

THE BRIDGET JONES dilemma

Our real bride-to-be, Clemmie, is on the hunt for underwear!



Can I look like this please?



“Huge apologies if this is an overshare, but I’m currently going through what I like to call ‘*The Bridget Jones dilemma*’. My beautiful wedding dress is on its way and although I’m hoping I’ll feel pretty special in it regardless, I’m also thinking that I might need some, ahem, ‘support’ to help make my silhouette look the best it possibly can. Namely some waist-cinching, fat-squeezing, inch-busting underwear. However, the idea that the first married image my husband has of me is heaving/rolling a full body girdle off in a less-than-sexy striptease isn’t all that appealing.

Ideally, I want something supportive *and* sexy – a combo

that I’ve always thought was impossible. That is, until I spotted photos of the lovely Millie Mackintosh on Instagram looking surprisingly awesome in supportive nude underwear recently. Obviously my first question was ‘Why the hell does Millie Mackintosh need supportive underwear?’, but once I’d gotten over my outrage, I started to search for similar styles on the high street. Your mum will be pleased to hear I found a pretty range of shapewear at M&S including waist cinchers, magic knickers and tummy control pants (although the ankle-length body stocking might be taking things too far). Figleaves also proved to be a bit of a goldmine with lovely options from Gossard, DKNY and the ever-reliable Spanx.

I’m still dreaming of beautiful white lace delicates and girly bows, but seamless underwear with control will have to be top of my list. There’s always the honeymoon anyway, right? ”