Cross Dressing Guide

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Note: Creative Design Services (CDS) is a publishing company that offers books & videos for and about cross dressers, transvestites, transsexuals and transgender issues. I encourage you to visit its website - http://www.cdspub.com.
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My Story

When I was eight years old, like many boys, I possessed many 'masculine' type of toys such as miniature trucks, plastic guns and many superhero action figures, such as Batman/Superman. As for my kid sister, she owned 'feminine' toys like stuff animals, and a collection of Barbie dolls.

During those years, what I often would do was to put one of my sister’s Barbie dolls in imaginary situations where the villain was about to hurt her and my Batman would have to come to her rescue. However, unlike most boys, I imagined myself as that beautiful Barbie, not Batman.

I remember a fairy tale I was told when I became older. Before a child was to be put on Earth, a Goddess would give out a heart-shaped candy in either the color blue or the color pink to each and every single boy and girl as they form a line in front of the Goddess. The candy, blue ones symbolized masculinity. The pink candy symbolized femininity. A boy would receive the blue one and a girl would be given the pink one. However, once in a while, the Goddess would get careless and make mistakes. Therefore, if this fairy tale were true, I believe I was one of her mistakes just like many of you who have bought this guide. The Goddess had given me and you pink heart-shaped candy instead of the blue heart-shaped candy.

Throughout my whole life I have regarded myself as deviant because I do not feel "normal." Before Internet came to existence, I always thought I was alone in the world and my "condition" was the rarest. Since the dawn of Internet, with medical journal and articles being distributed over the World Wide Web and online discussion forums for people like me discussing various issues being opened, I began to realize there are many more like me.

Thank you for purchasing my guide and I hope it helps you.
Introduction

A young girl's informal beauty lessons and training start by nursery age and by her teens she will already have spent hundreds and thousands of hours going through trials and errors, practicing and experimenting. Mothers teach daughters what to wear, how to dress, how to behave and how to look after their faces and skins. Older sisters teach younger ones how to add volume to their lifeless hairs and how to talk to guys. Teenaged Girls teach each other about eyeliner, mascara, nail polish, jewelries, hemlines, hosieries and high heels. Therefore, many people believe if a man was not brought up female, he would never be able to join the cult of womanhood since femininity is a very complicated thing. Some men may fear exposing their ignorance if they put anything designed for women onto their male bodies since men did not get the years of training girls get growing up.

Men wear female clothes for a number of reasons. Some men believe themselves to be female trapped inside male's bodies, some men dress for a sexual thrill, a sexual turn-on, and some men do this to express other sides of their personalities.

Cross dressing is also a lot of fun. It is not just for transsexuals but also for many people in the transgendered community. For example, cross dressers, entertainers like drag queens, female impersonators, and the simply curious.

Probably one of the toughest jobs a transgendered person has to learn is to be accepted as a real female by other people when out in public. So, for many cross dressers, cross dressing means much more than wearing female clothing. It also involves acquiring or imitating more complex feminine attributes and behaviors - including movements, mannerisms, and mental states. Acquiring such skills can bring great personal satisfaction but is also necessary for cross dressers who want to avoid attracting too much attention while cross dressed in public. Therefore, the purpose of this guide is to help you to pass as a genetic female, to increase the possibility of you being accepted as a real woman in the public.
Trapped in the Wrong Body

Many male-to-female transsexuals started out as cross dressers, so they tend to see transvestites as their larval states.

The simplest distinction between transvestites and transsexuals goes something like this: transvestites just like to dress up. Transsexuals want to ditch the gender they were born with for good.

Transsexual individuals often say that they "feel like a woman trapped in a man's body", which is a well-known phrase.

A course of counseling and medical diagnosis is necessary to confirm transsexuality. Ultimately some will take the steps through counseling, hormones, electrolysis, breast augmentation and surgery to change their bodies to match their own self-image.

However, it is very possible to live a "transgendered" life as a woman without resorting to hormones or surgery and many people throughout the world do so. Some may even only take the steps of electrolysis, and even breast augmentation to assist living in this type of roles.

For the transsexual and the transgendered success and happiness depends more than anything in the development of relationships and a career that supports their lifestyle and image.
Some Terminology & Concepts

Before we get started, this little section is to help you to understand some of the terminology and concepts related to the realm of Transgenderism. I am sure you are already familiar with some of the terminology and concepts I have listed here.

- Androgynies
- Cross dressing
- Cross gender
- Cross living
- Drag Queen or Female Impersonator
- Femmiphile
- Gender Dysphoria
- Gender Identity
- Intersexual
- MTF and FTM
- Ladyboy
- Shemale
- Transgenderists
- Transsexuals
- Transvestites or Cross dressers
- Transwoman

**Androgynies**

Androgynies or those with androgynous presentations, contrast with transgenderists by adopting characteristics of both genders or neither genders. Examples of individuals who self-identify as androgynies include those who present bi-gender mannerisms, those who intentionally wear androgynous or gender-neutral clothing, and those who do not wish to be identified as either male or female.

**Cross dressing**

Cross dressing is most appropriately assigned to cross dressers and transgenderists. After permanently self-identifying as transgender woman (MTF), transsexuals rarely self-identify with or describe themselves as cross dressing.
Cross gender
Cross gender is a self-identification commonly associated with transgenderist individuals, bi-gendered individuals, and, to a lesser extent, other transgender populations such as transsexual individuals.

Cross living
The terms Cross living and living in role are not exactly synonymous. The term Cross living is more appropriately used to refer to transgenderist individuals who maintain strong associations with both masculine and feminine presentations. Occasionally, Cross living is used to describe transsexuals early in their transition processes. Once an individual has strong associations with an self-identification as a transgender woman (MTF), then living in role more accurately describes her or his self-identification, actions, and processes.

