sign of future blisters.
4. **Look For Platforms, Chunky Heels, Wedges, & Low Heel Height** -- All of these things work to take pressure off your foot, leaving you with pain-free feet at the end of the day. Conversely, you can expect that very high, single-soled stiletto heels will likely hurt your feet.
5. **Buy Shoes At The End Of The Day** -- Your foot expands slightly throughout the day, especially in the summer, so if possible try to shop for shoes toward the end of the day. If you buy shoes in the morning when your foot is at its slimmest they may be too tight a few hours later.



Chapter 27

Your Most Flattering Shoe Style

By [Tasi Zuriack](#) & Carollyn Olson High heels are a guilty pleasure for most of us.

Although they have been blamed for a range of health problems from bunions to back pain – flats are probably not your best friends either. So, let's get straight to the point, pointed-toe heels favor every woman's body, whether you have a petite figure or a curvier shape. In fact heels help give you that girly figure and even work well for a tall girl. Why? The sharp toe extends the line of your leg and gives the illusion of slimmer, longer gams.

It should not surprise you to hear that I regularly wear high heels (from my favorite pair of red pumps to gladiator sandals and boots) and would suggest that if the heel height is correct, you too can wear heels, from a few hours a day to all day.

Every woman has her own perfect heel height, depending on the structure of her feet. If you take this into account when buying shoes, you can improve overall foot comfort considerably. Indeed, if you are a naturally high-heeled woman who keeps wearing flat shoes such as trainers or ballet shoes, you will be going against your natural foot type and will cause your feet no end of stress.

The height of your heels can make or break an outfit. Properly worn, high heels can make casual attire super-sexy in seconds and can make your legs appear to go on for miles. However, sometimes the middle ground is best, and 1 or 2-inch heels can emphasize calves in a classy, professional manner when you are in the workplace. And there are just some outfits that require flats, and knowing how to identify these outfits is one of the critical skills that you need to insure that your shoe selection does not make you appear silly, or worse, a bit "trampy."

Follow these guidelines to determine what height heel suits you and your attire best.

The Highs and Lows --For some women the recess of the sinus tarsi is moderate and a 1-inch or 2-inch heel will do the trick but others need a 3-inch heel to elevate the foot into an arched position. For them wearing heels will be more comfortable than wearing flats, but beware a heel that is too high. A heel of up to 4 ½-inches is fine; anything more than that is bad for your posture as it makes your bottom jut out and overloads the toes and balls of the feet. These heels can be worn for short periods only and are made for limos, not for walking.

Heels not only have to be the right height but in the right position: not too far back, but under the center of the heel so they support your weight properly, following the natural line of your body.

The structure of the heel counter (the part of the shoe that holds your heel) is also very important. If it is too squashy and unsupported it will not give enough support and that can cause heel pain. Cheaper ballet pumps are particularly prone to do this.

EMMA'S GUIDE TO BEING WELL HEELED

- To find your perfect heel height, take off your shoes, sit on a chair and extend one leg straight in front of you.
- Where would your heel touch the ground? With your leg stretched out in front of you and the knee supported, make an imaginary line from the heel to the ground.
- If your foot is at a right angle to your outstretched leg and does not dangle, you have a low ankle-joint axis and will be more comfortable in flat shoes than in high heels.
- If your foot points down, you need to measure the distance between the top of your big toe and an imaginary line from the bottom of your heel. This is the right heel height for you. Measure it against your favorite shoes – the ones you swear you are most comfortable in, no matter how high or low. I can almost guarantee the heel will match it.

FINDING STYLISH LARGER SHOES

If you wear size 10 heels or less, there's no need to read the rest of this chapter. If you wear a US size 11 or above, as we do, you often can only purchase classic heels on line which can be a crap-shoot because sizes and manufactures differ.

I have been asked many times about buying heels. In response to the many questions I have received over the last 10 years about my shoes I will give you this! Following is a list of sites where you can buy cute shoes in sizes 11 or higher, each with an average price range, highest size available and a bit of information on the brand. This is not an exclusive list and I know I missed a number of suppliers. I simply want to make finding great shoes a little bit easier for people who need a higher shoe size.

Charlotte Russe -- \$30-\$60. Largest size is 11 but the selection is good. Plus, every Tuesday they have an online only shoe sale.

[Traffic Shoes](#) -- \$20-\$50. Largest size is 11 and the selection is low! You really have to search but you might find something perfect at a perfect price!

[Aldo](#) -- \$50-\$120. Largest size is 11 with a fair selection - however nothing to exciting. Great quality.

Just Fab -- \$39.95 or less. Up to size 11 with an amazing selection. However, you must become a member and if you do not opt-out every month your account will be charged. I find that unless the shoes are opened toed, they fit rather snug.

US Trendy -- \$30-\$150. Largest size is 12 with a HUGE, kind of random selection. Not sure how reliable they are about getting sizes back in stock but they seem to be out of a lot!

[Payless Shoes](#) -- \$30-\$80. Up to size 13 with a really nice selection actually. Plus, the website is really easy to maneuver with options for wide or narrow feet. As far as finding a pair of shoes that are really unique, you might get lucky, but for the most part they offer basic styles.

Long Tall Sally -- \$100-\$300. The biggest size is 15!!! The prices are real high but at least they offer sizes past 13. The styles vary so you'll really need to look to find something good.

[Torrid](#) -- \$25-\$85. Largest size is 13 with a cool selection. The prices are slightly on the higher side but it's worth it for the designs they offer. Also, just so you know, they ask you sign up for an account before shopping but it's not too time consuming. Plus, you can go select your size so only styles in your size appear when shopping.

6PM Shoes -- \$20-\$90. Largest *heel* size is 16! Largest shoe size is 18!!! The selection is INSANE! There are a ton of shoes to look through and the website gives you many options to narrow your search!

[DSW Shoes](#) -- \$30-\$80. Up to size 13-14 depending on the style you're looking for. If you are looking for that WOW pair of heels you might actually find it here. You'll have to search through the bland stuff but there are some stellar finds here and there.

Zappos -- \$80-\$300. Largest size is 14. Top of the line shoes from many leading designers. Outstanding styles in every size and width.

Nordstrom -- \$79 to \$300. A wonderful assortment of heels up to size 14 on the Internet and up to size 12 at the Nordstrom Rack locations. The Rack stores have a weekend sale twice a year with shoes ranging to size 14 with up to 50% off.

Shoes of Prey and Onlymaker -- Design your own shoes - but pricey. Every size, style, color and heel height you can think of. Quick service as well.

Aerosoles -- \$30 to \$60. Up to size 12. Comfortable, more casual shoes and sandals.

[Tasi Zuriack](#) is owner of the www.sisterhouse.com webside and blog and resides in Mexico.

Below is a basic shoe size conversion chart for your convenience.

US Men	US Women	UK Size	Europe
5	6.5	4	36.5
5.5	7	4.5	37
6	7.5	5	38
6.5	8	5.5	38.5
7	8.5	6	39
7.5	9	6.5	40
8	9.5	7	40.5
8.5	10	7.5	41
9	10.5	8	42
9.5	11	8.5	42.5
10	11.5	9	43
10.5	12	9.5	44
11	12.5	10	44.5
11.5	13	10.5	45
12	13.5	11	46
12.5	14	11.5	47
13	14.5	12	48



Chapter 28

Sexy Leg Secrets For Larger Girls

By David Borrows

Courtesy of *Glamour Boutique*

We are all different shapes, sizes and body-types and have different issues when trying to perfect our femme shape. There are different issues faced by girls with large shoulders versus, for example a very thin girl with no hips or butt. What we see with customers who visit Glamour Boutique are the different issues faced by larger girls and the different issues needing solutions for the smaller girls. But one area where both larger girls and smaller girls can strive to look fabulous is with their legs. Many consider this to be their finest asset and indeed we see many larger CD's of a more mature age that have legs that some of the 20 or 30-something genetic girls would be jealous of.

Our natural curiosity led us to ask some of our larger lovely visitors how they manage to portray such lovely feminine legs and appear to move so nimbly in their heels. To many it is second nature as they have been dressing and walking in heels for a long time but as with most things crossdressing it has taken some time and research to reach their perfected leg-look.

The most common solutions to having sexy legs seems to be a combination of preparation including thorough shaving and moisturizing procedure, quality hosiery, whether that be stockings, stay-ups or pantyhose, comfortable yet flattering footwear and the ability to walk like a lady which for most takes time and practice.

We recently did a little research with some of our larger ladies at our New Jersey location to ask what they consider to be the most important ingredients to their sexy legs.

We asked a sampling of our larger girls what they feel are the main influencers for perfecting the sexy leg look and this is what the most popular pointers were:

1. **Smooth Sexy Legs** -- Most of the girls we asked are able to shave their legs as part of their dressing and emphasized it is important to have the right shaving equipment and use the right techniques. Also important is the regular use of a good quality moisturizer so that you perfect that soft silky look and touch to your legs. Having a suntan (real or manufactured) is also a big plus since it helps to hide any blemishes/imperfections enabling you to wear the sheerest of hosiery or even none at all for those so blessed. If shaving is not possible then make sure to use good quality hosiery as highlighted in the next point.
2. **The Illusion of Perfect Legs** -- For those who can't shave and/or those with visible imperfections that can't easily be hidden, there is relief. Make sure to invest in good quality opaque pantyhose or stockings/stay-ups. Preferably look for the hosiery with a 'sheen' that really make your legs look healthy and sexy like our Opaque Support Pantyhose for CDs that block out any hair and imperfections in your pins.
3. **Toning** -- Fortunately most men actually have more toning in the all important calf muscle area than many genetic ladies so it doesn't take a lot to improve the curvature other than a pair of nice heels (more of that later). However, if your calf muscle is not toned then there are lots of simple exercises to help you improve the shape. If you are not an exercise fiend then simply regular walking will help tone you up along with one very basic exercise in the home. Stand arms length away from and facing a wall and keeping your balance by holding one palm flat against the wall simply stand on tiptoes and then slowly lower to the flat foot position again. Do this ten times slowly raising

and lowering and then do three to five repetitions of the sets of 10, resting in between. Do this three to five times a week and you will soon see excellent results to you sexy leg shape. For those lacking any tone you may want to invest in some expensive surgical support hosiery which will firm everything up to give you a great shape.

4. **Good Quality Hosiery that Fits --** If you are a very occasional cross dresser then you may not want to spend more than a few dollars on a pair of stockings, stay-ups or pantyhose but the difference between cheap hosiery and expensive, quality hosiery is night and day. Not only will it make your legs look much better than cheaper brands but they will also last much longer - up to five times longer in many cases. Make sure as a larger girl that you seek out hosiery that fits. If you are over 250-pounds and 6-foot tall then average Queen or Plus size hosiery will not do. Not only will it need constant attention to keep it up but stockings that are not tall enough don't look as attractive as correctly sized hosiery. At Glamour Boutique we have special hosiery like the [Sheer & Shiny Support Pantyhose for Cross Dressers](#) that has sizes for smaller girls running all the way up to those 6-foot-4 and with a 50-inches waist. Invest in well fitting hosiery and you will increase the sex appeal of your legs for sure and save yourself money in the long run.
5. **Heels to Die For --** Heels are a very important part of a cross dressers wardrobe as part of the total transformation. Not only do they give an immediate feminine air and grace when you move correctly but they immediately tone the calf to make it seem much more shapely and feminine. Sometimes larger girls have difficulties with going too high with a stiletto - if that's the case then go for a nice attractive plain pair of three inch pumps or go with a higher heel and make sure the shoe has a full platform or a 'hidden' platform which are much easier to walk in.
6. **Walk the Walk --** The final piece of the puzzle is getting your girl walk to appear seamless and graceful. A little time, practice and dedication (and it's great fun too!) and you too can soon be sashaying across the floor to admiring glances all around and that is very empowering.

Being a larger-framed girl is not a disadvantage when dressing; it just presents different challenges when trying to perfect your female persona. Some of the most authentic T-girls we know are larger boned ladies but they have mastered the art and have some of the sexiest legs we have ever seen. All it takes is a little time to figure out the solutions and sizing that will work for you and then, as with most things cross dressing, time and practice until you have your look refined.



Chapter 29

Working Out In Heels

By Carollyn Olson & Jamie Grae

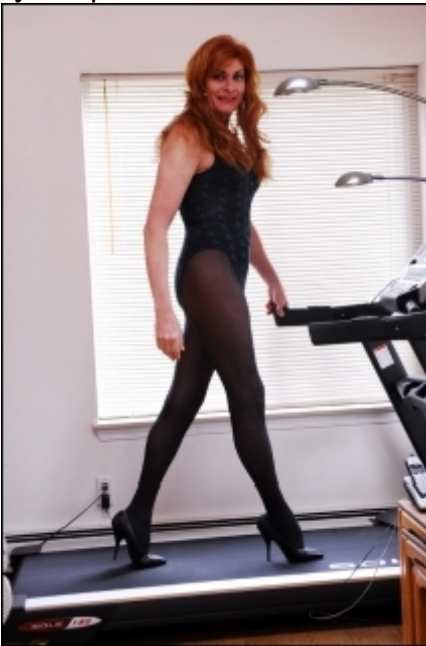
This might sound funny, but it's true!

Working out in high heels IS good for your health. If you don't believe me, give it a try.

Walking in heels is hard enough for many cross dressers, but I have found (thanks to a tip from my friend Jamie Grae) that one of the best workouts you can have is walking in heels on a treadmill or stair climber.

I know most men would feel quite funny wearing heels at a fitness center. However, what's stopping you from doing so at home... other than your spouse.

Cross dressing men usually have nicer and shapelier legs than most women because they have played sports all their lives and are more dedicated to staying in shape as they age.



Walking in heels on a treadmill or stair climber can be such a benefit for your overall health. Not only will you learn to balance while walking in heels, but your legs will get stronger and more toned than ever and your cardio vascular system will improve. I am living proof. My legs look great and I feel wonderful.

Following Jamie's expert advice, I started slowly because I did not know what to expect. She said, "If you regularly walk two miles during each of your normal workouts, then try walking a short distance in heels at a slow speed and see how it goes. Don't rush it. Take small steps first, and as you get more comfortable, stretch out to your stride. Day-by-day you can increase your speed and distance. Before you know it, you will be back

Jamie

to your regular routine, but you will be doing it wearing heels."

Don't try wearing 4-inch pumps on your first day. At first, I wore a comfortable pair of old heels with the idea that if I broke a heel or tore the lining I would not be concerned. Thus, start with shoes that are comfortable with one or two inch heels and as your confidence grows move up a half an inch or an inch at a time. At the end of 30-days you should be able to walk about a quarter mile in your favorite heels.

Working out can be even more fun if you do it en femme. So, put on your make up, your favorite wig and wear a leotard with breast forms, tights and even a corset. You might as well feel great and look feminine in the process. (*Suddenly Fem* has a great assortment of corsets and high heels, when you want to reach your height in shoe ware).

The utmost training is to walk with a long mirror in front of you so you can see yourself to improve your swagger and look sexy as well. Do all this and you'll definitely turn heads with a perfect walk.

If you don't have a treadmill or stair climber available at home, don't be afraid to try working out at a fitness center. Yes, with heels.

A cross dressing friend recently told me that he wore women's boots at the gym and nobody seemed to notice because he wore long running slacks that almost touched the ground and covered most of the heel. One day an instructor inquired why he was wearing heels. "Planter Fasciitis" he replied. "My doctor said that if I keep my foot at a certain angle, it does not hurt." The instructor agreed.

Jamie Grae is a member of the Vanity Club and lives in Stanwood, WA.

PART FOUR: CLOTHES



Chapter 30

Five (Free!) Ways to Create New Outfits

By Cynthia Nellis

Re-invent your wardrobe by mixing and matching what you already own. You'll be surprised by all the new looks you can create using these simple ideas.

Style is almost never about what you own; it's about how you wear what you own. Sometimes the slightest tweak can entirely change an outfit and make it look new again.

One of the biggest frustrations many women face is they keep buying new clothes but still feel like they don't have anything to wear. The answer? Learn to remix your clothes in fresh ways so you have lots of great new outfits. I've got a few suggestions for easy changes you can make with your current wardrobe to develop new styles and looks.

Belt It -- The quickest and easiest way to change the look of an outfit is to change up the silhouette; try this by belting something you might not usually belt, like a jacket, coat or cardigan.

Don't be afraid to replace things like self-belts (in the same material as the garment) with a leather belt. And experiment with adding dressy belts to casual looks and vice versa. I like wearing a chic chain belt with jeans and a wide casual woven belt with dresses.

Keep the flattering aspect of the look by going monochromatic; if you want to show off a small waist, choose a contrasting color. A hip-slung belt is a great way to give shape to a tunic or maxi dress.

Substitute Jeans For Pants -- Are you used to wearing black pants with absolutely everything? While we all love our black trousers, skinny pants and leggings, there is life beyond basic black. The next time you put on a pretty blouse, jacket or cardigan that you would normally wear with black pants, substitute jeans instead. You can even take a black pantsuit jacket and mix it with jeans for a great casual, pulled-together look.

Try High-Low -- Here's a simple fashion trick that stylish women have used forever: mix high and low. What that means is simply mixing different elements together even though they are different. Mix a designer dress with inexpensive shoes. Wear pearls with jeans. Try diamonds with shorts. I like to mix casual with dressy: a cropped jean jacket with a black cotton lace hem skirt, jeans with dressy pumps, etc. The result is an original look that's more polished than head-to-toe casual and less stuffy than an all dressy look.

The idea here is to make something completely unexpected and new. Have fun!

Layer, Layer and Layer -- You may be used to dressing in layers for cold weather but warm weather layers can be just as successful in changing your style. Try layering a vest over a sleeveless gauze dress or a pretty sheer knit sweater over a tank top. Mix, match, and contrast. Layers can be tricky to get proportions just right, so it takes some experimentation to nail this look. You want to look for layers that add colorful or textural interest, not layers that make you look heavy or bulked up - so lightweight layers are always ideal.