Drag Queen or Female Impersonator
Drag queens or female impersonators are individuals who cross dress for entertainment, for sex-industry purposes, to challenge social stereotypes, or for personal satisfaction. These types of individuals are stereotypically associated with gay and lesbian society. However, it should be noted that a small proportion of gays as well as lesbians identify as gay male or lesbian cross dressers and, as such, have needs paralleling the heterosexual cross dressers.

Femmiphile
This is the most common form of crossdresser. In its simplicity, the femmiphile is a person who has a love for what our society considers to be feminine and a very strong desire to associate themselves with the feminine. Femmiphiles have high admiration for the female and wish to emulate them as much as possible.

Gender Dysphoria
Gender Dysphoria is a discomfort characterized by a feeling of incongruity with the physical gender assigned to an individual at birth. Frequently misunderstood by the individual, these feelings can remain suppressed and hidden from others.
Gender Identity
Gender identity refers to an individual’s innate sense of maleness (masculinity) or femaleness (femininity), or both, as well as to how those feelings and needs are internalized and how they are presented to others.

Intersex
An intersex or intersex person (or animal of any unisexual species) is one who is born with genitalia and/or secondary sexual characteristics of indeterminate sex, or which combine features of both sexes. (The terms hermaphrodite and pseudo hermaphrodite, which have been used in the past, are now considered pejorative and inaccurate and are no longer used to refer to an intersex person.) Sometimes the phrase "ambiguous genitalia" is used.

MTF and FTM
MTF and FTM are acronyms that refer, respectively, to "male-to-female" and "female-to-male" transitions. These designations identify which direction of transition or which established identity a transgender individual has chosen. Thus, a biologically determined male who self-identifies as female would be know as an MTF transsexual, crossdresser, or transgenderist.

Shemale
The terms shemale (or chicks with dicks) refer to transwomen (male-to-female transgender or transsexual people) who have female breasts, through hormone replacement therapy and/or through breast augmentation and usually other female secondary sex characteristics, but who have not undergone genital reassignment surgery.

Ladyboy
The terms ladyboy generally refers to a male-to-female transgender person or an effeminate gay male in Thailand. This term is not an exact equivalent of the modern western transwoman. It suggests that the person is a type of male. The term can refer to males who exhibit varying degrees of femininity, such as dressing as women and undergo feminizing medical procedures such as hormone therapy, breast implants or genital reassignment surgery. Others may wear makeup and use feminine pronouns, but dress as men, and are closer to the western category of effeminate gay man than transgender.
Transgenderists
Transgenderists are individuals who live in role part of full time as a member of the opposite gender. Sometimes their transgender identity is carried into the workplace; more often it is not. Emotionally, these persons need to maintain certain aspects relating to both their masculinity and femininity. Understanding these processes can be difficult, particularly in situations where an individual’s gender identity constantly fluctuates or where he or she is unaware that the transgenderist identity exists. Transgenderists are frequently interested in hormones and occasionally in cosmetic surgery and castration, but not Genital Reassignment Surgery. Occasionally transgenderist individuals may self-identify with the label bi-gender.

Transsexuals
Transsexuals are individuals who feel an overwhelming desire to permanently fulfill their lives as members of the opposite gender. For such persons, an interest in Cross living, sex hormones, and Genital Reassignment Surgery is most often paramount. Transsexuals commonly experience the most acute effects of tender Dysphoria.

Transvestites or Cross dressers
Transvestites or cross dressers are individuals who dress in clothing of the opposite gender for emotional satisfaction or erotic pleasure, or both. Transvestites wishing to permanently retain their biological sex express little or no desire for hormones or Genital Reassignment Surgery. These individuals are generally heterosexual, less frequently bisexual, gay, or lesbian. Traditionally, the majority of these individuals prefer to be known and referred to as cross dressers rather than transvestites, which is the more clinical term.

Transwoman
Transwomen or trans-women are transsexual or transgender people who were assigned male sex at birth (or, in some cases of intersexuality, later) and feel that this is not an accurate or complete description of them selves. They therefore identify as female or strive to fit a female gender role. Transwomen can come from the whole of the male-to-female (MTF) side of the transgender spectrum, from male-to-female transsexual persons to those cross dressers, transvestites and drag queens who consider themselves transgender.
Passing as a Woman

Being able to pass as a real woman has a lot to do with your working on your outer image. Remember, creating a very feminine looking face is the most important part for you to pass as a female. I am sure you must have seen girls in men’s clothes and talk and behave like men but since their faces are still feminine, no one will ever perceive them as men. In other words, it does not matter what you wear if your face does not pass. You may wear the most feminine clothes and can still look like a dude in drag when your face does not pass.

Another thing to remember is that women also come in all shapes and sizes just like men. Some women are ugly but they still look female. Some women are fat but they still look female. My point is you do not have to look like a super model to pass for women. Therefore, if you have just applied your cosmetic well and wear feminine clothes, you will enhance your passability as a female, regardless your shape and size.

The emotional/psychological part of being a woman is also very important. After you have achieved a successful female outer image, you must also learn to develop a successful female inner image which is equally important. The key is that you must convince yourself that you are a woman and think and feel like a woman. Remember, confidence is extremely important.

Another thing about "passing" is that even though you manage to achieve an acceptable outer image as a female, which means people look at you and see a woman but the chromosomes you were born with will always stay XY under the microscope no matter what. That is something that none of us can change under the current medical technology, not even with lots of female hormones injections and gender reassignment surgery. Pregnancy is also out of question under our current medical science, but perhaps in the far future.
However, the term "woman" is just an artificial construction of current society, which means the definition of "woman" can change. If you work hard then you can make the rest of the world to accept you as a woman by the current definition. In the future, maybe the term “woman” will extend to people who look and feel like females.
A Femme Name

If you do not have a name for your female self, I suggest you to choose one. If you do not know how to pick a good femme name, you can get some help from (http://www.babynames.com).