Change Your Shoes -- Sometimes the easiest way to mix up your look is the most obvious, but I'm always surprised by how women forget to just mix up looks with shoes.

I like changing colors (subbing bright colors for black, etc.) and styles (switching from pumps to sandals) and heel heights (flats for high heels). If you don't switch out your shoes often, and feel unsure of which shoes go with certain looks, the easiest option is to just start trying on random styles until you find something that works. You may be surprised!

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<http://fashion.about.com/bio/Cynthia-Nellis-6298.htm>



Chapter 31

How To Be Sexy and Sophisticated

in a Sheer Blouse

By Tasi Zuriack Nothing is quite as sexy as a sheer see-through blouse. But pulling it off so you look sophisticated too is another trick and one rarely easy for the average cross dresser. Yet the sheer blouse can be the key element for a perfect feminine and elegant outfit.

Wearing the blouse on Girls Night Out is easy, but if you are full time and like the office look, it gets a little trickier. Still, don't worry, because I have some smart tips and tricks that will let you wear the blouse with confidence.

In order to make the blouse wearable the most important trick is to cover something - but not everything! This means that you must choose a suitable blazer, a fuller bra or apply pockets in the over-exposed areas. You could also wear two layers of sheer tops or choose a blouse that has only a few sheer parts. This will insure some modesty.

But frankly, as a part-time girl, I want to make a statement without being slutty or trashy. You are going to be noticed, but being noticed in a nice way, is the crux of our secret. Let's look at some workable styles from *All Women Talk* that you can adapt to the occasion .

Layer It -- One tip for how to wear sheer blouses involves some smart layering. Since sheer blouses often show what's underneath, a slip worn below is a wise choice. Make things more interesting by teaming a neutral blouse with a colorful slip. Alternatively show off a stylish bra or crop top underneath for a more daring look. When layering over the top, pair a sheer blouse with a blazer for some structure or a knit sweater for warmth.

Keep It Loose -- Sheer blouses are best worn loose. The more fitted the sheer garment, the more risqué your look becomes. The look should be relaxed and floaty. Keep your sheer blouse chic by wearing one in a looser fitting style .

Button It Up -- Look sharp when it comes to how to wear a sheer blouse by buttoning it up all the way. Wearing it in such a conservative manner can help balance out the sheer and risqué nature of it all. Tuck it into a pencil skirt or pop on a blazer for an office-friendly look.

Pair Material Wisely -- When you're wearing a sheer blouse it pays to pay attention to the rest of your outfit. Since sheer blouses can be quite voluminous, try creating structure on your bottom half by wearing stiffer fabrics. Also, take notice of sharp accessories that could possibly catch and pull on your sheer blouse .

Play Up Texture -- Emphasizes sheer fabrics by teaming them with contrasting textures. When thinking of ways to wear sheer blouses know that leather pants, faux fur vests, and brocade skirts are all chic options for this season.

Choose A Pattern -- Draw attention away from the sheerness of a garment by choosing one in a bold pattern. It'll add an interesting twist to your outfit and can also act as a bit of a distraction if you choose to simply wear a bra or crop top underneath. When figuring out how to wear sheer blouses it always pays to err on the side of caution. Remember that the fabric will appear more see through in bright lighting and underneath camera flashes so if you're scared of any indecent exposure it's better to be safe than sorry when styling your shirt!

Tips --

- For the weekend you can pair the sheer blouse with jeans and a long-sleeved tee
- For a night out wear it with a strapless camisole
- For a casual, day look team the blouse with a nude camisole or a tank top underneath
- Whenever buying a sheer blouse check the fabric
- Choose a blouse in a darker

color that can be worn both by day and by night • To accomplish a “rock on” style, wear a transparent blouse with a bold pattern and a mismatching tank top • For a sophisticated look at the office or a serious gathering use a nude color tank top when wearing a dark see-through blouse • For an elegant and sexy flair use a black delicate transparent blouse with a black bra underneath.

- For a funky-party look mix a black see-through top with a neon colored bra.
- When using a patterned translucent shirt check if you can get away with not wearing anything under. Make sure it does not look vulgar.
- For a fresh look wear a white tank top with any soft palette transparent blouse.
- Be creative and use your favorite tube dress with a transparent blouse on top and a belt sitting on the waist.
- For dark color translucent tops wear black bras.
- To attain a seamless effect on light colored see-through blouses match the blouse with the same tank top color.
- For extremely lady like and put together looks pair a black tank top with a nude, salmon, or rose translucent blouse.

When you browse the fashion magazines, more than likely your sheer tops will be on a bevy of 20 something's, but as one over 40 blogger said, “I’m not dead yet.” Yes, you can wear this style if you are a more mature lady but it’s important that your outfit is well put together.



Chapter 32

Fashion Solutions For Your Body Type

By Cynthia Nellis

Courtesy of *About Style*

Every woman has something about her body she'd like to hide, whether it's heavy thighs, a pudgy tummy or a too-round bottom. With just a few visual

tricks your problem areas will disappear and let your true beauty shine through!

BOTTOM HEAVY

If your hips are wider than your shoulders and your thighs are round, you have a classic pear-shaped body. Dressing is a snap if you remember to accentuate the positives: a shapely waist, delicate upper body and attractive shoulders and arms.

Bottoms-- Avoid anything too tight. An A-line skirt that hits around the knee area is ideal because they draw attention away from problem areas. Miniskirts are generally a bad idea because they accentuate heavy thighs.

Pant waists should fall somewhere below the natural waistline for a better fit. A straight or slightly boot-cut leg is the most flattering. Avoid patterned or light-colored pants. Skip fussy details like big cargo pockets or excessive zippers around the hip area.

Shorts can be tricky, but for workouts and casual wear choose lightweight, loose fitting shorts (no bike shorts). Slimming side stripes on shorts can give the illusion of sleekness.

Tops -- Avoid too-baggy tops or too-tight tops: the looser tops will make you look large all over; the tight tops will make you look out of proportion to your hips. Look for fitted - not skintight - T-shirts (something with some stretch) and button-front tops. V-necks, turtlenecks and open collars all call attention to the face, which is always a good thing.

Jackets and blazers should hit anywhere but the widest point of your hips. That could mean right below the waist to mid-thigh, depending on your height. Wear jackets and blazers open for the best vertical lines.

Dresses -- Look for dresses that nip in at the waist and slightly flare out over hips and thighs. You can pull off a full-skirted ball gown because it will hide heavy hips and thighs. Try sleeveless and strapless dresses to play up pretty shoulders and arms. An empire, or raised waist dress, brings the eye up away from problem areas. Careful though, sometimes this gets mistaken for a maternity look with fuller figures.

TOP HEAVY

The apple-shaped body is usually softer around the middle and has heavier breasts, with narrower hips and slimmer legs. Make the most of your womanly figure by showing off your legs and great cleavage.

Tops -- Avoid too tight (plays up large breasts too much) and too baggy (just makes you look heavier). Opt for fabrics that skim the body, preferably knits and woven's with stretch for a better fit. V-neck, boat, turtle and mock necks and shirt collars are your most flattering necklines. Play up nice cleavage with a peek, not a Dolly Parton-sized slice. Especially appealing: a pretty lace-trimmed Cami showing under a jacket or top. Avoid full sleeves or puffy sleeves.

Bottoms -- Balance out a top-heavy figure with an A-line skirt that will give you the illusion of a waist and more of an hourglass look. Choose flat-front - never pleated - pants that have a lower rise than the natural waist. Five-pocket jeans are your friend! Front pockets on jeans help disguise a tummy problem, while back pockets can help define a flatter rear common to top-heavy women. Avoid anything too tight - from pencil skirts to skintight jeans - because it will only accentuate top heaviness. Play up nice legs with shorter (an inch above the knee) skirts.

Dresses -- One-piece dressing is tricky for you. Best bets: A sleeveless black sheath, a soft princess seamed dress, or a strapless dress with corseted top. Resist the urge to cover up head-to-toe: showing a little skin, whether it's bare arms or shoulders, is much more flattering.

BODY BASICS FOR EVERY FIGURE

Wear colors that look great on you. Not sure what those are? Grab a trusted friend and head to the mall. Hold up tons of colors next to your face and get feedback from your friend. Hues that compliment most complexions: pink, blue, and white. You'll just need to change the intensity of these colors to suit your coloring, i.e. hot pink for darker skins, carnation for fairer, ivory for olive tones, etc. Nobody looks good in high-waisted, pleated pants with narrow ankle openings but manufacturers still turn these out in droves. Avoid!

Don't worry about being trendy when you look at what suits your figure: concentrate on what flatters, and add up-to-date shoes, handbags and accessories later.



Chapter 33

More About Bra Straps

By Tomima Edmark
Courtesy of *Her Room*

Bra straps come in a number of variations. They can be all or part elastic, all or part rigid, wide, narrow, padded, and usually length adjustable. Whatever the style, bra straps are meant to act as stabilizers for the bra. At most, they should carry no more than 10% of the breast's weight (You can find a Bra Strap test on the Her Room website).

Whatever the style, bra straps should lie flat against your chest (unless you have implants) and not fall off your shoulders. Generally speaking, straps fall off shoulders because the straps are too wide-set both in the front and back of the bra; the straps have been sewn on at an angle; and the straps are attached to rings that allow too much swiveling. If strap slippage is a common problem for you, the trick is to find a bra where the straps are either sewn closer to the center in the front or the back. HerRoom.com is the only website that shows back views on all bras.

You've probably never really noticed how your straps attach to the back of your bra. Well, after reading this, I hope it becomes one of the first things you look at. How the shoulder straps are attached in back can tell you a lot about how the bra will fit. There are basically two types of strap attachments: camisole and leotard.

Camisole Strap:

The camisole strap attachment style has the straps sewn onto the back at a right angle - creating a box-like shape with the bra back. This strap attachment style has been around the longest and is also used on traditional camisoles and slips. The camisole attachment style works for all bra sizes, and is particularly good for larger bra sizes because it allows the bra back to have as many hook closings as necessary; allows the straps to be made out of elastic or a rigid material; and can be easily altered. When a bra has a very narrow back with only one or two hooks for closing the camisole attachment can pull up on the bra back making it look uneven and out-of-place (ride high on the back).

Leotard Strap:

The leotard strap attachment is a fairly new design in bras. Rather than a rectangle shape like the camisole attachment, the leotard attachment gives a round look on the back - similar to the look of a leotard. It has fast become the most commonly found strap attachment technique in today's ready-to-wear offerings. Besides looking different, the leotard back style almost always includes some elastic to achieve the rounded shape. Consequently, this elastic gives the wearer flexibility to raise her arms or bend over without having to adjust her bra afterwards.

There are a few challenges to a leotard strap attachment. The straps attach to the back at a bit of an angle to keep the arch styling. If the "U" shape is too wide, the straps can fall off the wearer's shoulders. The number of back fasteners is also limited with this strap design.

Finally, any adjusting bra strap has metal or plastic rings on each strap to aid in the length of your bra straps. When this ring is sewn directly on to either the top of the cup or the bra back, it will allow the strap to swivel to the right or left, and fall in a more comfortable location for the wearer. If

you have sloping shoulders or are prone to having your straps fall off, avoid bras with rings placed in either of these locations.

As for how the straps attach to the front of the bra, there are two things to look for. For the best support, the straps should attach directly above the apex or point of each breast. Balconnette and demi-cup bras have the straps attached closer to the arm. There are two reasons for this: first, wider straps will accommodate a wider neckline, and second, straps attached on the outside of the bra cup create more cleavage by spilling the breast tissue towards the center. If you are prone to having straps fall off your shoulders, you should not select bras with wide-set front straps.

Tomima Edmark can be reached at: Her Room (<http://www.herroom.com>)



Chapter 34

Ten Ways To Look Girly And Add Feminine Charm To Your Look

By Cynthia Nellis Courtesy of *Glamour.com* Current trends may have an air of toughness (studs, menswear) and minimalism, but there are still plenty of ways to add a feminine touch to your look.

A little bit of softness - a pretty pink here, a peek of lace there - really goes a long way in adding a youthful, feminine touch to everything you wear.

Of course there's no need to go overboard and too cutesy: try just adding an element of girliness, mixing it with something casual, classic or even menswear. For example, you could try a peplum top with a pencil skirt. Or wear a lace-trimmed blouse under a traditional black pantsuit.

Here are a few ways to add an updated girly touch to your wardrobe: **1. Peplum** -- Here's a trend that has snuck back onto the style radar and for good reason: it gives you an instant hourglass shape and even hides a tummy. It looks deliciously feminine and allows women who might not be able to carry off a straight chemise to wear a fitted one-piece dress. You'll also find jackets with peplums come this fall, giving everything from military-type jackets to leather jackets a girly touch.

2. Ruffles -- If ever there was an instant fashion fountain of youth it's the ruffle. I've seen everything from a ruffle-front hounds tooth jacket to a tiered skirt of ruffles pulled off with ease. Ruffles around the face and neckline soften your face; ruffles around the skirt and hemline add a flirty element to everything.

3. Black Lace -- I must confess: I have always loved black lace. This season it is a huge trend, in everything from straight black shifts to little peeks of black lace trimming on tops. It's sexy, ageless and classic. You can't go wrong here.

4. Slit skirt -- Ask a man what one of his favorite looks is and he's likely to point to the slit skirt as utterly feminine. The long slit skirt is back and I'm happy to see it return. This is a great way for us girls of a certain age to show a hint of leg without letting it all hang out.

5. Bows -- Whether it's an oversized bow on the shoulder or a bow at the waist, the bow is probably the single most girly icon you can add to your wardrobe.

6. Gloves -- So ladylike, so chic, and so something I didn't already own enough of. Look for luscious colors and textures to wear with everything from coats to bracelet-length jackets. Try bright colors for a fun, casual look, sleek leather for an urban look or even chunky knits: however you wear them, they can be elegant and feminine.

7. Patterned tights/hose -- I became a patterned hose convert when my celebrity stylist friend talked me into dressing up a basic black dress with a pair. Since then, I have come to love patterned hose and tights. Although black fishnets are a classic, I like everything from chain stitch to paisley and floral prints (all of these in black.) It feels younger than pantyhose, but still gives my legs some coverage.

8. Sheer -- A little sexy, a little girly. I like the effect of a sheer neckline or sleeve; even a sheer overlay on a dress looks pretty and fresh.

9. Florals -- Now you can take girly florals into fall and winter: designers have cooked up dark floral prints that continue the bloom trend all year.

10. Feathers -- Is there anything more completely girly than feathers? You don't need to go full-on feather boa to get the effect either. Feather-trimmed dresses - either at the hem or neckline - add an ethereal feeling to everything.



Chapter 35

Three Rules For Dressing Sexy At Any Age

By Lucille Sorella

One of the biggest mistakes many cross dressers and transgender women make is dressing too sexy. This often looks ridiculous – ESPECIALLY as you

get older.

Does that mean you need to turn down your sex appeal after a certain age? Absolutely not, girlfriend! All you need to do is follow these 3 simple rules for dressing sexy at any age:

RULE 1: Show Some Skin (Just Not Too Much) -- Short skirts and low cut tops are undeniably sexy, but you shouldn't go too far with this. Here are a couple guidelines to keep in mind:

- Your skirt should be no shorter than fingertip length when you stand with your arms to your sides.
- Your top should show no more than 40% of your bust.

At the same time, you shouldn't be TOO covered up since that just screams "old lady." Show off your feminine assets, but do so in a tasteful and classy way.

RULE 2: Find the Right Proportions -- Proportion refers to the way your clothes work together in length, width, size and volume.

For example:

- A short skirt paired with a short top looks slutty.
- A long skirt paired with a long top looks dowdy.
- A full skirt paired with a full top makes you look heavy.
- A tight skirt paired with a tight top makes you look like a sausage (unless you have a body like Giselle Bundchen!).

You should never go too far in any one direction. That means if you wear something tight or skimpy, the rest of your outfit should balance things out.

For example:

- A short skirt should be paired with a more covered top.
- A skimpy top should be paired with a more covered bottom.
- A tight skirt should be paired with a fuller top.
- A tight top should be paired with a fuller skirt.

RULE 3: Wear Luxurious Fabrics -- The final piece of the sexy puzzle is the fabrics you wear. Think slutty and what comes to mind? A spandex skirt, barely there glittery top, and patent leather stripper boots, right? Sexy, on the other hand, is associated with luxurious fabrics like silk, velvet, lace, and cashmere. When shopping for clothes look for fabrics that are rich and sensuous – rather than cheap and tacky.

FINAL THOUGHTS -- The bottom line is that you are NEVER too old to be your sexy femme self. Just be sure to keep it classy.

Chapter 36

Look Great In Swimwear

Courtesy of *SwimsuitsDirect.com*

Summer has passed, but it won't be long before swimwear season will be here again. Even if you're not ready to hit the beach en femme, we feel that every transgendered girl should have her own bathing suit for sunbathing, lounging by the pool or maybe even posing for a bikini babe photo shoot.

To make sure you look your best in a swimsuit this summer here are our top 7 tips for transgendered women to look good in a bathing suit:

1. Bring Out Your Hourglass Figure -- The goal of any woman in a swimsuit is to optimize her hourglass figure. For many gals with more straight boyish body types this can seem like a daunting challenging. But thanks to some illusions and tricks this task can be made much easier. The chevron design on a one-piece swimsuit can create an illusion that accentuates your curves. While the halter top style downplays your broader shoulders. Opt for a solid colored Tankinis or one-piece suits with printed panels along the side. This will help create more of an hourglass look, thus evening out a boxy upper body. Chevron type designs around the midsection can also help with achieve this hourglass look.

Another option is to buy swimwear that is specially engineered to smooth and enhance your curves. Check out the [Anne Cole Control](#) collection of bathing suits for stylish one-piece and Tankinis to make your sides look curvy.