There are so many femme names out there. I would like to suggest you to choose the feminine form of your male names. For examples, "Don" becomes "Donna". "Eric" becomes "Erica". "Joe" becomes “Joan”. "Hyde" becomes "Heidi".

You might also consider a gender-ambiguous name like "Chris", "Pat", "Jamie", “Jaime”, "Jackie" or "Kelly".

You can pick a name simply because you like the sound of it, or it may remind you of a woman whom you admire and would like to emulate, e.g. your grandmother, mother, aunt, sister, a historical figure, a fictional character from a novel or a movie, a porn actress or a Hollywood celebrity.

Some of the most popular femme names have been Jessica, Jennifer, Melissa, and Ashley. They are quite feminine, too. The name Jennifer means the "fair one". Jessica means "woman of wealth" and "Melissa" comes from the Greek word that means "honey".

If you want, you can also choose ethnic femme name, such as “Miko” or “Shanita”. I do not know enough of them to list them on here but I am sure you can Google for some.

There is plenty in a name, so I encourage you to make the most of yours. Give yourself a middle name, a new last name. This is your opportunity to be free and creative. Most importantly, this is your opportunity to be the girl of your dreams.

By the way, you can give yourself more than one femme names. Why not? It can be fun. Jennifer Garner’s character in “Alias” has many names as well. It is time for you to play super spy. “The name is Bond… Jane Bond.”
A Feminine Face

You need to learn to create a feminine face by applying makeup properly on your face. Since men have difference facial characteristics than women, some unique skills are required to cover your manly features in order to fool people in the public into thinking they are looking at the face of a real female.

If you have beard shadow, do not worry. Many women also have to hide excess facial hair with makeup.

Applying makeup is not an easy thing to master right away. Feeling clumsy and awkward is very normal at the beginning so you must learn to be patient. Most women get to wear makeup everyday since they were young. Therefore, practice the techniques repeatedly and regularly is the key to passing.

You do not want to look like one of those street hookers so please try to keep your makeup subtle. Overdone, excessive and garish makeup does not look normal even on a genetic woman. Well, unless you really do want to look like a street hooker.

The Number 1 New York Times Bestseller "Making Faces" by Kevyn Aucoin is a guide that offers you hundreds of makeup techniques and photo illustrations. This book has helped thousands of women, transsexual women and cross dressers to look their best. It is worth checking out. Kevyn’s book so far is the best one I have read on makeup techniques and I am very impressed with the quality of its photo illustrations.

Visit Kevin’s official site right here:

(http://www.kevynaucoin.com)

Like I have mentioned at the beginning of this guide, it does not matter what you wear if your face does not pass. Therefore, invest more time on learning how to create a feminine face. Putting on a dress is much easier than putting on eyeliners properly. Therefore, let’s deal with your face first then figure out what you should dress second.
Feminine Skin

Skin care is extremely important if you really desire to make a huge leap toward passability and femininity.

You must make effort into taking good care of your skin every single day and night just like what a real woman would do. You need to learn to cleanse and tone and moisturize your skin using good quality products appropriate for your skin type. Therefore, do not be afraid to spend a little more money on better skin care products. You will be amazed how much more you can pass when your skin glows.

You have normal skin if your skin is smooth, has regular pores and you rarely get blemishes. Consider yourself lucky. However, remember that makeup can clog your pores and cause blemishes, so you should use a regular cleansing product daily.

You have oily skin if your skin is shiny, has large pores and blemishes. Use a cleansing astringent everyday and an acne treatment product when breakouts occur.

You have dry skin if your skin chaps or sunburn easily and your pores are very fine. You may try to wash with a mild cleansing agent and apply moisturizer daily.

Use sunscreens if you are the kind of persons who enjoy spend much time outdoors. I personally do not enjoy sunshine as much because I have very sensitive skin. Plus, I am very health conscious since I know sunshine can cause skin cancer.

Always remove your makeup before you go to sleep or else it can do very bad things to your precious epidermis. Removing makeup is not hard. Makeup is mostly grease and both shampoos and soaps possess very strong oil killing powers. Therefore, if you are too lazy and too tired to use cotton swaps to remove your makeup, you can just relax and take a nice hot shower and let the water pressure do the work for you.
Makeup Tools

You need correct tools for putting on your makeup properly. If you have a sister, a girlfriend or a female roommate, go to her makeup desk and get a picture of what she has in her possession for makeup tools. Some women have the basic stuff. Some women have lots. You do not have to buy all the tools at once. You can collect them as you plunge your way deeper and deeper into femininity.

Here is a list of the minimum stuff you may need:

✓ Blush brush
✓ Concealer brush
✓ Contour brush
✓ Eye liner brush
✓ Eyelash curler
✓ Eyeliner brush
✓ Foam eye shadow applicators
✓ Mascara brush
✓ Pencil sharpener
✓ Powder brush
✓ Powder/Complexion brush
✓ Shadow brushes
✓ Sponges tweezers

As you can see, there are so many different types of brushes. Brushes are very important since you cannot apply most makeup without them. Invest your money in some good quality brushes so they can last much longer and allow you to achieve better results.

Okay, I know there are so many types of tools listed on here for you to digest. Believe me, there are even more and a lot more. Please be patient and learn each and every one of these tools. Just take your time and let those knowledge sink into your minds. Perhaps very soon you will know even more about makeup tools than a real, genetic woman. I kid you not.
Makeup Products

There are also many makeup products out there. Go to your local market and go to the cosmetic section and get an idea of how many kinds of products out there. While you are going through the makeup desks of your sister, your girlfriend or your female roommate, get a picture of what kinds of makeup products they prefer to use. You do not have to have everything at once. Collect them as you learn to use each product properly.

Here is a list of the basic makeup products you will need are:

- Artificial eye lashes
- Bronzer
- Concealer
- Dark contour color
- Eye shadows
- Eyeliner & pencils
- Foundation and beard cover
- Foundation sealer
- Highlight color
- Lip gloss
- Lip liners & pencils
- Lip sealer
- Lipstick
- Makeup remover
- Mascara
- Moisturizer
- Powder

Again, I know there is a lot of stuff listed on here. Since you did not get to learn them at young age like most real women did, you would likely get a headache learning all the names of all these products. Plus, there are so many different kind of brands out there. Remember, a real girl went through the same headache when she was young as well. Therefore, just suck it up and pay attention.
Putting on Makeup

Applying makeup takes steps. You sure must know a woman can take up hours to put on her makeup so you have to be patient. Remember, patience can grant you success and lead you to great results. It generally takes about one hour for a real woman to do a proper and detailed makeup for a night out. However, for a novice such like you, it might take more than one hour at the beginning.

Steps:

1. Give your face a close shave with razor
2. Moisturize your face with lotion or moisturizer
3. Cover your beard with beard cover
4. Apply foundation over beard cover
5. Contour and highlight your face into an attractive oval shape
6. Contour and highlight your sexy cheekbones
7. Line and color those kissable lips of yours
8. Shadow and define your beautiful eyes
9. Line your lids
10. Apply mascara
11. Set everything with powder
12. Double check everything

Tips:

- Be very gentle every step along the way.
- Be patient and do not try to rush the steps.
- Many cross dressers often get excited when they apply makeup on their faces. Therefore, when they get excited, their hands tend to tremble. If that happens to you, just stop, take a deep breath and resume the steps slowly.

Again, be patient and just practice, practice and practice, and then you may just be able to open up your own makeup school some day. I am just kidding.
Facial Hair

Remove your facial hair with a razor. If you worry that will make your hairs grow back thicker and darker, then try other methods to obtain a smooth shaves such as tweezing and waxing. They can be painful but the price of beauty is not cheap.

If you are the kind of individuals who do not really have much facial hair, then you do not have to read this section. Unlike most of my Caucasian friends who are heavily bearded, I do not have a beard and my facial hairs are very light and fine.

The best time to shave your beard is immediately after a hot shower when your beard is soft. Use a good blade. Spend more money on a good quality blade can allow you to achieve better results. Cheap blades might even damage your skin.

Steps:

1. Soften the hair with warm soap and water
2. Apply a layer of shaving foam
3. Shave top to bottom with the growth of the hair
4. Re-apply another layer of shaving foam
5. Shave up against the growth
6. Apply a layer of moisturizer
7. Shave up against the growth again
8. Dry your face and apply moisturizer.

Tips:

- If you have acne and need to shave an area, try both an electric and a safety razor to see which is more comfortable.
- Be sure to use a pre-shave lotion or baby powder to prep the facial hair.
Foundation & Beard Cover

Nothing will give you away quickly when people spot your five o’clock shadow. You do not want that to happen.

You also must learn to hide your five o’clock shadow properly with the right foundation or else you will risk looking caked and overdone with heavy makeup.

Foundation is used to balance the tone of your skin before you start painting your face with colors. Foundation is also used to hide your disgusting acnes and blemishes, and of course, your five o’clock shadow.

Steps:

1. Apply moisturizer on your face
2. Wait a few minutes
3. Use a damp sponge and a little foundation
4. Begin apply the foundation to the eye area
5. Apply foundation to your brow
6. Apply foundation to your forehead
7. Choose an eye makeup scheme
8. Apply the shadows, liner and mascara
9. Cover the beard follicle with foundations

Tips:

- Always apply foundation with a sponge to get even coverage.
- Use silk sea sponge because they are reusable.
- When your apply foundation, try to work from the center of your face outward and make sure to blend up into your hairline, eyelids, over to your ears, lips, under the chin and down the neck.
Eyebrows

The eyebrows of men look different from the eyebrows of women. Men have much ticker eyebrows so you need to pluck them with tweezers. It can be painful for you but it is something you must do if you want to enhance your passability as a female.

If your eyebrows really are too thick and too "manly", I suggest you go get them waxed professionally because the shape of your eyebrows are too important for you to mess up. By altering the shape of your eyebrows, you can achieve much more femininity and enhance your passability like you cannot imagine. If you have a lady friend who knows how to wax eyebrows, ask her for help.

Steps:

1. Pull back your hair and hold it with a hair band or wig cap.
2. Stand in front of the mirror. Look straight ahead. Try visualizing an imaginary straight line from the base of your nose to your eyebrow. (You can also use a pencil as your line, if it helps). First, imagine the line (or place your pencil) straight up from the outside base of your nose to the brow line - ideally, that's where your eyebrow should begin (A).
3. Second, looking straight into the mirror, imagine the line (or place the pencil) slanting across the center section of the eye, to the right of the pupil. That's where the arch should be (B).
4. Third, imagine your line (or place your pencil) angling even further, straight past the outer corner of the eye. That's where the end of the ideal brow line should reach (C).
5. Look closely at the shape. Your brow should begin at your tear duct, peak at the outer edge of your iris and end at the outer corner of your eye.
6. Prep your skin: Soak a cotton ball in astringent and wipe the brow area.
7. Hold a pencil in line with the outer side of your iris and note where the peak of your arch naturally occurs. From the arch to the outer corner of the eye, your brow should fall in a straight or slightly curved line, depending on the look you're trying to achieve.
8. Hold the tweezers at a 45-degree angle and pluck the stray hairs below the brow line.
9. Tweeze excess hairs, working from underneath the brow to even up and clean up the line. Does the line of the natural brow stops short of the outside corner (point C above)? No problem. Use a freshly sharpened eyebrow pencil to draw a thin, delicate line to extend the brow line to the outside of the eye. Blur the color, lightly with a fingertip.
10. To lift the arch of the brow higher, tweeze hairs from just below where you want the arch to be highest. This also instantly "opens" the look of the eye.
11. The eyebrows should be at their fullest at the inside edges, right above the inside corners of the eyes (A). If your eyebrows are thin or sparse, fill in with short, slanted hair-like strokes with your brow pencil. Follow with a stiff brush dipped in complementary eyebrow powder color. Use the same motion to apply it, adding more weight to the pencil color. Let the line gradually thin out as it goes past the arch of each brow (B).