One of the best options is to go with a Monokini or other type of bathing suit with cutout sides. These types of swimsuits really go a long way in accentuating your womanly figure by giving the illusion of curves.

2. Downplay Your Shoulders -- The secret to a beach babe figure is even and balanced body proportions. That means you need to balance out the proportions of your hips and shoulders to accentuate your hourglass figure. There are several tricks for making your broad shoulders look more delicate and feminine.

Keep away from string bikinis unless you have a very petite body type, as the string ties will make your shoulders look enormous. Instead, go with a swimwear top with wider straps to balance your shoulder's proportions. Try a wider strapped halter-top that draws the eye in, creating a slimming effect. And if you've got it, they're great for showing off cleavage.

Avoid Bandeau tops that cut straight across the chest as Bandeau tops can make your upper body look even wider. You can also rock an asymmetrical neckline, which will draw the eye up and away, instead of straight across your shoulders.

If you're more comfortable in a [one-piece bathing suit](#) or a Tankini go with a design that is plainer on top and more decorated on the bottom. This works well at drawing attention downward away from your broader shoulders.

3. Flounce Is Fabulous, Padding Is Perfect -- Flounce bikini tops are great for enhancing your bust. The high cut, colorful print of the bikini bottoms will help make your legs and backside look great.

Flounce bikini tops and bathing suits are perfect for flatter chested women. The fun and flirty flounce style adds volume to your bust making it appear bigger. Fringe bikinis and swimsuits usually have the same effect.

Additionally, a suit with padding can help to give you a little something extra in the chest area. Look for swimsuits that have molded cups, as these will give your breasts a larger more shapely appearance.

4. Enhance Your Hips, Tush & Legs -- To go along with your shoulders on creating a more hourglass appearance, you'll want to make your hips look somewhat wider. Doing that is relatively easy. Look for bikini bottoms with fringes, ruffles, belts or side ties to add volume to your lower

body. Skirted bottoms that flare out at the hips are perfect for this as well. Go for styles with prints as it visually makes your hips look wider.

Round out your derriere with a bikini that has a lot of personality. Go with bottoms that are colorful, printed or stylized. The idea is to create an illusion of more curves by adding volume and shape to that area.

And of course you always want to make your legs look longer and more feminine. Usually you can do this with a nice pair of heels. But in the soft sand and slippery pools, heels can be very dangerous! So to lengthen your legs look for bottoms that have a higher cut leg line or a scooped bottom. These types of bathing suit bottom styles will make your lower limbs appear long and ladylike.

5. Remember Your Posture -- You should always be aware of the way you hold your body when you're in a bikini or a one-piece swimsuit. Make sure not to slouch because no one looks their best when they slouch. Whether you're just lounging around the pool or hanging out with friends on the beach, be mindful of your posture.

6. Smooth Your Silhouette -- Most women have to worry about lumps and bulges around their midsection. Transgendered women have to deal with one more kind of lump. As you probably know bikini bottoms don't leave anything to the imagination in the bikini area. Your first thought might be to go out and buy a swimsuit that's loose. But one of [the rules of looking good in a swimsuit](#) is wearing one that fits. Wearing a bottom that is too loose may hide some things, but it's a sure fire way for your swimsuit to sag and make you look frumpy. Don't fret, as there are a number of options to hide a bulge.

The first method is using the art of the tuck. There are tons of sites and forum posts, including one chapter in this book, discussing comfortable ways of doing this.

Another way is to wear very busy patterned bottoms as they have a good chance of distracting from your bulge.

The third method is layering your bikini bottoms. The spandex in a woman's bathing suit does a good job of compressing and smoothing bulges. So doubling the swimsuit doubles the compression factor. This may not be comfortable for long periods of time.

The last and most effective way (though maybe a little less fun because you're showing less skin) is wearing a bathing suit with a skirted bottom. Either a swim skirt or a swim dress is a perfectly fashionable and comfortable method for concealing your bikini region.

7. Confidence Is Key -- There's a secret when it comes to wearing bathing suits for transgendered women. And it's the same secret for every other type of woman. That secret is confidence. Looking amazing in a swimsuit is 1/4 body, 1/4 wearing the right swimwear and 1/2 feeling confident about yourself. There's something very sexy about being confident in your self.

For many, having a sexier body is a big part of being confident, so exercise shouldn't be overlooked. If you're more confident with the shape your body is in, you'll be more confident in your swimwear. So push yourself at the gym just a little bit harder and be sure to do extra squats to make that booty pop!

There are two universal truths when it comes to women's swimsuits.

- Very very few ladies look good in a teenie-tiny bikini.
- You look better in your bathing suit than you think you do.

You might think you'll never look good enough in swimwear but at *SwimsuitsDirect.com* we have a saying: Every woman (even transgendered ladies) can look amazing in a bathing suit. It's just a matter of finding the right one.



Chapter 37

Common Corset Issues

and How To Solve Them

By David Borrows Courtesy of *Glamour Boutique*

Most girls never have an issue with their corsets and/or waist training regime but some struggle with garments that may be ill-fitting, pinch, not sit straight etc. A well constructed corset if the correct size, fitted correctly and broken-in correctly will be a comfortable garment to wear for hours on end. If you start to have an issue then read this simple guide to assess the issue and the solution to the problem.

The best ways to ensure you have a trouble-free and comfortable life of wearing corsets is to start with a garment intended to be used for the practice of tight-lacing. At the very least it should have steel boning throughout, strong metal busk plates for the fasteners at the front, brass grommets/eyelets for the strong cord lacing to run through and thick cotton twill lining no matter what the outer panel structure is (satin, leather, cotton, etc). The most important point is to get the correct style and fit.

When looking for a corset, read the description of each model carefully to try and match it to your body type and its intended purpose. For example if you are no taller than 5-foot-5 you most probably will be better suited to a shorter cincher. However if you have a pouch belly then you will need a regular under bust corset with it's little added length at the bottom to cinch in the belly as well as the waist.

You think you chose correctly both model and size, you read the accompanying instructions before wearing, but you are having issues? Something's not right – your corset looks great but the comfort level and/or look of it on you does not look as you expected it would. What could be wrong?

Corset Digging In To Breasts – Your Corset is too long and prolonged wearing will lead to discomfort and could lead to damage of any implants being used. It may also be possible you are wearing the corset too high up the body.

Solution: Make sure the corset is correctly positioned and not riding high. If it is, you need a shorter corset.

Corset Digging In to Thigh/Breast – Your corset is uncomfortably digging into your hip and may even dig into the thigh when sitting for prolonged periods. **Solution:** Ensure the corset is fitting correctly at the right level and not being worn too low. If it is you may need a shorter corset. If it is only uncomfortable when sitting and your job is deskbound, then we suggest using a shorter corset just for the workday.

Corset Twisting – Your corset will not line up straight and over time the twisting/slanting grows worse and worse. This can be caused by a number of factors: uneven lacing tension when lacing up the corset, too large a gap (too small a corset) between the laces thus compromising the ability of an even cinch and even a crooked back.

Solution: Make sure you get the right size corset – there should not be more than a 3.5" gap between the laces when cinched. Break the corset in over 2 weeks and tighten the laces slowly and evenly every time as per the instructions with your corset. If you have more than a 3.5" corset



on the first time of trying the corset we suggest you exchange it for a bigger corset to ensure trouble free lacing.

Sore Ribs – You have sore ribs when wearing the corset. When new to corseting you need to take your time and start slow in the cinching process to allow the corset and the body to get used to tight lacing.

Solution: Do not tighten so much in the rib area and slow down the breaking in process at the beginning. Consider wearing a liner to help cushion the ribs and hips.



Popping Steel Bones – This is where the bones literally pop out of the top of the corset. This can happen over time with prolonged use and tight lacing. It's often caused by not breaking in the corset slowly enough at the beginning. The steel bones need time to soften so this does not happen.

Solution: You can have a seamstress simply mend and strengthen the area with strong

webbing or thick cotton webbing. Alternatively, if you wear the corset every day we suggest you have more than one so you can rotate them daily and so allow each one a resting period between wearing.

Ripped Seams – You start to see ripped seams, frequently in the top of the lower part of the corset where the stitching appears to come away from the bones and become frayed. Again, this is often a symptom of not breaking in the corset slowly enough and also tightening too hard in the boney areas of the rib cage and the hips. Bone - like the - hips cannot be cinched, so if you try to tighten those areas as much as the soft fleshy waist there is a good chance you will damage your corset.

Solution: Break the corset in slowly and carefully before building up to tight-lacing your corset. Resist the urge to try to cinch the rib cage and the hips as hard as the soft fleshy waist area. Also, think about investing in an [Extra Strong Double Boned Corset](#) or cincher that is reinforced for such rigors.

These are the main issues we hear about from newbie tight-lacers/waist trainers when they do have a problem. Most folk get it right the first time by following the instructions, so make sure you read everything that accompanies your first corset so you are well informed and know the correct procedure for both tightening and breaking in your corset. If you recognize the fit is not correct on your first wearing, then remove it and contact the retailer to exchange it out.

Get the selection/model right for your body-type, get the size right and follow the easy instructions for first time wearing and breaking in the corset and you will have no problems.

Chapter 38

Misleading Dressing Rooms -- The Fitting Room Trap

Courtesy of *SwimsuitsDirect.com*

The rows of women's wear on the racks in stores can make it harder to find just what you're looking for.

You walk into a store like Macy's, Anne Taylor, Old Navy or pretty much any large chain-clothing store and with some struggle you stride past the manikin in the gorgeous blue cocktail dress. You're there for one thing and one thing only. You try to ignore the featured items - but it is tough. While you want to look as good as you think when trying on any fashionable item, Beware! Fitting rooms can be deceiving.

You spot a gorgeous black and white dress on one of the racks and, of course, they don't have your size. You put it back disappointed but still determined. You pick out 5 or 6 other items in what you're pretty sure is your size, each with different patterns and prints. With high hopes you make your way to the fitting room.

You model each outfit in the mirror finding one or two pieces that look better than the others and you'll think, "Wow I love these. I look better in them than I thought I could. I better hurry up and buy these two."

So you put your street clothes back on and head to the register to pay. You take your items home, try them on again but those same outfits that looked so good on you in the store just an hour or two ago suddenly don't give you the same feeling of confidence you had in the dressing room.

You just became yet another victim of the Fitting Room Trap.

There are a lot of crafty tricks stores use to get you, the consumer, to buy more clothing. Before you even walk through the doors to make you purchase these large stores have thought of ways to wring the most dollars they can from you.

The Fitting Room Trap is a manipulative practice many clothing retail chains do in one form or another. It combines psychology, marketing and even a little bit of film making, to make you think that you look thinner and better in their apparel than you actually do. While this boost of confidence in the dressing room may seem like a good thing, in truth, it holds you back from truly looking your absolute best. You're much more likely to wind up with something you just like as opposed to something that you love. So what do they do in the dressing room that manipulates you?

The Mirrors -- Dressing room mirrors are often tilted and curved making you look thinner than you are. One of the most common tricks clothing retail stores use is the tilt of the mirror. Many dressing rooms feature mirrors that slightly tilt towards you at the bottom and subtly tilt away from you at the top. This ruse produces an illusion of you appearing longer and leaner. Some stores even use mirrors that are curved ever so slightly inward to make you look a little bit thinner. Think of it like a funhouse mirror that distorts your body to make it look thinner and therefore more likely to buy, rather than it being there for fun.

The Music -- The next time you're in a clothing store close your eyes and listen to the music playing over the speaker system. Chances are it will either be elevator music or somewhat nostalgic music. Think how often you are at a store and hear that 50's, 60's, 70's or 80's rock song that you haven't heard in years. Or how it's always Christmas music around Christmas time. The idea is to put you in a more familiar and comfortable mood, and therefore more likely to spend your money at the store.

The Stuff On The Walls -- Most dressing room areas feature simple paintings and smiling people on the walls. The simple paintings and smiling people have a simple purpose: to make you calm and happy. And when you're calm and happy you're more likely to spend money. On the dressing

room walls you'll often find posters boasting the current sales which help you believe the items you've picked out are a even better deal and thus, more likely to buy.

The Stall Doors -- You will rarely come across full sized doors on the dressing room stalls of larger chain stores. They're often either a curtain or a half door. This is not an accident. It's partially done so you can see if someone is using the stall, but it has another benefit for the stores and not for you: As employees and other customers walk past you'll often get the feeling that you're taking too long and you might think you need to hurry up and pick something. This kind of pressure leads you to rush your shopping decisions and settle for something you don't truly love.

The Lighting -- Here's where a little bit of movie making magic comes in: Retail Store dressing rooms often have deceptive soft lighting that causes you think what you're trying on makes you look good. Most fitting rooms are illuminated by several sources of light - some overhead and some frontal lighting. The placement of these lights isn't a coincidence. Retail chains take a page right out of the filmmaker's handbook. By using the different angles of light unsightly shadows are removed making you look less frumpy. The overhead lights are often angled behind where you would stand when trying on clothes to give you that classic glamorous Hollywood back lighting. There's about as much thought put into dressing room lighting as there is in film lighting.

Many clothing stores also often use soft, amber lighting that makes even a less attractive woman look better. This light makes your skin look softer by evening out your skin tone. But this soft lighting creates one of the biggest issues when it comes to trying on clothes - you're not going to be wearing your outfit in soft, dimmed lighting. Thus, dimly lit dressing rooms don't give you an accurate impression of how the item looks on you.

The fitting room trap is something aimed at women of all ages. It happens to the most vigilant of shoppers. In order for you to look good in any outfit you need to be confident. You need to love the real way you look, not just how it looks in the dressing room.

PART FIVE: FEMININITY



Chapter 39

***Easy Tips To Look Better Instantly
Over Forty***

By Cynthia Nellis

One frustrating thing about fashion over 40 is that some of the steps you need to take to look better – like losing weight – take time to achieve.

Long-term goals are great, but there are lots to love about style tweaks that can make you look and feel better instantly. When you add in some easy beauty fixes the process of looking better instantly is magnified. Sometimes something as simple as taking a few extra seconds to get every last lash can make a difference in how you look.

Here are my tips to look better today:

- **Add A Soft Element To The Top Half Of Your Look** -- Try wearing a shirt with a loose bow at the neckline, sensual fabrics (like satin or cashmere) or curled hair to soften your face. I've even found that feminine prints, like a bold floral, adds softness to mature looks.
- **Play Up Your Favorite Features** -- that you have always liked about yourself (eyes, legs, and waist). Don't worry that the feature doesn't look as good as it used to. Enjoy who you are today. Want to show a little cleavage? Go for it. Same goes for a slim waist which you can accent with a belt.
- **Put Mascara On All Your Eye Lashes** -- Pay close attention to the top outer corners. Sounds nitpicky, but your lashes open up your eyes and add softness to your face. I'm also a big believer in eyeliner, although at this age I soften it with a similar-colored powder on top.
- **Iron Your Casual Clothes Too** -- While you may pay attention to work or special occasion looks, sometimes casual jeans and tees may be worn straight from the dryer. Try ironing a few casual pieces to see how crisp and neat this additional step makes these pieces look. Or cheat and take even your jeans to the dry cleaner to get perfectly pressed casual looks.
- **Wear Something Whimsical** -- Maybe it's a pair of funky rain boots or a pair of zebra-print loafers; maybe it's just your feel-good color. The point is to wear something that makes you smile. My go-to pieces often involve studs, like spike-encrusted shoes. My favorite bag is a somewhat vintage Betsey Johnson bag (back when she made higher-end bags) that has drawer handles and studs on it. Definitely a conversation piece....
- **Wear Support Garments** – like Spanx or control camisoles – that you usually reserve for special occasions under your everyday clothes to look sleeker. You may be surprised how great a simple knit top looks on you if you wear a camisole shaper to smooth it out. I'm religious about the Cami shaper because it changes how everything looks.
- **Apply Powdered Makeup (Eye Shadow, Blush or Bronzer) Like The Pros Do** -- First, dust off any extra ("touch" the brush to a cotton pad or tissue first.) Then, instead of sweeping or brushing it on, softly touch the end of the brush where you want to apply it – if you are putting it in the crease of your eyelids, touch the ends of the brush along the crease to apply. This method avoids streaking your makeup across your face.
- **Body Conscious, Not Clingy** -- One of the biggest mistakes women over 40 make is that they rely on too many boxy, baggy and unflattering cuts. Instead, take body-conscious looks like [leggings](#) or slim pants and pair with a looser top. Never make the mistake of baggy on baggy. It just makes you look sloppy.



Chapter 40

An Important Femininity Tip

By Lucille Sorella What's the secret to creating a convincing feminine image? Clothes, shoes, hair, and makeup are important, but my #1 femininity tip has nothing to do with ANY of these.

I'll give you one clue: It's something you should be doing ALL the time (even if you are in guy mode).

Curious?

My Number One femininity tip for cross dressers and MTF transgender women is to STUDY OTHER WOMEN. *Your best femininity teachers are the women around you.* You should constantly observe women when you are out in public – as well as when you watch TV or movies. The more you study women, the more you'll pick up on the subtle things that make somebody feminine and attractive.

Pay extra close attention when a woman catches your eye in a positive way - Without creeping her out, of course! Try to pinpoint what it is that makes her so appealing.

Specifically notice:

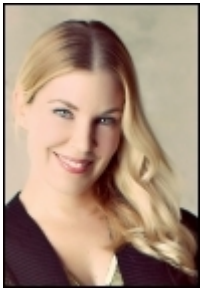
- What she's wearing. (A dress, pants, flats, heels, etc.)
- What her style is. (Classic, trendy, girly, etc.)
- How much makeup she's wearing. (Is she wearing lipstick? How heavy is her eye makeup?)
- Her body language. (Does she cross her legs or place her hands on her hips? How's her posture?)
- How she moves her body. (Are her movements soft and subtle or big and bold?)
- How she interacts with others. (Is she bubbly and outgoing or quiet and mysterious?)