Eyebrowz.com sells a wide range of different shapes of eyebrow stencil. You can choose the shape, the arch and the width. Those stencils can help you to "mold" the shape of your eyebrow. It is worth checking out.

Visit Eyebrowz.com here:

(http://www.eyebrowz.com)
Eye Shadows

Applying eye shadows is not easy but a very important skill for you to master. The reason is that it can help to re-contour the eyes and add emphasis to them. Since eyes are the most important focal point of the face, the eye makeup techniques and choice of colors for eye shadow should suit the shape and color of your eyes.

Steps:

1. Select a light color base shadow. Using a shadow brush, sweep it across your entire lid, from brow to lash line.
2. To apply eye shadow: Use a long handled brush and use your hand or a cuff to hold it. Watch out for dark colors because they can end up looking too theatrical.
3. Use a medium-toned shade to cover your lower lids.
4. Then blend eye shadow by stroking the lid gently with an eye shadow brush. Do not use your fingers because you could wipe off the shadow entirely.
5. High quality powder eye shadows can be used wet for heavier application by dampening your applicator a little.
6. Lighter shadows help the bigger while darker shades make them look smaller. For bigger eyes, sweep a light shade over lid and darker shade on the outer corner of the lid and the crease. Outline the eyes using the eyeliner on the outer side of upper and lower lids while tapering a bit on the outside the eye to elongate it. Dab a white or cream shadow in the middle of the brow bone as a last step.
7. Use a cosmetic puff and a little pressed powder to tone down heavy shadow. Shake any excess powder off the puff, and then press it gently on your lid.
8. To add definition to your eyelids, apply a medium-toned shade across the lid and brow bone and dust the under brow area with a light highlighter shade. Use a very fine pencil liner of natural color to line the upper and lower lash lines.
Choose the right form of color eye shadow base for right application is important.

**Tips:**

- Eye shadows come in cream or powder form. Pencils are also available for shadowing. They can either be frosted, or provide a matte finish. Some even provide glitter for a gala occasion. You will have to experiment with colors and textures before you find what suits you best and which eye shadow you apply.
- Powder shadows are more popular because they are easier to apply and blend. An important point to remember is that light colors highlight, while dark colors make the area recede.
- First choose a tone that helps to give basic shape to the eyes. Blend outwards towards the outer corner. You can choose from brown, depth and to contour the eyes. Finally, use a light tone on the eyelids tipped applicator and then blend with a brush. Again, there should be no obvious lines of demarcation.
Eyeliner

You must learn to shape and define your eyes with eyeliner after you have applied eye shadow and before applying mascara. Eyeliner is also a difficult skill to learn but an important one for you to master just like everything else.

Steps:

1. Choose the eyeliner appropriate for your eye color. Brown, navy and charcoal accent light eyes well, while brown and plum shades flatter brown eyes. Try to make sure your liner complements the color of your shadow.

2. Consider the type of look you are after. Pencil eyeliner can give your beautiful eyes soft definition, while liquid versions offer precision and drama. You can also moisten dark eye shadow and apply it with a small, flat brush.

3. Prepare a cake liner or a dark eye shadow by applying a small amount of water to your brush. Or, if you are using pencil eyeliner, ensure that you have sharpened the pencil adequately.

4. Move the wet brush gently through your cake liner or dark shadow. Hold the brush or pencil as you would hold a pen.

5. Tilt your head back slightly and bring your eyes to a half-open state. This creates a good angle for application, while allowing you to see what you are doing.

6. Draw a line across the upper lid just above the lashes, from the inside corner to the outside corner of the eye. If you are using liquid liner, allow it to dry before opening your eyes all the way, or the color may transfer into the crease of your eye.

7. If you used a brush or a pencil, soften the look by gently smudging the line with your brush, a cotton swab or finger.

8. Line the lower lids. Moving from the outside edge inward, draw a line on the outer two-thirds of the lid or more, depending on the look you’re going for. Your line should be slightly thicker at the outside corner, becoming thinner as it moves in toward your nose. Using your brush or pencil, lightly stroke the area. If using a liquid liner, apply it in one smooth stroke. Apply less color so your eyes do not appear raccoon-like.
Tips:

- Avoid jabbing at your eyelids too sharply.
- Avoid waterproof liner if you only have access to soap and water for cleanup.
- Cake liner needs to be mixed with water first and affords the best color control. Cake liner is very popular again and is not difficult to find.
- Cream liners are the easiest to use but they smear easily and do not have staying power.
- Eyeliners are available in liquid, cake, cream and pencil.
- If you wear glasses, you may want to go heavier with the eyeliner and other eye makeup. You want your eyes to stand out behind the frames and panes.
- Liquid liner comes with its own brush but the brush can be awkward to use at first.
- Pencils are easy to handle but it is sometimes difficult to get a smooth and/or thin line.
- Wash brushes regularly with makeup remover or a mild gel shampoo.
- You may find eyeliner, particularly the liquid version, difficult and messy the first few times. Practice and have patience.
Lashes & Mascara

Consider yourself lucky if you already have long eyelashes. I was not born with long eyelashes. Anyways, the purpose of mascara is to lengthen your eyelashes. Imagine how sexy you will look after you manage to make your eyelashes appear long and pretty. This is another important skill for you to have.

Steps:

1. Consider the types of mascara and select one appropriate for your lashes and the occasion. You have a choice of lengthening, thickening, long-wearing, conditioning and waterproof formulas, among others. For day, you might decide to add length, while a night on the town may require a long-wearing or thickening formula.
2. Select an appropriate color that suits you. If you have blond or red lashes, opt for brown mascara. Darker-lashed women can consider brown for a casual look, and black or brown-black for more pronounced or dramatic lashes.
3. Curl your lashes with an eyelash curler, if desired, and apply all other eye makeup prior to your mascara.
4. Remove the wand from the tube in one pull. Pumping the mascara will push air into the tube, potentially drying out the formula and introducing bacteria into it.
5. Begin with the underside of your upper lashes, moving the brush slowly upward toward the tips of your lashes. Always hold the wand parallel to your eyelid. Roll the brush slowly on the upward stroke to promote separation of the lashes.
6. Allow the first coat of mascara to dry before applying the second coat in the same manner.
7. Use an eyelash comb to separate the wet lashes. Also blot the lashes with tissue paper if necessary to remove excess mascara.
8. Use less mascara for the lower lashes. Begin where the lashes meet the rim of the lower eyelid, and gently stroke downward.
9. Remove any stray mascara around the eye with a cotton swab dipped in a small amount of eye makeup remover.
Tips:

- Always remove eye makeup thoroughly before going to bed. This will keep lashes healthier and prevent any mascara from getting into your eyes during the night.
- Apply mascara after eye shadow and eyeliner.
- Avoid waterproof mascara for the same reasons as waterproof eyeliner.
- Before you apply mascara, decide if you will wear false eyelashes.
- Contact lens wearers should stick to waterproof mascara formulas, as they break down more slowly, minimizing the chance of any flakes getting into the eyes.
- Do not scratch your eyes with the brush.
- If you have lighter skin, go for a lighter shade of mascara.
- Mascara color should match your eyeliner, but you can go a little wild for evening with blues, reds, or even gold and silver.
- Mascara only comes in a few shades – black, brown, brown/black and other variations on the theme.
- Mascara tends to clump when it has been exposed to the air, so do not leave your bottle open for long periods.
- Replace mascara and liner often, about every 3 to 4 months.
- Try to find mascara that doesn't create horrible clumps or smudges under your eyes right after you put it on.
- You can wear as much of mascara as you want.
False Eyelashes

Go for glamour with false eyelashes. Whether you apply a few singles to create a subtle change or full lashes for optimal drama, practice first. This is a tricky beauty enhancer.

Steps:

1. Decide what look you are seeking. A full set of false eyelashes adds high drama to your evening appearance or returns the eyelashes that may have disappeared due to illness.
2. Little clumps of fake lashes on the outside corners of your eyes create a subtle, sophisticated glamour.
3. Choose a color that complements the occasion. For evening, stick to black (or dark brown if you have pale lashes), which adds drama without requiring mascara. In the daytime, go dark brown (light brown or blond if you have pale lashes) for a natural look.
4. Check their length. Full lashes should follow the natural line of your own lashes. Trim them with sharp scissors to accommodate your needs.
5. Begin with clean eyes, free of makeup or debris.
6. Hold the lashes in your hand and apply a very thin line of glue or adhesive along the base; let it sit for 1 minute. Begin with a minimal amount of glue, adding more if needed.
7. Look into a mirror, either on the wall or placed on a countertop. Apply the false lashes above your eyelashes, as close to your lash line as possible, following its natural curve.
8. Adjust the lashes with your fingertips, tweezers or a toothpick.
9. If you are using lash clumps, place them at the outside corners of your upper lashes (one or two per eye should suffice). Adjust their position with a toothpick, fingers or tweezers.
10. Apply eye makeup. You may find your new lashes dramatic enough without mascara, so take a good look in the mirror first.
11. Practice a few times before your debut. This is a challenging beauty trick to master, but a dress rehearsal should make for a smash opening.
Tips:

- After wearing full lashes, soak them in eyelash-cleaning solution until the next time you wear them.
- Never apply glue directly to your eyelids; it may get into your eyes, or you may glue your eye shut.
- Never pull the lashes from your lids, as you may pull your own lashes out or rip your skin.
- Remove false eyelashes before you go to bed, using a warm compress or makeup remover.

How to grow your own eyelashes...

**Latisse**
([http://www.latisse.com](http://www.latisse.com))

Not only this is the most effective eyelash grower in the world, it is FDA approved. It is costly and you need to obtain a prescription from your doctor.
Smoky Cat Eye

World famous makeup artist Alexis Vogel, credited with creating Pamela Anderson's trademark sex kitten look, shares her expert advice on how to achieve the sultry smoky eye that so many people cannot get enough of.

Alexis Vogel says, "You can do this look as subtle or dramatic as you want," and he suggests using light grays, burgundies and dark khakis as subtle colors. Listed below are tips on how to achieve the more dramatic version of Pamela Anderson.

By the way, for a foolproof smoky eye, Alexis Vogel System Kit contains all these items with how-to instructions and photos.

The following is the complete Alexis Vogel system. There is a lot of information here.