Aside from picking up femininity cues that you can incorporate into your own behavior, use this as a guideline for how women in your area present themselves.

Remember, if you want to "blend in" with the women around you, your clothes, hair, and makeup should be a similar style.

I also suggest paying attention to women who attract your attention in a BAD way. Notice what turns you off so you can avoid this in your own behavior and appearance.

(Who knows? Maybe some of these women will later look to you as an example of ladylike beauty!)



Chapter 41

Four Easy Ways To Look Shorter

By Lucille Sorella

Does your height hold you back from presenting your femme self to the world? It shouldn't. In fact, I say embrace your height, girlfriend!

While it's true that many cross dressers and transgender women are taller than the "average" female, who cares? Tall women are HOT!

But if your goal is to downplay your height, there are some simple techniques you can use.

Here are 4 easy ways to look shorter:

1. **Don't slouch** -- Slouching isn't attractive and it only draws attention to the fact that you're not proud of your height. Resist the urge to slouch. Instead, stand tall! You'll come across as confident and self-assured.

2. **Wear the right shoes** -- You should obviously stay away from high heels if you want to look shorter. But that doesn't mean you have to live in flats!

Look for shoes with a chic kitten heel. A low heel adds elegance to your look without a big increase in height.

Shoes can also make your legs and feet appear shorter:

- Choose shoes with rounded toes instead of pointy ones to make your feet look shorter.
 - Wear shoes with straps over the instep or ankle - this helps break up the long line of your legs.
3. **Dress to downplay your height** -- The clothes you wear have a huge impact on your overall appearance. Here are 5 Do's and Don'ts for downplaying your height:
 - DO choose full skirts and dresses to draw the eye horizontally instead of vertically. (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 - this makes you look even taller.
 - DO wear a contrasting belt to interrupt the eye from going straight up and down a long torso.
 4. **Choose the right hairstyle** -- The last thing to consider is your hair. The wrong style can make you look even taller, so here are 3 suggestions for avoiding unnecessary height:

- Avoid hairstyles with a lot of volume at the crown as this literally adds inches to your stature.
- Avoid wearing your hair too long since this tends to make you look even taller. Generally speaking - shoulder length hair is most flattering.
- Try a layered or wavy hairstyle with volume along the sides of the face. (Again, think horizontally instead of vertically.)

Yes, it's true that 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!



Chapter 42

Seven Tips For Feminizing Your Body Movements

By Lucille Sorella The way you move is a huge part of your feminine image. But what if you feel you have all the grace of a truck driver?

The good news is that there are some simple techniques for feminizing your body movements. In the previous chapter, I explained [how to walk like a woman](#). Now let's talk about how to make your gestures and deportment more graceful and feminine.

Here are my top 7 tips for feminizing your body movements: 1. **Slow Down** -- Most of us have a natural tendency to speed up our movements when we feel nervous or self-conscious. This makes your actions appear jerky and clumsy.

Avoid rushed movements. Here are some No-No's:

- Leaping out of your seat
- Plopping down into your chair
- Wolfing down your food
- Slamming down your glass

Instead, slow down! Every move you make should be deliberate and precise. Take your time as you sit down, stand up, gesture, and reach for things.

2. **Knees Together, Elbows In** -- I know you've probably been told this from Day 1, but it's easy to let old habits slip in – especially if you spend most of your time in “guy mode.” That's why you need to be conscious about keeping your knees together and your elbows in. Why elbows in? Because it's easy to be clumsy when your limbs are going all over the place. Keeping your elbows close to your body will instantly make your gestures more graceful.

3. **Stretch Out** -- It's impossible to move gracefully if you have a tense and tight body. That's one reason why dancers spend so much time stretching.

You too should make stretching part of your normal routine – particularly before you present yourself as a woman. A 10-minute full-body stretching routine every day is all you need to stay in shape.

4. **Don't Fidget** -- Fidgeting makes you look awkward and insecure, so avoid nervous movements like:

- Twirling your hair
- Biting your nails
- Shaking your leg
- Tapping your fingers
- Compulsively checking your phone

Instead, practice the art of graceful stillness! You will look confident and in control of yourself.

5. **Study Graceful Women** -- There's a lot to be learned from studying poised, elegant women. Pay attention to the way they move and carry themselves in public.

Watch a video of a fabulous woman, such as the ever-graceful Marilyn Monroe. Notice how elegantly she sits and stands, how deliberate her gestures are, and how she never fails to keep her knees together.

6. Take A Dance Class -- If you're really serious about becoming a graceful, elegant woman, then I highly recommend taking dance classes. The grace and coordination you'll learn through dancing will carry over into your day-to-day life.

Any type of dance class is helpful, be it belly dance, salsa, or ballet. If you're shy about showing up for instruction en femme, take salsa classes in "male mode." You'll also get some awesome hip movement training!

7. Practice -- Finally, remember that being graceful takes practice. I recommend practicing your movements and gestures in front of a mirror. Or, better yet, record a video of yourself so you can evaluate your movements objectively.

Here are some specific movements to practice:

- Sitting down
- Standing up
- Gesturing as you speak
- Shaking hands (or doing the air kiss)
- Table manners
- Getting into and out of a car

What do your movements say about you?

You might not be able to change your height or the overall shape of your body, but the good news is that you can have control over your body movements.

Use these tips to become a more graceful and elegant woman!

Chapter 43

How To Be A Lady

Courtesy of *WikiHow*

As manners, attitudes, and styles of dress change over time, so has the conventional understanding of what it means to be a “lady.” Though the term may seem outdated, there are certain aspects of ladylike behavior that are undying: elegance, courteousness, and a sense of respect toward oneself and others. Read this article to learn how to be a true modern-day lady.

Behaving Like a Lady

Make Introductions -- If you are talking to one person and another person approaches, introduce the person you were initially talking with to the person who has just arrived.

- In the business world, the order in which introductions are made depends on a person's level of “importance;” in other words, on his or her level of seniority within the company. In such an example, you would first introduce the person of higher importance to the person of lesser importance, and then vice versa. Remember that the client is always of the highest seniority, regardless of his or her title.
- When possible add a thoughtful detail about the person you are introducing. Rather than just stating the person's name, also introduce his or her title, or how you know this person.

Say Please And Thank You -- While this may sound like an etiquette cliché, forgetting to say these things (even by accident) will not go unnoticed, and comes across as very rude.

- Say thank you anytime somebody does you a favor, however big or small; it will show him or her that you appreciated it.
- Always thank a host/hostess after attending a party or other special occasion at his or her home. Consider sending a “thank you” text, phone call, or email the following day.
- Always thank people for gifts they have given you. You may want to consider writing the person a note thanking them.
- Don't abuse the words “please” and “thank you.” Using them excessively will devoid them of their meaning, and make you appear weak. For example, if a waiter pulls your chair out for you, unfolds your napkin, and then pours you a glass of water, then thank him/her one time at the very end of the action, rather than once after each gesture.
- Add details when thanking others. Rather than just saying “Thanks” to a friend for talking you through an issue, say “Thank you for being so understanding. It really means a lot to me.” This will come across as more sincere.

Know When To Say “No” -- Being polite doesn't mean being passive and letting others take advantage of you. It is important to learn how to politely tell people no.

- If somebody offers you alcohol or a cigarette and you are not interested, then kindly thank the person and refuse. Giving in against your will sends the impression that you are easily impressionable.
- Similarly, if a man is attempting to “pick you up” or is getting physically aggressive with you, then stand up for yourself and tell him to back off. If necessary, call or ask for help.

Educate Yourself -- A lady is eloquent and can carry a conversation. This requires being well read and staying up-to-date on the current events of the world. While this doesn't necessarily require formal education, attaining the highest possible level of education that you can will be to your benefit.

- If you are not enrolled in school, then find alternative ways to educate yourself. Read plenty of books (both fiction and non-fiction), read the news, and attend seminars and/or discussions.
- Thanks to the Internet, most people have free access to an endless array of scholarly articles on various topics at the touch of a button.

Many college campuses allow people to sit in on lectures without receiving academic credits. Be sure to clear this with the institute before dropping in on classes, however.

Good Posture -- Standing and sitting up straight are signs of a true lady. As an added bonus, having good posture is better for your back, and will help strengthen up your core! It will take some training to get used to this, especially if you are accustomed to slouching.

Be Respectful To Others -- Being a lady isn't just about looking or behaving properly on the outside; it involves being a good person on the inside.

- When talking to another person, give him or her your undivided attention. It is polite and will make for a more stimulating conversation for both parties.
- Don't interrupt or talk over others.
- Offer your help to those in need. This can be as simple an act as helping an elderly person carry his or her groceries, or a more generous act like volunteering at a homeless or animal shelter.

Be Charming -- A true lady doesn't just sit there quietly and let the world pass her by. She engages with other people, carries stimulating conversations, and is a subtle flirt.

- If you don't know how to be charming, start off by smiling more at people when you talk to them, and complimenting people more. Make your compliments personal; for example, instead of complimenting a person's shoes, tell them that you think they have impeccable sense of fashion.

Don't Use Profanity, Over-eat or Drink Excessively -- Being a lady requires having self-control and will power, and each of these activities is an example of overindulgence.

Be Respectful When Visiting Other's Homes --When you are a guest in somebody else's home, allow the host/hostess to tell you where to sit, where to leave your purse, whether or not to take off your shoes, and so on.

- Remember that some people are more protective over their home environment than others. Use your best judgment to determine how to behave.

Hold The Door Open For Others -- It doesn't matter whether you are a man or a woman, offering to hold the door open for other people is respectful and friendly.

Stay Cool, Calm and Collective -- Avoiding lashing out at others if you are annoyed, angry, or upset. Remain poised, and handle the situation rationally and calmly. This will prevent you from doing or saying things in the heat of the moment that you will regret later.

Dressing Like a Lady

Maintain Your Personal Hygiene -- This will keep you looking and smelling your best, and more importantly, prevent infections and other illnesses.

- Shower daily. If you don't want to wash your hair everyday, then wear a shower cap and rinse your body with soap and water.
- Brush your teeth every morning and evening. Brushing in between meals can further improve the health and appearance of your teeth and gums.
- Wear deodorant. Smelling your best is just as important as looking your best.

- Maintain your waxing, shaving, and/or tweezing regimen. Getting rid of unwanted body hair can instantly make you look and feel more attractive and leave you with smooth, touchable skin.

Dress Elegantly -- This means dressing appropriately for the occasion, your body type, and your age. Use your best judgment to determine what clothes are most appropriate for you.

- Don't try to squeeze into clothes that don't fit you.
- Choose a simple dress over pants, when possible. While there's nothing wrong with wearing pants, dresses and skirts bring out your femininity and show off your curves better than pants do.
- Choose trousers over jeans when possible. When you do wear jeans, be sure that they are not torn or otherwise destroyed.
- Don't wear sweatpants or tracksuits unless you are at the gym or exercising. Wearing these around all day suggest that you pay very little attention to your physical appearance.

Keep Your Clothes Clean and Pressed -- Iron your clothes to remove any wrinkles, and be sure to wash your clothes if they are stained.

Don't Wear Excessive Makeup or Revealing Clothes -- Elegance requires minimalism; wear makeup to accentuate your beauty, not to cover it up.

- Don't show excessive cleavage or wear bare-midriff tops. These types of revealing clothes suggest that you are not dressing for yourself, but rather, to attract men.

Proper Table Etiquette

Don't Start Eating Before The Meal Has Started -- If you are at a restaurant, wait until everybody's meal has arrived before you start to eat. When at a dinner party, wait for the host/hostess to unfold his or her napkin and begin eating.

Don't Speak With Your Mouth Full -- It is not only rude, it can actually ruin other peoples' appetites.

- Also avoid burping, smacking your lips, or fidgeting at the dinner table.
- If you have to cough or sneeze at the table, be sure to cover your mouth with a napkin.

Excuse Yourself Gracefully -- If you need to get up from the table to go to the restroom, then let others know where you are going.

Don't Text or Talk on The Phone -- Not only will it disturb other patrons if you are in a restaurant, it is disrespectful to the person/people you are eating with - especially if one of them has cooked the meal for you. Wait until the end of the meal to make phone calls.

- Turn off or silence your phone during formal dinners.

Keep Your Elbows Off The Table -- This rule applies only when you are actually eating. If the food has not yet arrived, or if you are sitting at a table drinking water or other beverages, then it is acceptable to rest your elbows on the table.

Cut Your Food In To Bite Size Portions -- Not only is it healthier than taking huge bites, it will give you the opportunity to quickly chew and swallow your food if somebody asks you a question when you have food in your mouth. Nothing is more frustrating (and embarrassing) than having somebody ask you a question right after you have taken a huge bite of food!

Only Take Things on the Table Within Your Reach -- Otherwise, ask somebody to please hand it to you.

- Always pass the salt and peppershaker together, even if the person only asks for one of them. These items are meant to be kept together at all times.

Use Your Napkin -- Clean your fingers or blot your lips when necessary.

Make Proper Thank-You's -- Be sure to thank the waiter/waitress if you are at a restaurant, and thank the host/hostess if you are at a dinner party. Compliment the food when dining with the person who has cooked it.



Chapter 44

Presenting A Feminine Voice

By Lucille Sorella Let's face it – achieving a passable feminine voice isn't easy. But it's a critical part of your overall image.

Even if you rarely go out in public as a woman, there's bound to come a time when you have to open your mouth and speak to someone. Don't you want to

be the whole pretty package? Having a voice that's congruent with your image is a big part of that. The first step towards achieving a feminine voice is avoiding these five common mistakes: 1. **Speaking Too Deeply** -- No surprise here, but if your voice is too deep you're going to be read as male.

How do you know if your voice is too deep? Your best bet is to use a frequency tuner to measure the pitch of your voice:

- Male voices typically range from 100-150 Hz
- Female voices typically range from 175-250 Hz

Here are two free frequency tuner apps you can use on your phone:

- [Pano Tuner \(for iPhone/iPad\)](#)
- [DaTunerLite \(for Android\)](#)

2. **Speaking In Falsetto** -- Trying to mask a deep voice by speaking in an unnaturally high voice – otherwise known as falsetto – isn't good, either.

Speaking this way doesn't make you sound like a woman – it makes you sound like Minnie Mouse. While you do want to raise the pitch of your voice, you never want to go too high.

3. **Whispering** -- If you are self-conscious about your voice, then you might try to compensate by speaking more softly. However, lowering the volume of your voice doesn't make you sound more feminine – it just makes it impossible to hear you.

4. **Upswing Your Sentences** -- Women naturally have more “melodic intonation” to their voices. In other words, they are more animated when they speak.

Some cross dressers and transgender women make the mistake of trying to imitate this by “up swinging” their voices at the end of every sentence. “Up swinging” can make each sentence sound like a question. All this does is make you sound like a stereotypical Valley Girl – probably not the type of woman you want to emulate.

5. **Pinching Your Voice** -- One of the reasons that men have deeper, richer voices than women is because they have a larger “throat space.”

If you try to compensate for your deeper voice by constricting your throat, the result will sound pinched. Think Pee Wee Herman or Kermit the Frog – again, not who you want to emulate!

Avoiding these mistakes is the first step towards achieving a passable feminine voice.

It's easy to go wrong in your attempts to feminize your voice. The good news is that you CAN achieve a passable feminine if you use the right techniques.



Chapter 45

Five Ways To Hide Your Adam's Apple

By Lucille Sorella I always say it's the details that make or break your feminine image. This is definitely true of an Adam's apple! Reducing the visibility of your Adam's apple will make you look and feel more feminine.

The good news is that there are some easy ways to disguise your Adam's apple

- And they don't require surgery!

Try A Scarf -- I believe that every cross dresser and transgender woman should have a collection of beautiful scarves in her wardrobe. Tying a scarf around your neck not only hides an Adam's apple, it adds a flattering pop of color to your face. Two problems solved with one accessory!

Apply Contouring Makeup -- Another easy way to downplay your Adam's apple is to apply contouring makeup over the protruding area. Choose a color that's one to two shades darker than your natural skin tone. Dark colors make an area look smaller. This visually reduces the size of your Adam's apple.

Wear A High Top Collar -- High collared tops are great for hiding the side view of an Adam's apple. Look for shirts and jackets with collars that stand up around the neck. Ruffled collars are especially feminine and flattering.

Choose The Right Hair Style -- Long hair that curls around the neck is a great hairstyle for hiding an Adam's apple. The length and shape make the Adam's apple less visible from the side. A bad hairstyle would be a bob that cuts off right at the level of your Adam's apple. It draws the eye to that area – NOT what you want to do!

Swallow When Posing For Photos -- Your Adam's apple is less visible when you swallow. Use this knowledge to your advantage when taking photos! I suggest practicing in front of a mirror first: Swallow about halfway and hold. The trick is to keep your face relaxed (and smile!) while you do this.

Permanent Adam's Apple Removal -- The tips above are the easiest ways to disguise your Adam's apple, but what if you are looking for a more permanent solution? Tracheal shaving is a common male to female procedure. This surgery reduces the cartilage of the Adam's apple and gives the neck a more feminine contour. The procedure costs around \$4,000-\$7,000 in the U.S. Like all surgery, it's not without risks. The biggest risks include unsightly scarring on the neck and/or damage to the voice box.

PART SIX: TIPS, HINTS AND OTHER INFORMATION



Chapter 46 **Short Shorts**

Breast Forms – Quick and Inexpensive

By Heidi Phox

I have a technique for making breast forms that are easy and inexpensive. What I do is buy a four-pack of Play Dough. I mash 2 cups of dough together into a ball and put it into a zip lock bag, squeezing all of the air out before zipping it closed. Then I place the bag inside a single leg of an old pair of pantyhose. I then twist and wrap the hose back and forth over the dough-ball until I've used up all the hose. I make a second one the same way. The Play Dough can then be shaped into whatever form would complement the particular outfit you're wearing. They can also be molded into a D shape and used with a push-up bra to show some actual flesh as false breasts. The Play Dough usually stays pliable for a few months before getting too hard and needs to be replaced.