What You Will Need:

- A good eyebrow pencil
- Black mascara
- Cake eyeliner in Black
- Chubby pencil in dark shades
- Dark-colored eye shadow (Alexis Vogel's Masquerade was made specifically for this look). "You don't want the color to be too matte or too shiny - it just needs a little iridescence. Flat matte colors are too hard and shiny colors are too messy," explains Vogel.
- Eyeliner brush
- Eye shadow brush
- Highlight shimmer for under the eyebrow.
- One pair (two if you are daring) of Ardel demi whispies. Individual lashes can be used for a subtler look, and also to enhance the upper outer lashes to pull your eyes up and open and angle them up for cat-shaped eyes.
- Q-Tips
Steps:

1. Make sure you have applied your foundation, concealer and powder. Do not forget to powder your under-eye concealer too.
2. Start by using your chubby pencil. Stroke from the front corner to the end of your lash line drawing a soft smudgy line.
3. With the eyeliner brush, apply a dark eye shadow (like Masquerade) against your smudged line for a soft smoky look.
4. Moisten your q-tip and gently blend the edges.
5. For the top eyeliner: Take your eyeliner brush with the cake eyeliner for an awesome cat eye shape or look. Place your index finger at the end of your eyebrow and gently stroke your eyeliner down towards your lashes, going from a thicker line at the outer corner and getting thinner as you go inward. Apply line thickness to desired look and stroke down into your natural lashes.
6. Take your eye shadow brush and dip it into shadow. Think of your eye as a picture frame to pop out or enhance your eye by applying the shadow from the bottom corner continuing up into the top eyeliner, connecting the top and bottom eyeliners (like a sideways V). Stay in the creases only and go from the outer end of the crease to the inner.
7. For a super glam look, fill in the whole eyelid with your eye shadow. Don't worry if you make a mistake. Q-tips are like erasers.
8. Curl lashes, and then apply a coat of mascara. Always use an eyelash curler to curl your eyelashes before applying mascara. The trick to the cat eye is to pull everything up and out. If you want even more enhancement, throw on one pair of lashes—and if you are daring enough throw on a second pair. Do not put another layer of mascara on top of that. You want the lashes to be fluffy, flirty and sexy.
9. To polish this look off, draw a nice brow with a little bit of an arch and apply some super shimmer highlight on your eyebrow bone. You can't have color and glitter on your eye for a smoky look but you can put some on your brow bone as an accessory.
10. Now you are ready to go out and have fun and be colorful.

To complete the look, check out the Alexis Vogel System, which will teach you how to do the whole face (pouty lips, glowing cheeks, and fresh skin). For more info, please visit (http://www.alexisvogel.com).
Summer Eye Makeup

If streaking liner and creasing eye shadow have you ready to wipe your eye makeup off by lunch, modify your regimen. Prevention is your best defense in keeping eye makeup fresh during the hot and humid summer months. When your new regimen still cannot beat the heat, a few simple touch-ups will keep your eyes free of streaks.

Steps:

1. Switch to products that can handle the heat. Look for long-wearing or waterproof mascara, choose eye pencils over liquid liners, and switch to shadows that harden to a cream once applied.
2. Go light. Line the upper lash line, or settle for a sweep of a light shadow. Shadow from lash line to brow is more likely to cake or crease in the heat, and darker colors will be more apparent if they bleed.
3. Skip eyeliner and mascara on the lower lashes. It's likely to streak in the sweaty under-eye area.
4. Set eye makeup with a light dusting of loose powder. This will help absorb any moisture that may cause eye makeup to melt.
5. Use a non-powdered blotting paper to remove any under-eye perspiration when you do notice streaking. Wipe away any eye makeup with a clean cotton swab.
6. Reapply faded makeup sparingly.

Tips:

- Consider permanent makeup. It's now possible to have your brows and lash line permanently tinted.
- Do not apply additional mascara to the lashes during the day. This may lead to a caked or clumpy look.
- Limit yourself to one coat of mascara.
Contour & Highlight

Learn to use light and dark to highlight and contour your face into oval shape and create desirable features such as cheekbones.

The best way to find out whether you should go for contours, highlights, both or give them a miss entirely, is to stand under a bright light, directly overhead, if possible. Use a headband to hold your hair away from your face and look into a mirror. Is your face oval? If not, you will need to contour your face so that it looks oval. There should be some sort of shine on your face when you do this: i.e., moisturizer, tinted moisturizer or foundation. When looking in the mirror, study how the light falls on your face.

If there is light shining over your cheekbones, for instance, this is an obvious place to apply highlighter. If there is a shadow under the cheekbones, this is where the contour product would go. You think this is easy, right? You may find that you will achieve neither if your face is rounder. Now, this is where you will have to use your judgment. Careful application will give you the illusion of these missing contours, but you do not have the easy guide to apply by. Sorry. Try sucking your cheeks in like a fish and look again. Sounds ridiculous, but it works.

Your will need a darker powder than the color of your skin. Pressed is far easier, and the number of shades you darken by should be in proportion to the skill of application. The darker it is compared to your own skin, the easier it is to make a mess.

I find that a dark pressed powder works much more easily than a bronzer or even a darker version of your chosen blusher, though that can work as long as you are only doing cheekbones.

Steps:

1. Apply foundation and powder as usual.
2. If you do not wear powder, you are going to need to do this with a foundation (sticks work really well for this) that is slightly darker than your skin instead.
3. Blend either the liquid or powder in the areas that you had shadow when you stood under the light.

4. If you are using it to slim the face, apply to the entire outer perimeter of the cheek. Usually this is only done from the sides to make the face look less wide. However, you could also minimize broad or high foreheads, jaw lines and noses this way too. Simply shade in the areas that you want to be less prominent.

5. If you go too far, do not panic; apply more of the neutral foundation or powder over the top before starting to add color to dampen it down.

6. Always do this sort of shaping prior to color application. That way if you make a pig’s ear of it, you will not have spoiled all your hard work and you can easily start over.