Hot Weather, No Sweat

By Carolyn Olson

Summer is approaching and the weather is getting hot...often unbearable for the "girls" in many parts of the country. It's time for smooth shaven legs, but don't pack up your nylons or panty hose too fast. Why? There is a definite use when it comes to staying cool.

For me, the past few summers have been no fun when it comes to dressing. My breast forms have become uncomfortable due to wetness... in the form of perspiration. Yes, good old sweat. It was no fun wearing a wet bra, due to the contact between the forms and ones bare skin. I tried powders, anti-perspirants and paper towels to limit the flow, but nothing worked. What was a girl to do?

I found a friend in the form of my hosiery collection. For years, I have always saved my hose when a pair gets a runner. I cut off the leg with the run and save the panty and other leg for what I call "double duty, where I will wear two pair of hose with one good leg each. (Another way for a girl to save money too).

For the summer months, I use the "double duty" hose as breast inserts. I usually use two pair per side, which combined with a good, enhancing push-up bra, will still produce lovely breasts and if desired, excellent cleavage.

I fold and roll the half hose from the toe to the panty to create a 4-inch wide form. I prefer nude colored hose as it will blend with my crème bra and skin type. Once the four hose are rolled, be sure your bra straps and back support are as tight as possible. Slide each form into place inside your bra so the cup is firmly packed. Pull your natural male breast skin up and over the hose and Voila!!! You should have nicely formed breast.

By using the nylons instead of the forms, your chest area should not perspire and your bra will stay dry for hours on end.



Worried About Wearing a Gaff? Don't Be!

By Kathy Hamilton

Courtesy of *Suddenly Fem*

Assuming that you do know what a gaff is -- and believe it or not, many cross dressers don't when they first start dressing -- there are two or three basic misconceptions about what the garment is for and how to wear it.

But first, tell me, who doesn't dream about parading around, indoors or out, in a mini skirt, or a tight-fitting, slinky dress that shows off our body shape? Who doesn't agree that

it makes us feel that much more feminine to see our body shape match that of a real genetic girl, especially when it's nice and flat around our crotch area?

So you pull on a pair or two of tight fitting panties or even a very tight, elasticized panty-girdle to try to flatten "things" out. Fine so far, but hey! Hold on, now you look closer... What's that offending bulge right in the middle of your new dress? It distorts the smoothness of your crotch area and, worse still, sits right in the center of the view-lines of anyone admirably looking you up and down!

Fundamentally, a gaff is a garment especially designed for cross dressers to hold their male genitalia. A well-designed gaff of the right material will give you a smooth crotch, and keep your genitalia neat and tidy for the times when you want to look your most feminine.

However, misconceptions do seem to persist. As a starter, some cross dressers worry that "tucking" your organ inside a tight fitting gaff in order to create a flatter, sexier look can either damage your sexual performance or, at the very least, be very painful or uncomfortable.

Perhaps for the first few times you use a gaff, it might take a little time to adjust to the "new" position, but like everything else, "practice makes perfect." Secondly, there is no evidence or reports of cross dressers who wear a gaff experiencing any subsequent hindrances to their sexual abilities.

Then there are those cross dressers who simply cannot face the idea of pushing their testicles back up into the cavity from whence they came (the "home" to your balls before you were born!). Thankfully, for those who do worry about such things, it is not compulsory to do this while wearing a gaff. Many people simply go for what is often called the "basic" or "simple" method: all you need to do is pull the gaff up your thighs, push back your organs with one hand and pull the gaff up with the other hand.

Pull the gaff right up to your waist to flatten all you need to flatten.. You'll be surprised how everything will be tighter and flatter—even "super flat" if you are lucky! No worries, no sweat, no harm. Just a lovely flat area—just like a woman!



Another Tucking Method

By Heidi Phox

I often get questions about tucking. Most of the time I wear a girdle-like garment one can find in the "shapers" section of the women's underwear section of a department store. The shaper I use is a very snug panty which comes up to about the bottom of my rib cage and not only keeps the "stuff down there" nice and comfortable, but also acts to narrow my waist and hold

in my tummy.

When I post pictures in panties or lingerie, I receive the most inquiries. "How do you do that?" is the usual question. For photos I use a little trick that is more technical but holds things tighter and is less conspicuous.

First, I shave away as much pubic hair as possible. Once smooth, I take about 24 inches of CLEAR package tape (no pun intended) and starting just below my belly button, I wrap it as tightly as possible straight down between my legs and back up my back side, ending at my lower back. I do this four or five more times with each successive length of tape off center a little more and crossing in an X, making sure to encompass any flesh to the left and right that the first strip didn't cover. To keep the end attached to my lower back, I apply a 12-inch length of tape horizontally just below the belt line. The results look like a clear plastic panty that is open on the sides and stuck to your body. The package tape is flexible but does not stretch so it holds things very well.

I've used duct tape in the past too and it sticks better. However, it leaves residue on my skin and is more visible because it is not clear. There are skin-colored medical grade tapes that stick well, but it is a little harder to find. The package tape will lose its grip after an hour or so but you can keep it in place longer by completing the horizontal pieces just below the waistline. Once secure, I step in to my panties or bikini bottoms and trim away any excess tape that is visible.

Removing the tape isn't as difficult as you might think. It comes off the smooth skin easily, but it can hurt if you didn't trim the longer hairs beforehand. Ouch!



Chapter 47

Smile Pretty

Digital Photography

By [Paula Gaikowski](#)

I enjoy corny jokes and still chuckle when I hear this one: *"How can you tell who the cross dresser is at a family reunion?"*

"He's the one who knows how to work the self timer on the camera!"

Yes, it's true cross dressers love to take pictures! I remember driving several towns away from where I live to have my film developed for fear someone would recognize me. I still enjoy seeing my vintage photos that were scanned and then uploaded onto bulletin boards followed by that new thing called *the Internet*. In 1999, I had a professional makeover and photo shoot with Jamie Austin and at that moment, the picture-taking floodgates opened. Okay -- enough about the ole days, Auntie Paula!

Today we have digital cameras with the capability to take hundreds of photos and see them instantly. Pictures provide us with an invaluable tool to guide us through our evolution towards womanhood. By looking back not only can we see the mistakes we've made, but also recognize the clothes and accessories that made us look better.

Pictures help us build confidence, raise our self-esteem and create a personality that we can use online to build friendships and community. During times when I can't express Paula, I look to my photos for a pick-me-up.

I'd like to share some of the tips and techniques I use to get better photos.

First, learn about your camera. Don't wait until you are all dolled-up and then start experimenting. Get familiar with that self-timer, read the manual and learn about the different features.

Next, find the area you'll use for picture-taking. A [light-colored wall](#) without clutter works well. There also should be plenty of natural light or indirect artificial light. Light equals glamour. I sometimes use two desk lamps reflected off the walls to produce light.

Many digital cameras can be mounted on a tripod. Investing in a large tripod is not necessary. I found a [Gorilla Pod](#) at WalMart and it's priceless in helping to get good shots at home or away.

When you are in boy mode and the pressure is off, start taking some practice shots to get your settings and lighting correct.

I had trouble finding poses that were feminine and natural. So I began noting how women news anchors pose themselves when standing. That is how I learned these basic poses:

- My basic "go to [pose](#)" is simple hands behind my back and one foot in back of the other.
- [Front-standing](#) with feet together and hands crossed above hips.
- [Ladylike](#) with one foot forward and the other leg back and turned to the side. Your hands above your hips, cupped or slightly opened. Don't be afraid to act girly - let her out!
- [Sitting](#). The key to a ladylike posture is the [curves](#). Your body should form an understated "[S](#)" shape. This is critical for a feminine posture when standing also.

You'll notice women keep their hands cupped or have their fingers curled inward while holding their hands idle. Women also tend to keep their hands above their waist.

Become an observer of women. Find a mentor and note her movements and gestures. Then practice and don't be afraid to act feminine. When I first started going out in public, I was hesitant to act feminine, then it dawned on me. "You're wearing a dress, idiot! Of course, I should act feminine."

Observe yourself in front of a mirror as if you were rehearsing lines in play. Let your feminine nature come to the surface. Use the above poses as a starting point, however, don't become mechanical - let your inner girl take over. In photos, being overly feminine plays out well.

Photos taken from a slightly elevated level seem to look better. Compare photos from different elevations and you'll see the difference. Use your new mini tripod to get a slightly elevated view.

I know you have heard it before and I'll say it again. "Smile!" Pictures where you are smiling are much better. Look like you are having fun, because you should be.

Taking pictures when out in public can be exciting and satisfying. Having a keepsake photo of that wonderful occasion you attended as woman is precious.

When taking a souvenir photo, select a setting that tells a story. Stand near a sign or use a display to show the viewer where you are. At [restaurants](#), the entrance works well. At [museums](#) or stores, [displays](#) tell a story.

I used to feel very self-conscious about taking my photo in public or asking someone to take my photo *en femme*. Nevertheless, I overcame my inhibitions about asking someone to take my photo and discovered that, like all of my other fears and worries, when it came to femulating, they were unfounded. Sales associates are always happy to oblige and at restaurants, the wait staff is eager to please. If outdoors, I'll always ask a young woman to take a photo and have never been turned down and typically, had friendly conversations afterward.

Getting high-quality photos takes practice and more practice. With digital photography, we can make adjustments as we go and delete the shots we don't like. Accept the fact right now that many of your photos are going to look terrible. On the other hand, from the many comes the one, yes, one great shot - a second caught in time when it all comes together. The iconic shot of the flag rising on [Iwo Jima](#) was 1/400 of a second taken over the shoulder of a war correspondent. Experiment and have fun using your photography to express yourself and grow as woman.

My Jamie Austin photos changed my life. They showed what I could achieve if I worked at it. They gave me assurance that I could look good as a woman.

As I started taking more photos, my attitude and confidence increased. It was work, but it was satisfying and enjoyable to see myself mature into a woman. It was all part of being a woman, which is, learning how to dress, accessorize, style my hair and do makeup. In time I not only saw a positive female image emerge, but I personally changed and evolved also.

Please remember to enjoy the journey, the practice, the friendships, the accomplishments and even the failures. In the end, it's not the photo that's important; it's the big picture you need to focus on.

Paula Gaikowski is a transgender woman who lives in New England.



Chapter 48

Things I Have Learned...

By Miss Chryss and Gina Marie Brown

The following is a list of "Things I Have Learned" in no particular order of importance. Please enjoy and we hope the list helps, or at least gives you a few laughs.

1. If you put a nail file in your purse and then go in there after anything, the nail file will scratch the dickens out of your fresh manicure. It just knows how to get right in the way.
2. No matter what you eat, a piece of my hair will get in to your mouth before anything else.
3. Some personal hygiene can be really difficult with long nails...and doing anything on a cell phone can be challenging as well.
4. Your favorite lipstick (and nail polish) will ultimately be discontinued -count on it.
5. Heel taps will come off half-way through the evening -never when you just get home. (Helpful Hint: You can order heel taps in any size and quantity from Amazon and replace your own and save lots of shoe repair costs)
6. That favorite pair of stocking you've been saving to wear for just the right time will get a snag right as you leave the house or exit the car. (Helpful Hint: You can compress and place an extra pair of stocking in a small tube that will fit snugly in the bottom of your purse in case of an emergency).
7. Antihistamine eye drops used before application of makeup will keep your eyes from watering and thus help eyeliner stay on better.
8. You can bet you'll lose a nail in the car and that little bottle of glue you've carried around in your purse forever will be all dried up. And, who do you think will find the missing nail? One of your kids when they are visiting or riding in your car.
9. Gel eyeliner will dry out before it's used up - but one little drop of over-the-counter lubricating eye drops stirred in with a toothpick will refresh the remainder of the gel and since eye drops are sterile, you will not be doing anything to cause an eye infection.
10. The same goes for a tube of mascara. One little drop of a sterile eye drop down the barrel will refresh the dried mascara and you can use it longer than otherwise. But, not more than one drop or it gets gooey.
11. Soma panties are beautiful and make your bootie feel nice, but, they could use a little extra material between the legs for... humm... let's just say... support!
12. MAC eye shadows are nice but expensive. NYX are beautiful, soft and not expensive. NYX lip pencils are the best.
13. Real human hair wigs are beautiful but often are a bother since they need to be rolled and styled. Synthetic wigs, unless they are of a really good quality, will frizz especially at the neckline. There are some great "anti-frizz" sprays that really make a wig look like new. It's always good to go to the salon and have your frizzy ends trimmed - and it feels good besides.
14. I once saw a really expensive purse with a built-in key keeper. I'm always losing my keys in my purse and hate digging around for them with a nice manicure. I almost always carry Coach purses, so I've acquired a little thin black length of leather (leather lacing from *Tandy Leather*) and put a small "S" carabineer on the end and tie the other end to the ring of my shoulder strap. Then I hook my keys to it and drop them right into my purse. All I have to do to retrieve them is tug on the little leather strap and out they pop.
15. Nose hairs and stray eyebrows grow infinitely faster than any other hair and always where you don't want them to grow.
16. It's been said that if you ever use *Christian Dior* lipstick you'll be hooked. Well, I tried it and... I almost am.... ooooooh, it's smooth.

17. Is it true a woman can spot the red soles of *Christian Louboutin* shoes from a mile away... or maybe just a little closer
18. You can cut and use eyelashes to tie trout flies... it works and they will catch trout... trans-trout bite especially well, but hey, they're just as tasty as any.
19. Women's clothing sizes are mere suggestions... a size 10 skirt of one brand will be entirely too small from another or even from the same brand at a different time.
20. The higher the heel you wear, the more you get hit on... I think.
21. Pedicures and manicures are the best. I especially love my pedi's and keep a standing appointment every two weeks.
22. Is there a perfect mascara???? I've never found one and have tried dozens and I'm still searching.
23. Speak softly and carry an LCP (Ruger Lightweight Compact Pistol) with a .38 hollow point bullet in your purse.
24. If you're full time, or even nearly so, and/or have boobs that can't be packed in your luggage, never travel disguised as a "guy" (if you have to do the TCA or its equivalent thing).
25. If you're cursed with big hands, using nail polish will make them look even bigger.
26. Imitation acrylic nails are to be avoided like the plague. They'll ruin your nail beds forever. Just 'girl-up' and grow your own.
27. Get a nice tan on your face and forget all that foundation stuff.
28. Where makeup is concerned, least is best, or put another way -- good makeup looks like you're not wearing any.
29. Sooner or later, when you least expect it, you'll be "stalked." Have a plan that hopefully does not include use of your LCP.
30. The sexier a pair of heels look, the more difficult it will be to find a pair in your size.
31. The higher your heel is, the more certain it is that you'll fall off them.
32. Give your toenails a long winter break from nail polish. They'll love you for it.
33. Absolutely NO ONE will take the slightest notice if/when you get your ears pierced.
34. You will forget your best girl friend's name when you are about to introduce her to someone.
35. If you don't gas up your car *before* going out partying, you'll run out of gas on the way home.
36. Sitting on the side of a dark road at 3.30 AM, fumbling for a AAA card number to call is no place for a girl to be, *even* if she does have an LCP in her purse.
37. Male golfers will "look at you funny" if you don't play off the Ladies tees.
38. You will lose 50% of your upper body strength following breast implants.
39. Deduct at least five yards from your average driving distance for each year over the age of 70.
40. Having boobs is a sure fire cure for slicing and/or hooking your drive on the golf course, not in your car.
41. Testosterone poisoning cures itself. Just give it time.
42. Just when you think it will never happen, you'll wake up one day and find yourself severely, chronologically gifted and realize that even your 12 year old grandchildren can be either totally unobservant or incredibly accepting.

If we missed anything, be free to let us know...

Chryss Kohlmann and Gina Marie Brown are members of the Vanity Club. Chryss and Gina reside in the Southeastern United States.



Chapter 49

Packing Tips

By Stefia Satoh

I've had a number of friends ask me how I manage to pack outfits for boy and girl mode into a single carry-on bag (and shoulder bag) for a mixed business and pleasure trip. So this is the perfect format for me to share my packing list and tricks with you.

I typically pack clothes for Stefia for 2-5 days that can cover most situations and takes up about half of my carry-on bag. All items are synthetic and wrinkle free. Mixing and matching is the key. My key colors are black, tan, brown and one bright complementary color like purple, fuchsia or blue. White and silver are my accents. Everything I carry has the possibility of being worn at least twice, but in different combinations.

For my makeup, I transfer my cream foundation and other items in to 2-inch diameter by ½-inch high screw top containers. For liquids, I use tiny ¼-inch cylindrical screw top vials. And I buy small 1-inch square containers of eye shadow colors for blush, bronzer, and highlighter (for contouring).

For my eyes, a small four-color eye shadow kit is perfect. A tube of lipstick the same color as my beard tint is invaluable. I cut long lip liner, eyeliner and brow pencils in half and use combination sharpener/liner caps. A small lipstick sized tube of Vaseline works as makeup remover, skin moisturizer and lip-gloss. A small capped blush brush, combo eye shadow swab and brush, and 3-inch powder compact with mirror are my tools. I buy the smallest possible lipstick and mascara I can find at the drugstore.

My makeup kit fits into a zipper pouch the size of a grade school pencil pouch. And I bring along a Handi-wipe in a Ziploc bag to keep the hotel towels clean – the Handi-wipe can be washed, wrung out and dry quickly.

I also carry a small battery operated razor. If I dab rather than slide the razor I can trim stubble without removing my foundation. When done, I just need to lightly touch up of beard tint, foundation and finally powder.

I have a black canvas purse that folds flat and can carry my tablet or extra clothes. My black trench coat is a short and lightweight; it's a water resistant treated fabric that works for all occasions and all weather. I paired it with a cardigan and scarf on a cold and wet day sightseeing in Boston last fall and stayed plenty warm. I prefer skirts to dresses since I can vary the hem length, from daring to conservative, and a skirt is just more versatile. In addition I can put the flats, skirt and hose in my large purse to change in to for dinner if I'm out all day.

Finally, I use foam pads for body contouring since they are not an issue if I have them in my carry on (silicone is a gel, so it prompts a hand inspection at an airport).

For both modes, I wear a pair of women's black lace up shoes (that are androgynous) to stay

comfy during the walking I like to do while sightseeing. And I complete my ensemble with a black fold up umbrella.

Extra Points (More Traveling Tips):

Tip 1: Mock Boots -- I love wearing boots but since I travel with both male and female wardrobes for a 3-4 day trip in one carry on bag, I can't justify the space for boots. Instead I pack or travel in a pair of black stacked heel shooties, then also pack a pair of black knit leg warmers (circa 1980's). When I slide the leg warmers on, I fold the top edge over once, then slip on a shootie and slide the warmer down over the top of the shootie - this visually has a similar effect to boots - I had one woman compliment me on the "cool boots."

Tip 2: Adjustable chain for a pendant. I always slip a few zip ties (cable ties) into my luggage so I can zip tie my bag shut if I choose to check it. That same zip tie is great to make a loop of excess chain on a pendant so it hangs at the optimal 'one thumb length above the neckline'. Make sure the loop of chain and zip tie are next to the clasp so your hair over the back of your neck will cover the clasp and loop. I use nail clippers to cut the excess zip tie off. A small rubber band works okay instead.

Tip 3 -- A wig container and stand.

A wig will look better and maybe last a bit longer if you take special care in packing it and storing it while traveling. First I cut a sturdy poster board into quarters. It's helpful to have a couple large paper clips too.

For traveling, I will put some soft compressible clothes like nylons and panties in the wig cap to prevent the cap from creasing, then slide my wig into a clean plastic grocery bag, or better yet, wrap it in a smooth silky scarf, being careful to ensure all the hair lays as naturally as possible. Then, I'll roll the poster board around the wrapped wig to create a tube (I optionally need to use the paper clips to keep the poster board shaped like a tube). I'll pack the tube amongst my clothes to act as a cushion (away from my heels!)

When I get to my hotel room, I'll prop the curled poster board on end and use it like a wig stand. If you wish you can use paper clips to make a sturdier paper column. And if I travel en femme and wear the wig the poster board can be laid flat in the bottom of my luggage with other things packed on top of it.

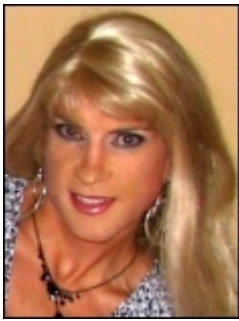
Here's what I typically pack:

- Black scoop neck t-shirt
- Tan long sleeve V-neck tunic top
- One bright colored top
- Black skirt
- Black or tan patterned ankle pants

Black tights/leggings
Large White Rayon Scarf
Tan or black or patterned cardigan (use on plane too)
Nude hose
Black 2" pumps or sandals
Black folding flats
Foam Breast Forms
Foam Hip Forms
Panties
Bra
Jewelry-one set
Makeup and Polish Remover Pads
Wig & Comb (stuff with clothes and fold in scarf, then plastic shopping bag)
Women's Wallet
Canvas Travel Purse/Tote (with top closure to keep pickpockets out)
Black nylon folding grocery bag (size of a racquetball)
Lightweight unlined short trench coat
Folding umbrella

There you go; my compact travel kit. I hope this will be helpful or at least interesting and help you when traveling!

Stefia Satoh is a member of the Vanity Club and resides in Vancouver, WA.



Chapter 50

Balance

By Heidi Phox

I think it's safe to say that although all cross dressers feel a need to dress in female attire it is also safe to say there is a lot of variation within that classification.

Some men might wear pantyhose under their clothes once in a while. Others feel they must dress fully as a woman at all times. At one time it concerned me that most cross dressers I saw on the internet appeared to be similar to me: seemed to quickly accelerate their cross dressing from occasional closeted dressing to an obsessive compulsion to do and be everything female. I felt bad for the people in their lives who may have been hurt by the promises and commitments that were broken as well as the negative reputation that all cross dressers are sometimes painted with. However, over the past few years I seem to have become aware of a large segment of the cross dressing population that appears to be able to hold the balance between their male life while experiencing their feminine side.

This has been what I've always strived for: *Balance*.

I love my wife and kids. I love being a husband and father. I honestly like doing the guy things that I do. Sometimes I find myself giving my feminine side too much attention and thus, need to make sure I take stock of what I'm doing and give the other parts of my life the time it deserves.

I do my best to only take the opportunities to dress as they present themselves naturally, rather than alter my schedule to find time to dress. This might mean that I don't dress for a few months at a time but I also might get to dress a few times in the same month. I try to make sure that I don't take time away from the family. I also try to not use "family money" to support my hobby. Cross dressing can get expensive so I try to use only money I've saved or made on the side and not part of the family budget.

It's natural for a wife to view her husband's cross-dressing as a shortcoming on her part. As if she wasn't pretty enough to appease him. Even when it is known that a man's desire to dress in feminine clothing usually starts at a very young age, wives tend to take it personally. I sincerely think my wife is the most beautiful and feminine creature on the earth and I make sure in my words and actions that she knows it.



Chapter 51

Religion

By Heidi Phox

I am a religious person. Not super religious, but I do go to church on the Sundays when I don't work, and if I'm not out of town camping or vacationing. I believe in God, and Jesus, and that having a firm faith in a religion does a lot of people a lot of good. I believe that it gives people hope when things look bleak and inspires them to live more selfless, generous lives.

Many people see cross -dressing at odds with being active religious. It's true that in the Old Testament it says that if a man wears the clothes of a woman then it is an abomination to God. But this statement is in the same general area as things like it being an abomination to touch the skin of a pig and the proper way to spill a ram's blood on an alter to please God. All of these Mosaic laws were supposed to have been fulfilled and no longer valid when Jesus was born.

The biggest issues churches have against cross dressing are not directly religious, rather a challenge to some marriages. Many wives frequently have difficulty understanding cross dressing and the husbands sometimes have difficulty abstaining from it; and that it might cause a scandal thereby causing avoidable turmoil for family members. Those situations should produce little or no negative consequences if they involve people who educate themselves about the issue and approach the topic intelligently.

I read of one couple that went to their clergy for counseling on the husband's cross-dressing. After an extensive session about the issue the clergyman asked what the biggest problem was and the wife said, "He spends so much money on makeup!" The counselor said, "I think what you have is not a cross dressing issue but a budgeting issue."

I read of another case where a man asked his clergy if his cross-dressing was something to be concerned about. The clergy replied, "Yes. Not because you cross dress but because it is causing you enough anxiety to approach me about it."

This is the crux of the matter: If cross-dressing is a disruption to your marriage, family, wellbeing or ability to provide, then you might want to make some changes. Otherwise, when done with consideration to others, it's something that can be done without detracting from the spirituality of an individual or of a family.

I would never go to church in a dress. I would not want to detract from the spirituality people go there to find. Going '*en femme*' would be a distraction to those "in the spirit" and it would be very selfish of me to put my desires above theirs. (Maybe if I was perfectly passable I might find that I could do it without negatively affecting others but that is a rare case.)

There is some concern that by posting my photos on my website, I might be detracting from the spiritual welfare of others, such as a viewer who gets aroused by my photos, or possibly the husband who uses my photos as impetus to further his cross dressing, which in turn causes contention in his marriage. Yes, I do post some sensual photos but I try to keep things classy and artistic. I can't control how others might perceive my photos or if they perceive them in a way that I didn't intend. My purpose in posting such photos is to see how far I can take the illusion and to create images that I think are appealing.

As for marriages, if anyone reads a little of what I've written on my website blog they would see how much I emphasize my spouse's concerns. I have heard from dozens of people that have written me to say that my example has saved his marriage, or given someone an example of how to keep balance and priorities in line, etc.

I hope to be an example to others that it is possible to cross dress frequently for fun and still maintain a "normal" life.



Chapter 52

Facebook Privacy Tips

By Stephanie Shostak

Nothing you put up on Facebook goes away on its own. Your profile probably has photos and status updates in it from years ago that you don't even remember posting.

Unfortunately, some of these posts might be things that you wouldn't post today. Maybe you posted them with the wrong privacy settings and everyone can see them.

Either way, taking some time to look at and clean up your Facebook history is never a bad thing. Otherwise, old posts can come back to bite you in a job search, relationship, legal case or phishing scam.

Fortunately, Facebook makes it easy to review and clean up old posts.

The Activity Log -- The Activity Log shows you everything you've ever done on Facebook. That's handy, but if you've been on Facebook for years be aware that this could take a while.

To get started, log in to Facebook. Then click the down arrow in the upper right corner and select Activity Log.

The Activity Log might seem a little overwhelming at first with thousands of entries to scroll through, but Facebook has a few tools to make things easier.

In the left-hand column you'll see a huge list of filters. These show you just the posts in your Timeline about those topics.

For example, if you only want to look at things you've posted in the past, select "Your Posts." You can also just look at "Photos," things you've "Liked" and "Comments" you've made on posts, photos and videos.

Click the "More" link to see more filters like "Videos," "Groups" and "Location History." Location History is especially helpful if in the past you were a little too free with telling people where you were.

One thing you probably didn't know Facebook tracks your search history. Everything you've searched for on Facebook is visible to anyone who gets access to your account.

To see your search history, click "More" under "Photos, Likes and Comments." Then click "Search" near the bottom of the list.

You can delete individual entries by clicking the circle-with-a-slash icon and selecting Delete. You can also click "Clear Searches" at the top to wipe everything at once.

Of course, there's no way to turn off search history recording. So you'll need to keep coming back to delete your history if you don't want it recorded - or just stop searching on Facebook.

At the very bottom, you can also see what apps you've installed and what posts they've made on your Timeline. At the top of the log, you can also change the settings on who can see the posts the apps make.

Limit Past Posts -- I mentioned earlier that you might have posted with the wrong privacy settings in the past. Changing every post manually from "Everyone" to "Friends" could take days.

Fortunately, Facebook has a quicker option: At the top of the page, click the upside-down triangle and select Settings.

Then click the Privacy link in the left-hand column. Under "Who can see my stuff?" click the "Limit Past Posts" link.

Then click the "Limit Old Posts" button to change the privacy setting of every post in your profile to "Friends." Note: if you have posts that you *want* everyone to see, this will change those as well.

Download Your History -- Your entire Facebook history is available in your account, but what if you want it offline? Facebook lets you download the whole thing. In fact, it doesn't just include everything in your profile and activity log, the downloaded data includes ads you've clicked and their topics, the IP addresses of the gadgets you use to access Facebook, your entire Chat history, every email address you've every used on Facebook and more.

To download this information, open Facebook, click the upside-down triangle in the upper right corner and select Settings. On the first page, click the "Download a copy" link.

Then click the "Start My Archive" button.

You'll need to re-enter your password and then click another Start My Archive button. When your information is ready for download Facebook will send you an email with a link.

When you click the link you'll get to a page with a "Download Archive" button. Click it and then enter your password again. Then you can finally download the Zip file.

Open the Zip file by double-clicking on it, or if that doesn't work use a program like [7-Zip](#). Drag the file contents to your desktop or another folder, and then double-click the "index.htm" file.

Your information will appear in your browser so you can look through it. Just be aware that most of the extra information, like ad clicks and email addresses, can't be removed from Facebook if you don't want it in Facebook's records.

If you want it gone, you'll have to delete your account entirely. You can do that at this page: https://www.facebook.com/help/delete_account

Just think hard before you click "Delete Account" because it will be gone forever.

Stephanie Shostak is a member of the Vanity Club and resides in Edmonton, Alberta, Canada.

Humor

Author Unknown

YOU MIGHT BE A CROSS DRESSER IF...

If you buy the gallon size of acetone at the hardware store because it's cheaper than nail polish remover, you might be a cross dresser.

If you have ever noticed that more than half of the lingerie drying in the bathroom is yours, you might be a cross dresser.

If you have ever grabbed a metal file out of your toolbox to file a broken nail, you might be a cross dresser.

If a woman has ever asked you where you get your hair done, you might be a cross dresser.

If you buy Milwaukee tools rather than DeWalt so they don't clash with your nail polish, you might be a cross dresser.

If your SO has ever asked to borrow your best Kasper suit for her job interview, you might be a cross dresser.

If your SO has ever asked you for makeup tips, you might be a cross dresser.

If a cashier has ever told you that you have your boy friends drivers license, you might be a cross dresser.

If you drive better in heels than your SO, you might be a cross dresser.

GLOSSARY of TERMS

A

Acrylics: mix of liquid monomer and powder polymer, brushed onto ones nails. They usually cover the entire nail, though sometimes they'll just add tips or a flexible form that they can be sculpted to extend ones nails. The product hardens as it is exposed to the air.

Activity Log: In Facebook, a log that shows everything you have ever done on Facebook.

A-Line Skirt: a skirt that is fitted at the [hips](#) and gradually widens towards the hem, giving the impression of the shape of a capital letter A. The term is also used to describe dresses and coats with a similar shape .

Ambigender: (from Latin, ambo meaning 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 gender.

Androgyny: the combination of masculine and [feminine](#) characteristics. Sexually ambiguous. It may be exhibited in fashion, gender identity, sexual identity, or sexual lifestyle. It can also refer to biological [intersex](#) physicality, especially with regard to plant and human sexuality.

Androgynous: (See androgyny) **Artificial nails:** also known as *fake nails*, *false nails*, *fashion nails*, *nail enhancements*, or *nail extensions*, are coverings placed over fingernails as fashion accessories. Artificial nails are made from a wide variety of materials.

Asian Hair: Wig made of Asian hair. Fairly common type of human hair wig.

B

Babydoll: is a short, sometimes sleeveless, loose-fitting nightgown or negligee intended as nightwear for women. It sometimes has formed cups called a [bralette](#) for cleavage with an attached, loose-fitting skirt falling in length usually between the upper thigh and the belly button. The garment is often trimmed with [lace](#), ruffles, appliques, marabou fur, bows, and ribbons, optionally with spaghetti straps. Sometimes it is made of sheer or translucent fabric such as nylon or chiffon or silk.

Balconnette Bra: a style of bra where the cups are cut in a way that reveal more of the top and inner parts of the breasts. The straps are also set wider so that more of the chest and shoulder area is exposed. Many balconette bras have padding to help lift the breasts **Bandeau Top:** In a strict sense a **bandeau** has but two edges, although it is sometimes manufactured with a detachable halter strap that goes around the neck. A strapless bandeau, or tube top, was also worn as casual wear and sports wear starting in the 1970s, and are sometimes worn as part of a sportswear ensemble.

Beard Cover: Make-up that hides the blue-ish color, or shadow, of facial hair. Usually orange in color but, depending on the type and color of the skin and hair, can be other shades – always the color opposite of the color of the shadow. Sometimes a concealer of other foundation / base make-Up may be used. Using red lipstick works in a pinch.

Bikini: A women's abbreviated two-piece swimsuit with a bra top for the chest and panties cut below the navel. The basic design is simple: two triangles of fabric on top cover the woman's breasts and two triangles of fabric on the bottom cover the [groin](#) in front and the buttocks in back.^[1] The size of a bikini bottom can range from full pelvic coverage to a revealing [thong](#) or [G-string](#) design.

BiSexual: is romantic attraction, sexual attraction or sexual behavior toward both males and females, and may also encompass romantic or sexual attraction to people of any [gender identity](#), or to a person irrespective of that person's biological sex or gender, which is sometimes termed *pansexuality*.

Blended Hair Wig: Wig that is made from a combination of human hair and synthetic fiber. The synthetic fiber tends to hold it's shape after washing and the human hair looks natural and is more durable. The combination gives the wig more versatility and flexibility in styling. It is usually used in 25%, 35%, and 50% ratios to synthetic fibers.

Blepharoplasty: Surgery to remove extra skin around eyes – eyelift surgery.

Blush: or rouge, is a type of makeup often applied to the cheek area of the face with a makeup brush in order to even out skin tone or to add more color. It is commonly found as a powder, but can also come in other forms, such as creams or liquids. Sometimes, blush is also used to make the face look wider or longer.

Body Language: a kind of nonverbal communication, where thoughts, intentions, or feelings are expressed by physical behaviors, such as facial expressions, body posture, gestures, eye movement, touch and the use of space. Body language exists in both animals and humans. It is also known as kinesics.

Boning: The steel stays in a corset or waist cincher that effectively give the corset the strength to shape your body. Originally made from whale bones. Corsets may be single or double boned and the boning may be made from plastic, metal, steel springs and or whale bones.

Bonded Hair Extensions: Hair extensions that are glued into your existing hair to add fullness and or length – lasting 3-6 weeks.

Botox: Cosmetic (onabotulinumtoxinA) is a prescription medicine that is injected into muscles of the face and used to temporarily improve the look of both moderate to severe crow's feet lines and frown lines between the eyebrows in adults.

Breast Forms: (Breast prostheses) are forms intended to simulate breasts. There are a number of materials and designs; although, the most common construction is silicone gel in a plastic skin. Off-the shelf breast prostheses come in a range of shapes and sizes, while customized breast prostheses are molded to fit an individual's. The areola and nipple may be replicated by being molded into the breast form or a separate nipple prosthesis may be attached to the breast prosthesis. Both custom made and off-the shelf breast prostheses come in varieties that are designed to either be held in a pocket in a specially designed bra or attached to the skin and worn with a standard bra.

Busk: (also spelled busque) is the rigid element of a corset placed at the center front.

Butch: *Butch* and *femme* are terms used to describe individual gender identities in the lesbian, gay, bisexual, transgender and cross-dressing subcultures to ascribe or acknowledge a masculine (*butch*) or feminine

(femme) identity with its associated traits, behaviors, styles, self-perception and so on.

C

Cami: See *Camisole* **Camisole:** is a sleeveless undergarment for women, normally extending to the waist. The camisole is usually made of satin, nylon, or cotton. In modern usage a camisole is a loose-fitting sleeveless woman's undergarment that covers the top part of the body but is shorter than a chemise. A camisole typically has thin "[spaghetti straps](#)" and can be worn over a brassiere or without one. Since 1989, some camisoles have come with a built-in underwire bra or other support that eliminates the need for a bra among those who prefer one. Recently, camisoles have been known to be used as outerwear.

Capless Wig: Hair is attached to lace strips instead of a closed lace – cooler and lighter than standard cap wig.

CD: Cross Dresser

CFM Shoes: "Come Fuck Me" high heel shoes, usually black stiletto pumps at least 4" tall, with pointy toes, often patent leather; putatively worn by a woman who wants to advertise her availability for sex.

Chemise: (or shift) refers to the classic smock, or else can refer to certain modern types of women's undergarments and dresses. In the classical use it is a simple garment worn next to the skin to protect clothing from sweat and body oils, the precursor to the modern shirts commonly worn in Western nations.

Chromosome: A packaged and organized structure containing most of the DNA of a living organism. It is not usually found on its own, but rather is complexed with many structural proteins called *histones* as well as associated transcription factors (during transcription - copying of genetic sequences) and several other macromolecules.

Chunky Heels: A shoe heel that is wide at the top directly under the foot, and at the base it decreases slightly where the heel comes in contact with the ground - also known as a block heel. Other types of chunky heels are wedge, spool, cone and cowboy heels.

Cincher: See *waist cincher* **Cisgender:** (often abbreviated to simply cis) a label for individuals who have a match between the gender they were assigned at birth, their bodies, and their personal identity.

Clip-on Bangs: artificial bangs that blend into your existing hair.

Concealer: a flesh-toned cosmetic used to cover facial blemishes, dark circles under the eyes, other imperfections on the face and or legs and sometimes used to cover facial hair.

Contouring Make-Up: Technique of applying make-up in such a way as to minimize or maximize the illusion of cheek bones, fuller lips, wider or narrower eyes, smaller or larger forehead and nose or minimizing your facial defects. Generally accomplished by applying lighter or darker make-up and blending.

Corset: is a garment worn to hold and train the torso into a desired shape for aesthetic or medical purposes (either for the duration of wearing it or with a more lasting effect). Both men and women are known to wear corsets, though women more commonly do. In recent years, the fashion industry has also borrowed the term "corset" to refer to tops which, to varying degrees, mimic the look of traditional corsets without actually acting as them. While these modern corsets and corset tops often feature lacing or boning and generally imitate a historical style of corsets, they have very little, if any, effect on the shape of the wearer's body. Genuine corsets are usually made by a *corset maker* and are frequently fitted to the individual wearer.

Corseting: Is the act of waist training using a corset. See Tight lacing.

Corset Training: See *Tight Lacing* **Cross dresser:** Men who occasionally wear the clothing, makeup, and accessories associated with women. This activity is a form of gender expression and is not done for entertainment purposes. Cross dressers do not wish to permanently change their sex or live full-time as women.

Cross Dressing: The act of wearing the clothing of the other sex. Men dressing as women are the most common as when women dress as men it is considered a acceptable fashion style.

D

Demi-Cup Bra: Sometimes referred to as a *half-bra* or *shelf bra*. A partial-cup bra style that covers from half to three-quarters of the breast and creates cleavage and uplift. Most demi-cup bras are designed with a slight tilt that pushes the breasts towards the center to display more cleavage. The straps usually attach at the outer edge of the cup. The lingerie industry generally defines a demi-cup bra as covering about 1 inch (25 mm) above the nipple. The underwire used is shorter and forms a shallower "U" shape under the cup. Suitable for low-cut outer garments. Compare to full-cup and *balconnette* bra.

Drab: See *En Drab*.

Drag Meridian: The line between feeling like a male dressed as a woman and feeling like a woman dressed as a woman. Usually occurs during the process of cross-dressing when the reflection in the mirror shows you an image of a female.

Drag King: are mostly female performance artists who dress in masculine drag and personify male gender stereotypes as part of their routine. Drag kings often perform as exaggeratedly macho male characters, portray marginalized masculinities such as construction workers, rappers, or impersonate male celebrities like Elvis Presley, Michael Jackson, and Tim McGraw.

Drag Queen: Men who dress like women for the purpose of entertainment. Usually over the top hair, make-up, clothing and personalities to match.

Dressed: A term meaning that a male is wearing women's clothing.

E

Earring: a piece of jewelry attached to the ear via a piercing in the earlobe or another external part of the ear (except in the case of clip earrings, which clip onto the lobe). Earrings are worn by both sexes, although more common among women, and have been used by different civilizations in different times .

Electrolysis: is a method of removing individual hairs from the face or body. Today's medical electrolysis devices destroy the growth center of the hair with chemical or heat energy. After a very fine probe is inserted into the hair follicle, the hair is removed with tweezers.

Empire Waist: (Sometimes referred to as an *Empire silhouette*, *Empire line* or just *Empire*) is a style in women's clothing in which the dress has a fitted bodice ending just below the bust, giving a high-waisted appearance.

En Drab: A common twist on the term *En Femme*. A term referring to when a cross dresser, drag Queen or other type of CD wears the clothing appropriate to their gender assigned at birth. "I'll show up en Drab"

En Femme: anglicized adaptation of a French phrase. It is used in the transgender and cross-dressing community to describe the act of wearing feminine clothing or expressing a stereotypically feminine personality. The term is derived from the modern colloquial French phrase *en tant que femme* meaning "as a woman" and the anglicized adaptation *en femme* literally translates as "in woman".

European Hair Wig: Wig made of European hair. Fairly common type of human hair wig that is considered a higher quality wig and is more expensive.

Extensions: See *Hair Extensions*.

Eyelash Curler: Mechanical device used to curl eyelashes for the purpose of creating the illusion of having eyes that appear more open.

Eyelash Extensions: Long tiny, synthetic hairs are glued to individual lashes to give the illusion of thicker, longer eyelashes.

Eyeliner: is a cosmetic used to define the eyes. It is applied around the contours of the eye(s) to create a variety of aesthetic effects.

F

Facial: is a procedure involving a variety of skin treatments, including: Steam, exfoliation, extraction, creams, lotions, facial masks, peels, and massage. They are normally performed in beauty salons but are also a common spa treatment. Facials are generally categorized, for example:

- European facial.
- LED light therapy facial
- Mini-facial

Facials are used for general skin health as well as for specific skin conditions.

False Nails: See *Artificial Nails* **Falsetto:** A high pitched voice; a special way of speaking or singing. If a man tries to imitate a woman's voice he most usually does so by speaking in a falsetto voice. When a man sings with falsetto voice it sounds high like a soprano.

Female: (♀) is the sex of an organism. Most female mammals, including female humans, have two X chromosomes. (See *Woman*) **Feminine:** The female sex or gender; having qualities or appearance traditionally associated with women, especially delicacy and prettiness; or denoting a gender of nouns and adjectives, conventionally regarded as female.

Femininity: (also called femininity, girlishness, womanliness or womanhood) is a set of attributes, behaviors, and roles generally associated with girls and women. Femininity is often perceived as a social construct, which is made up of both socially defined and biologically created factors. This makes it distinct from the definition of the biological female sex, as both men and women can exhibit feminine traits. People who exhibit combination of both masculine and feminine characteristics are consider androgynous.

Femme: Butch and *femme* are terms used to describe individual gender identities in the lesbian, gay, bisexual, transgender and cross-dressing subcultures to ascribe or acknowledge a masculine (butch) or feminine (*femme*) identity with its associated traits, behaviors, styles, self-perception and so on.

Femulator: A male who emulates a female.

Flats: Female shoes with a very low or no heel.

Foundation: is a skin-colored makeup that is applied to the face to help cover up minor blemishes, create a uniform complexion and, sometimes, to slightly alter the shade of the skin.

French Cut: women's panties or swim suits cut so as to reveal much of the upper thigh.

French Manicure: a style of manicure in which the fingernails are painted pale pink with a white band at the tip.

Full Time: an individual who is living life as the opposite sex 24 hours a day, seven days a week (24/7), usually referring to a transgendered individual who has not had sex reassignment surgery.

G

Gaff: Garment specifically designed to hold the male genitalia out of the way giving the illusion of a smooth front pubic area under clothing.

Garter belt: Suspender or garter belts are usually a woman's undergarment consisting of an elasticated material strip usually at least 2" to 3" in width, but can be wider, that is worn around the waist, to which 2 or 3 elastic suspender 'slings' are attached on each side, where the material is shaped to the contours of the body. The suspenders are typically clipped to the [stockings](#) with metal clips into which a rubber disc is inserted through the stocking material effectively 'locking' the stocking in place. These are normally attached to a length of elastic allowing for adjustment. These clips, also known as suspender slings, are best attached to stockings with a simple welt that do not have lace, or 'hold-ups' with a silicon rubber lining.

Garters: (or suspenders) are articles of clothing: narrow bands of fabric fastened about the leg, used to keep up [stockings](#), and sometimes.

GG: Genetic Girl, i.e. born female or assigned female gender at birth **Gels:** originally referred to as nail extensions made using a hard gel product hardened by curing under an ultraviolet light or light emitting diode (LED). There are two types of gel, hard gel and soft gel. Hard gel gets its name because, once cured, is tough enough to be made into a nail extension. Soft gel refers to the gel products that are too soft to create a nail extension. These manicures, when done by caring, experienced, and trained professionals, are gentle to the natural nail and the polish stays intact on the nail for at least a couple of weeks with high shine and no cracking, peeling or chipping.

Gender: is the range of characteristics pertaining to, and differentiating between, masculinity and femininity. Depending on the context, these characteristics may include biological [sex](#) (i.e. the state of being male, female or intersex), sex-based social structures (including gender roles and other social roles), or gender identity .

Gender Identity: a person's private sense and subjective experience of their own gender. This is generally described as one's own sense of being a man or a woman.

GenderQueer: An umbrella term for gender identities other than man and woman. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories. Use this term only when an individual self-identifies as "genderqueer."

Girdle: an undergarment made of elasticized fabric and worn mainly by women. It is a [form-fitting](#) foundation garment that encircles the lower torso, perhaps extending below the hips, and worn often to shape or for support.

Glue On Nails: (See *Press-on Nails*) False nails that one physically attaches to one's own nails using glue.

G-String: a narrow piece of cloth, leather, or plastic, that covers or holds the genitals, passes between the buttocks, and is attached to a band around the [hips](#). A G-string is most commonly worn by women as underwear, but may also be worn by men.

H

Hair Extensions: process to add length and or fullness to your hair either by gluing or sewing more or longer hair into your existing hair **Half Wig:** (Also known as a $\frac{3}{4}$ hairpiece) covers the crown, sides and back of head – but not the front of the head. Attached with clips or a headband.

Halter Top: is a style of strap which holds up women's clothing which features a single strap or material which runs from the front of the garment around the back of the wearer's neck, and which enables most of the wearer's back to be uncovered. The term is derived from the halter, which is placed around an animal's neck. The neck strap can itself be covered by the wearer's hair, leaving the impression from behind that nothing is holding the dress or shirt up.

Heel Time: Urban expression, most frequently used by transgendered, meaning time spent dressed as a female.

Heterosexual: is romantic attraction, sexual attraction or sexual behavior between persons of opposite sex or gender. As a sexual orientation, heterosexuality is "an enduring pattern of emotional, romantic, and/or sexual attractions" to persons of the opposite sex; it "also refers to a person's sense of identity based on those attractions, related behaviors, and membership in a community of others who share those attractions."

Hold Ups: See *Stay Ups* **Hormone Therapy:** See Hormone Replacement Therapy **Hose:** See *Hosiery*. Stockings and or stay-ups.

Hosiery: also referred to as legwear, describes garments worn directly on the feet and legs. The term originated as the collective term for products of which a maker or seller is termed a *hosier*, and those products are also known generically as *hose*.

Hormone Replacement Therapy: (HRT) Hormone Replacement Therapy of the *male-to-female type* is a type of hormone replacement therapy for transgender and transsexual people. It changes the balance of sex [hormones](#) in the body. Some intersex people also receive HRT, either starting in childhood to confirm the assigned sex, or later, if this assignment has proven to be incorrect. Its purpose is to cause the development of the secondary sex characteristics of the desired sex. It cannot undo many of the changes produced by the first natural occurring puberty, which may necessitate surgery and/or epilation **HRT:** Hormone Replacement Therapy

Human Hair: Used in very expensive wigs, heavier than synthetic hair wigs, requires more styling. (See Remy Hair, Virgin Hair, Asian Hair, Indian Hair and European Hair).

Indian Hair Wig: Wig made of Indian hair. Fairly common type of human hair wig.

IPL (Intense Pulsed Light): is a technology used by cosmetic and medical practitioners to perform various skin treatments for aesthetic and therapeutic uses including hair removal, photorejuvenation, and treatment of dermatologic diseases.

K

Kitten Heels: is a short, slender heel, usually from 1.5 inches (3.5 centimeters) to 1.75 inches (4.75 centimeters) high with a slight curve setting the heel in from the back edge of the shoe. The style was popularized by Audrey Hepburn.

L

Lace Wig: Custom fitted, made of fine lace that is glued (or taped) to the skin around the hairline. The most natural looking wig option.

Laser Hair Removal: a medical procedure that uses a laser — an intense, pulsating beam of light — to remove unwanted hair. During laser hair removal, a laser beam passes through the skin to an individual hair follicle. The intense heat of the laser damages the hair follicle, which inhibits future hair growth.

Latisse: FDA approved prescription serum that lengthens and thickens eyelashes.

LGBT: stands for lesbian, gay, [bisexual](#), and transgender. It replaced the term *gay* when in reference to the LGBT community beginning in the mid-to-late 1980s, as many felt the term *gay community* did not accurately represent all those to whom it referred. The letters have become mainstream as a self-designation and has been adopted by the majority of sexuality and gender identity-based community centers and media in the United States and some other English-speaking countries.

Leggings: are a type of skin-tight garment that covers the legs and are typically ankle-length, and some are stirrugged or encase the feet. Some are shorter. Leggings are worn to keep a person's legs warm, as protection from chafing during an activity such as exercise, or as a decorative or fashion garment.

Lesbian: a female [homosexual](#): a female who experiences romantic love or sexual attraction to other females. The term *lesbian* is also used to express [sexual identity](#) or sexual behavior regardless of sexual orientation, or as an adjective to characterize or associate nouns with female homosexuality or same-sex attraction **Lingerie:** women's undergarments, and may imply their being fashionable and alluring. Lingerie undergarments use flexible, stretchy, sheer, or decorative materials like Lycra, nylon (nylon tricot), polyester, satin, lace, silk and sheer fabric. Certain cotton or synthetic undergarments are also lingerie .

Lip Gloss: is a product used primarily to give lips a glossy luster, and sometimes to add a subtle color. It is distributed as a liquid or a soft solid (not to be confused with lip balm, which generally has medicinal or soothing purposes). The product is available in ranges of opacity from translucent to solid, and can have various frosted, glittered, glossy, and metallic finishes.

Lip Liner: also known as *lip pencil*, is a cosmetic product. It is intended to fill uneven areas on the outer edges of the lips after applying lipstick, therefore giving a smooth shape. It is also used to outline the lips, keeping lipstick inside the lip area and preventing it from "bleeding", therefore creating a bigger contrast and making the lips stand out more. Lip liner is usually available in the same range of colors as lipsticks and also comes in invisible, for giving the illusion of smooth lips without adding or affecting color.

M

Male: (♂) is the physiological sex that produces sperm. Most male mammals, including male humans, have a Y chromosome, which codes for the production of larger amounts of testosterone to develop male reproductive organs.

Manicure: is a cosmetic beauty treatment for the fingernails and hands performed at home or in a [nail salon](#). A manicure consists of filing, shaping of the free edge, pushing (with cuticle pusher) and clipping (with cuticle nippers) any nonliving tissue (limited to cuticle and hangnails) from the nail plate, treatments, massage of the hand and the application of polish. When applied to the toenails and feet, this treatment is referred to as a pedicure. Other nail treatments may include the application of artificial nail gels, tips, or acrylics, some of which are referred to as *French manicures*.

Mascara: is a cosmetic commonly used to enhance the eyes. It may darken, thicken, lengthen, and/or define the eyelashes. Normally in one of three forms—liquid, cake, or cream—the modern mascara product has various formulas; however, most contain the same basic components of pigments, oils, waxes, and preservatives.

Micro-Miniskirt: or *microskirt*, is a very short skirt, being shorter than a miniskirt, being less than 8 inches (20 cm) in length that usually just covers the crotch. At that length, if the wearer has bare legs, the microskirt exposes the thighs and the lower portion of the buttocks, as well as part of the undergarment(s), with even more being exposed if the wearer bends down which makes it a very revealing skirt for girls **Minidress:** a very short dress. See miniskirt and or micro miniskirt.

Miniskirt: (sometimes hyphenated as "miniskirt") is a skirt with a hemline well above the knees, generally at mid-thigh level, normally no longer than 4 inches (10 cm) below the buttocks; and a *minidress* is a [dress](#) with such a hemline. A *micro-miniskirt* or *microskirt* is a miniskirt with its hemline at the upper thigh, at or just below crotch level.

Monofilament Wig: Wigs made with thin nylon or polyester mesh at the crown to create the illusion of a scalp. Very natural looking wig.

Monokini: or *topless swimsuit*, is a one-piece swimsuit that covers a woman's groin and buttocks but which leaves her breasts exposed. It can also refer to the bottom piece of a [bikini](#) which is sometimes referred to as a *unikini*.

N

Nails: See *Artificial Nails*, *Press On Nails*, *Glue On Nails*, *French Manicure*, *Gel Nails*, *Acrylic Nails*

Narcissist: A person who is excessively self-admiring and self-centered.

Neglignee: from the French: *negligée*, literally meaning "neglected", is a form of see-through women's clothing consisting of a sheer usually long dressing gown. It is a form of nightgown intended for wear at night and in the bedroom

Nylons: A type of stockings usually meant to mean stockings that are very sheer and are held up by garters or a garter belt.

P

Pansexual: is sexual attraction, romantic love, or emotional attraction toward people of any sex or gender identity. Pansexual people may refer to themselves as gender-blind, asserting that gender and sex are insignificant or irrelevant in determining whether they will be sexually attracted to others.

Pantyhose: (called tights in the United Kingdom and a few other countries) are sheer hosiery. They are close-fitting legwear, which cover the wearer's body from the waist to the feet. Mostly considered to be a woman's and girl's garment, pantyhose appeared in the 1960s as a convenient alternative to stockings and/or control panties (which, in turn, replaced girdles).

Passing: In the context of gender, *passing* refers to a person's ability to be regarded at a glance to be either a cisgender man or a cisgender woman. Typically, passing involves a mixture of physical gender cues (for example, hair style or clothing) as well as certain behavioral attributes that tend to be culturally associated with a particular gender. Irrespective of a person's presentation, many experienced cross dressers assert that confidence is far more important for passing than the physical aspects of appearance.

Pedicure: is a superficial cosmetic treatment of the feet and toenails. It provides a similar service to a *manicure*. Pedicures are done for cosmetic, therapeutic and medical purposes, and can help prevent nail diseases and nail disorders. They are extremely popular throughout the world, primarily among women. They are not just limited to nails; usually dead skin cells on the bottom of feet are rubbed off using a rough stone called a pumice stone. Additionally, leg care below the knee became a common and now expected service included in pedicures. Leg care includes depilation via either shaving or waxing followed by granular exfoliation, application of moisturizing creams, and a brief leg massage.

Pencil Skirt: is a slim-fitting skirt with a straight, narrow cut. Generally the hem falls to, or is just below, the knee and is tailored for a close fit. It is named for its shape: long and slim like a pencil.

Platform Heels: Platform shoes have thick soles sitting under the front part of the foot. This style comes with a variety of different heel types, including [wedge heels](#), [stiletto heels](#), chunky heels, etc. While platform soles are often combined with [wedge heels](#), they aren't always. When the two features are combined, they make what is called a "platform wedge ."

Plucking: See *Tweezing* **Polysexual:** is the attraction to multiple genders and/or sexes. A polysexual person is one "encompassing or characterized by many different kinds of sexuality."

Press On Nails: False or fake nails that come with adhesive all ready on them when you purchase them, making application of the nails easy and mess-less. They come in a variety of colors, but one must be aware of the larger size needed for the normal M-to-F hands.

Primer: In this context, is a base for *foundation* or face make-up that allows it to go on smoother and last longer. Formulas are available in cream, gel and powder.

Pumps: (court shoe in British English), is a shoe with a low-cut front and usually without a fastening. However, some have an ankle strap. They are usually worn by women, but are still traditional menswear in some formal situations, where the style is sometimes called an *opera slipper* or *patent pump*. Pumps can be made from any material, but traditional patent leather is popular. Pumps are mostly worn with a suit or a uniform, but are also worn with formal and informal dresses, skirts, trousers, and jeans. White, stiletto-heeled pumps are the standard attire with swimsuits in beauty pageants.

R

Remy Hair Wig: Human hair wig that has the cuticle intact. Softer and less likely to tangle than other hairs.

Retinol: is the whole vitamin A molecule, which is one of the best vitamins for skin. Vitamin A is a potent antioxidant, and works to protect skin from free radicals, generates cell growth, and repairs damaged cells. In technical terms, it is one of the only substances that is small enough to penetrate the outer layers of skin and work its way down to the lower layers where collagen and elastin reside. In the skin, it works to reset cell turnover and reduces the 'stickiness' of the cells in the pores. This makes it harder for pores to get clogged. It also reduces sebum activity, which results in less acne. Retinol is also suited to Beauties with sensitive skin, even though it's an exfoliant.

Rouge: *See Blush*

Scooped Bottom:

Sewn-In Hair Extensions: Process to add fullness or length to your hair by sewing the new hair into braided tracks of your own hair around your head.

Sexual identity: is how one thinks of oneself in terms of whom one is romantically or sexually attracted to. *Sexual identity* may also refer to *sexual orientation identity*. Sexual identity and sexual behavior are closely related to sexual orientation, but they are distinguished, with *identity* referring to an individual's conception of themselves, *behavior* referring to actual sexual acts performed by the individual, and *sexual orientation* referring to romantic or sexual attractions toward the opposite sex, the same sex, both sexes, or having no attractions.

Sexual Orientation: is an enduring pattern of romantic or sexual attraction (or a combination of these) to persons of the opposite sex or gender, the same sex or gender, or to both sexes or more than one gender. These attractions are generally subsumed under heterosexuality, homosexuality, and bisexuality, while asexuality (the lack of sexual attraction to others) is sometimes identified as the fourth category. These categories are aspects of the more nuanced nature of [sexual identity](#).

Shemale: usually a genetic male, who has taken female doses of estrogens to become biologically female in all aspects except that she still has a penis and testicles instead of a vagina, uterus, and ovaries. They do not get breasts from breast implants, but from female doses of estrogen. They sometimes get implants to augment the breasts that they have gotten from taking estrogen. Their gender identity and expression is female.

Significant Other: Sometimes abbreviated as 'SO'

Silk Wrap: False nails. They are done by cutting pieces of actual fiberglass or silk fabric to fit on the surface of the nail or tip and then it is sealed down with a resin or glue. These are a possible alternative for those who are allergic to chemicals used in the acrylic or gel process. These sort of treatments are commonly used to protect the nails if they have been broken. The silk or fiberglass overlay acts as a false layer of nail and thus protects the nail plate from splitting or becoming damaged any further.

Slit Skirt: a tight skirt with a narrow opening in it at either the back, side or front, in order to aid movement, and or just be sexy.

SO: Significant Other

Social Identity: In psychology, sociology, and anthropology, *identity* is a person's conception and expression of their own (self-identity) and others' individuality or group affiliations (such as national identity and cultural identity).

Spanx: is a body shaping undergarment made by the company of the same name. They are designed to give a smooth and toned appearance to a woman's figure. Mostly worn under clothes, they come in a wide variety of styles designed to deal with a multitude of common problem body areas and issues. They are thin so they don't add bulk. They are stretchy with a feeling similar to pantyhose, and come in nude and black color options.

Spike Heels: See *Stiletto Heels* **SRS:** Sex Reassignment Surgery. Surgery to change ones body to match one's inner image of what sex they are.

Stacked Heels: are heels designed to give the illusion of thin layers of wood that have been stacked up to create a flat, wedge or high heel. Stacked heels are seen on both men's and women's casual footwear.

Standard Wig: The most common of all wig cap types and is usually not visible through the hair. The cap usually has a closed lace layer around the crown at which the hairs are sewn onto by machine. Hair is usually styled in such a way that the crown is lifted so the cap is not visible. This cap gives the hair volume at the crown due to the natural lift.

Stay-Ups: (Also known as *Hold-Ups* or *Thigh Highs*) are stockings with an elasticized band at the top, designed to hold the stockings up when worn, without the use of a garter belt or garters. Thigh highs are held up by one or more bands sewn to the top that is backed with silicone on its inner surface. Thigh highs are designed so that the elastic band exerts just the right pressure on a woman's thigh, avoiding any uncomfortable tightness or unflattering muffin-top effect. Sometimes thigh highs are preferred to pantyhose for hygiene reasons, because they reduce excessive microbial growth around the groin due to humidity and warmth.

Strip Waxing: is a form of semi-permanent hair removal that removes the hair from the root. Strip waxing (soft wax) is accomplished by spreading a wax thinly over the skin. A cloth or paper strip is applied and pressed firmly, adhering the strip to the wax and the wax to the skin. The strip is then quickly ripped against the direction of hair growth, as parallel as possible to the skin to avoid trauma to the skin. This removes the wax along with the hair.

Strip-less Waxing: is a form of semi-permanent hair removal that removes the hair from the root. Strip-less wax (as opposed to strip wax), also referred to as hard wax, is applied somewhat thickly and with no cloth or paper strips. The wax then hardens when it cools, thus allowing the easy removal by a therapist without the aid of cloths. Strip-less wax does not adhere to the skin as much as strip wax does, thus making it a good option for people with sensitive skin. The strip-less waxing method can also be less painful.

Stiletto Heels: a long, thin, high heel found on some boots and shoes, usually for women, named after a stiletto dagger in the 30's. The term "stiletto" refers to a type of shoe heel that is pointy, thin and high. Also called "spike" or "spiked" heels.

Stockings: Closed lace crown with hair machine sewn to cap. Most common and affordable.

Stripper Shoes: usually referring to 6" stilettos with a platform sole, usually strappy with open toes. They also often times have clear heels and platforms, but not always. The advantage of them is that men love to see women in them, they make legs look long, lean, and very toned.

Suspenders: See *Garter* and or *Garter Belt* **Synthetic Hair Wig:** Not human hair but manufactured hair. A high quality version of this hair is virtually undetectable from human hair.

T

Tankini: is a bathing suit combining a tank top, mostly made of spandex-and-cotton or Lycra-and-nylon, and a bikini bottom introduced in the late 1990s. This type of swimwear is considered by some to provide modesty closer to a one piece suit with the convenience of a two piece suit, as the entire suit need not be removed in order to use a toilet.

T-Blockers: are antiandrogens and they prevent testosterone from binding to receptor in the human body. This in turn prevents masculinization in the body. Many MtF Transgender people take them to help them transition to the female role.

Teddy: (also called a *camiknicker*) is a garment which covers the torso and crotch in the one garment. It is a similar style of garment to a one-piece swimsuit or bodysuit, but is typically looser and more sheer. It may cover the whole of the torso or partially and may also cover the arms. They may open at the crotch for visits to the toilet, without the need to remove all clothing. As an undergarment, it combines the functions of a camisole and panties, and may be preferred to avoid a visible panty line. It is also found as [lingerie](#).

Testosterone: is a steroid hormone in humans and other mammals, testosterone is secreted primarily by the testicles of males and, to a lesser extent, the ovaries of females. Small amounts are also secreted by the adrenal glands. It is the principal male sex [hormone](#) and an anabolic steroid. In men, testosterone plays a key role in the development of male reproductive tissues such as the testis and prostate as well as promoting secondary sexual characteristics such as increased muscle, bone mass, and the growth of body hair.

Thigh Highs: (See *Hold-Ups*) *Hold-ups* or *stay-ups* (in the United States also referred to as *thigh highs*) are stockings with an elasticized band at the top, designed to hold the stockings up when worn, without the use of a garter belt or garters.

Tight-Lacing: (also called *corset training*) is the practice of wearing a tightly-laced [corset](#). It is done to achieve cosmetic modifications to the figure and posture or to experience the sensation of bodily restriction. The most frequent aim of tight-lacing is a slim waist. Depending on the silhouette desired, the shape of the ribcage may be altered as well.

Tights: Sometimes referred to as *Pantyhose in some countries*, are a kind of cloth garment, most often sheathing the body from the waist to the toe tips with a tight fit, hence the name. They come in absolute opaque, opaque, sheer and fishnet styles or a combination of them. Such as the original concept of the American term [pantyhose](#) with sheer legs and opaque panty. In American English, the difference between pantyhose and tights is determined in the weight of the yarn used and the thickness to which the garment is knitted. Generally, anything up to 40 denier in the leg or overall is known as pantyhose and anything over can be classified as tights, as for example 'running tights' and 'cycling tights'. In the United Kingdom, the word "tights" is used in all cases when referring to pantyhose, and "leggings" for footless tights of heavier, normally opaque material. Tights can be sheer yet solid in color, whereas leggings are almost or absolute opaque, not sheer.

Tips: A style of fake nails that attach to the ends of ones own nails (with some overlap) to add length.

Transgender: Transgender – or trans – is an umbrella term for people whose gender identity or expression is different from those typically associated with the sex assigned to them at birth (e.g., the sex listed on their birth certificate). Conversely, cisgender – or cis – is the term used to describe people whose gender identity or expression aligns with those typically associated with the sex assigned to them at birth.

Transgendered: Individual who were assigned male at birth but who identify as women – or vice-versa, female at birth but identify as men. Many transgender individuals are prescribed hormones or undergo surgery, but transgender identity is not dependent upon medical procedures.

Transvestite: One who is in the practice of dressing and acting in a style or manner traditionally associated with the other sex. Also sometimes referring to a cross dresser or Drag Queen. "He's a transvestite."

TG: Transgendered T-Girl: (Transsexual Girl) One who wishes to be considered by society as a member of the opposite sex. Their personal identification and psychological configuration is that of the opposite sex. They prefer to act and dress like a woman. A person who was born biologically male but identifies as being a female. Usually a t-girl has undergone breast implant surgery or takes hormones to grow the breasts, but will retain the penis.

Thong: a garment generally worn as either underwear or as a swimsuit in some countries. Viewed from the front, the thong typically resembles a bikini bottom, but at the back the material is reduced to a minimum. Thongs are almost always designed to cover the genitals, pubic hair, anus, and perineum, and leave part or most of the buttocks uncovered.

Tight-Lacing: (also called *corset training*) is the practice of wearing a tightly-laced corset. It is done to achieve cosmetic modifications to the figure and posture or to experience the sensation of bodily restriction .

Trans: Meaning Transsexual. See Transsexual.

Transsexual: is a person who identifies as a member of the opposite gender. People who are transsexual often want to surgically or hormonally alter their bodies to match their identity. Pre-op transsexuals generally have not had surgery and so have the genitalia of their birth sex. They will usually still live as the opposite sex. Post-op transsexuals have undergone surgery to change their genitals.

Transition: Term used to mean being in the process some transgender people go through to begin living as the gender with which they identify, rather than the sex assigned to them at birth. This may or may not include hormone therapy, sex reassignment surgery and other medical procedures. See *Transitioning*.

Transitioning: is the process of changing one's gender presentation permanently to accord with one's internal sense of one's gender - the idea of what it means to be a man or a woman, or in-between.

Tracheal Shave: Medical procedure to reduce the size of the male Adam's Apple.

TS: Transsexual Tuck: See Tucking

Tucking: The act of a man taking his penis and hiding it between his thighs in order to create the illusion of female genitals. There are numerous techniques to do this – some more comfortable than others – depending on the individual. Part of the process involves tucking the testes up into the inguinal canal - the space inside the male body where they descended from.

Tweezing: also known as *plucking*, is the process of using tweezers to remove hairs, one by one, pulling the entire hair follicle from the root. Results can last up to six weeks and, in some cases, become permanent: frequent tweezing can cause the hair follicle to become damaged and stop growing hair. Tweezing is particularly useful shaping eyebrows and removing unwanted facial hair and small amounts of body hair.

V

Virgin Hair Wig: A wig that is made of human hair that has never been permed, dyed or chemically processed in any way.

W

Waist Cincher: Effectively, a type of less restrictive corset or a *short corset* (sometimes referred to as a *Waspie*) is a belt worn around the waist to make the wearer's waist physically smaller, or to create the illusion of being smaller. Short corsets have been used as light corsets for sleeping or light corsets that may be used next to the skin or over clothing. There are also elastic girdle belt styles that have been used on the inside of shape enhancing garments, on their own as shapewear (items designed to be worn under and not be visible that help smooth, shape the figure to improve look of the wearer.) **Waist Training:** Waist training is a gradual process of waist reduction using a waist-cinching corset. The waist training practice came to prominence in Victorian times but has made something of a comeback in recent years.

Waxing: is a form of semi-permanent hair removal that removes the hair from the root. New hair will not grow back in the previously waxed area for four to six weeks, although some people will start to see regrowth in only a week due to some of their hair being on a different growth cycle. Almost any area of the body can be waxed, including eyebrows, face, pubic area (called bikini waxing), legs, arms, back, abdomen and feet. There are many types of waxing suitable for removing unwanted hair such as strip waxing and strip-less waxing.

Wedges: (referring to type / style of shoe) a wedge heel runs under the foot, from the back of the shoe to the middle or front whereas on most shoes, the "heel" sits under only the heel of the foot. It usually has a somewhat triangular, wedge shape, but not all wedges are high heels. In fact, wedge heels range from low to high, it's the shape and the length of the heel that classifies it as a wedge. Many people confuse [platforms](#) and wedges. While shoes with wedge heels may have [platform soles](#), the two features do not always appear together. When they do, they're considered "platform wedges."

Wiglet: Covers the front of head and blends into existing hair.

Witch Hazel: Witch hazel is a topical astringent derived from the bark and leaves of *Hamamelis virginiana*, the common or North American witch-hazel shrub. Native Americans have long recognized the medicinal properties of witch. It is a natural cleanser and toner, and example; both men and women use it as a great follow-up to shaving any part of the body. It stops bleeding from nicks or cuts, is an anti-inflammatory which can also work to prevent razor burn.

Woman: a female human. The term *woman* is usually reserved for an adult, with the term girl being the usual term for a female [child](#) or [adolescent](#). However, the term *womanis* also sometimes used to identify a female human, regardless of age, as in phrases such as "women's rights". "Woman" may also refer to a person's gender identity instead of their sex. (See Female)

Z

Zip File: A computer file, document or series of folders or documents that have been compressed to make a smaller file – usually for the purposes of emailing.

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