Tips:

➢ Practice makes it perfect.
A Slimmer Face

If you have chubby cheeks, I am going to teach you how to use your makeup blusher cleverly to slim down your chubby cheeks.

Steps:

1. Purchase two shades of blush, one of a deeper shade and one that’s lighter. To ensure the shades go together, purchase a compact with two coordinating shades.
2. Apply your usual foundation make-up or powder to cover any imperfections and even out your skin tone.
3. Apply the lighter shade of blush in circular motions onto the apples of your cheeks but how do you to find your apples? Just smile.
4. Next, following the line of your cheekbones, apply a sheer sweep of the deeper shade of blush.
5. Blend, blend and blend. The key with this trick is to create dimension, but you do not want a very obvious demarcation between your natural cheek color and the blush (i.e. think stripes.).
6. Sweep a small amount of the lighter shade across your nose and/or forehead as desired to add an extra "glow" to your complexion.
Lipstick & Lip Liner

Lipstick can add the final touch to any makeup application and it is perhaps one of the easiest skills to master. Lining your lips creates subtle definition and perfects the shape of your lips.

Steps:

1. Consider your lipstick color and finish. You will do well with colors that match the natural shade of your lips, opting for darker tones that complement your overall coloring. Matte lipsticks offer a muted finish complementary to workday makeup, while satin and gloss finishes offer appealing evening looks.
2. Apply all other makeup before putting on lipstick and lip liner.
3. Begin by dabbing on a very small amount of lip balm or petroleum jelly to give your lips a little moisture.
4. Draw a thin line along the edge of your lips with a lip liner whose color is one shade darker than your lipstick. Start at the center of the upper lip and work outward. Hug the very outer edges to open up thin lips, and line well within the edges to downplay excessively full lips.
5. Apply lipstick from the tube or by using a firm, small lipstick brush. Coat the lips evenly. Pay special attention to staying within the lips' edges.
6. Blot to remove any excess color and to even out the texture.
7. Remember to touch lips up after a meal, as lipstick easily transfers onto coffee cups, water bottles and soda cans.

Tips:

- Balance heavy eye makeup with a soft lip color. Wear a rich and boldly colored lipstick to complement soft eye makeup.
- Chill lip liner for easier sharpening.
- Do not smear it.
- Do not wear bright red unless you are trying to look saucy. A dramatic lipstick can make your entire face look heavily made up, no matter what else you wear.
- Give the illusion of a thicker top lip by lining its outermost edges and
foregoing liner on the bottom lip.

- For longer lasting lip color, shade both lips with lip liner after defining them. As lipstick fades throughout the day, the liner offers a hint of color before you have a chance to reapply.
Concealing Liquid Makeup

If you have scars on your face or any part of your body and you do not want people to see them. I recommend you ColorTration® corrective makeup.

**ColorTration®**
(http://www.colortration.com)
ColorTration®, the new super concealing liquid makeup. This is another new product that can easily help you to cover, conceal, corrects and camouflages any skin discoloration, imperfection or problem. Conditions such as age spots, melasma, birthmarks, undereye circles, burn scars, spider veins, acne scars and even tattoos are completely concealed by the incredibly thin and totally opaque cover cosmetic. Works on 5 o’clock shadow too.

**PRO Camouflage FX Concealer Palette**
In front of the camera. On the runway and off, VS PRO keeps Supermodels camera ready. The secrets behind every flawless close-up and dazzling turn on the runway. Make the magic yours with new VS PRO. Inspired by the artistry and ingenuity of the world's best makeup artists, VS PRO translates professional tricks and techniques into easy-to-use products anyone can master.
Advanced Makeup Tips

- Every time you practice makeup, try to experiment with the makeup color, lipsticks, foundation and etc. Color can make your dull face look alive.

- If you want to color your eyebrow, match the color with your real hair color or the color of your wig. I suggest you using an eye pencil or lip liner that matches your real hair color or wig color.

- Spend more time and effort and the making up your eyes because they are the focal point of your face and therefore the most expressive feature of your face.

- Try an eyelash curler if your eyelashes are ultra-straight. The tool looks like a mini-guillotine attached to a scissor handle but it will not cut your lashes. Eyelash curlers do not work on everyone’s lashes.

- Try experiment with some brightly colored makeup pencils on your face. They will allow you to make eye-catching lines and shapes on your face.

- Try to develop different looks for different occasions, such as a business look, an evening look, a whore-like look and etc.

- When you create a look you like, write down the steps of how you achieve it so next time you can duplicate the look.

- You can blend two or three shades of eye shadow by applying a little bit of each color and then smooth them out of your fingers. Wear a darker shade of eye shadow directly over your eyes, and then put a lighter shade over the closer to the brow. Rub them so one color blend into the other.

- You might also try wearing a natural" or nude eye shadow on the whole area from your eyelashes to your eyebrow, all the way to your nose and the other edge. This should match your skin tone as closely as possible. By doing this, when you apply a colorful eye shadow over the nude base, it will look smoother and less uneven.
Facial Care Routine

(1) CLEANSING
Women who wear makeup should carry out a routine of cleansing, toning and moisturizing each evening, as well as washing the face in the morning. Cleansing will remove old makeup and the grime and grease that have been accumulated during the day.

Steps:

1. Remove mascara with a cotton bud dipped in eye-dipped in eye-cleansing lotion. To make the job easier, keep your hair off your face.
2. Remove the eye shadow by gently wiping it off with a pad of clean cotton wool moistened with eye-cleansing lotion.
3. Pour a little face cleansing cream into the palm of one hand and dab it generously over the nose, chin, forehead and cheeks - using two fingers of the other hand.
4. Massage the cream into the skin, starting under the throat, using a gentle upward motion.
5. Continue massaging the cream up to the forehead, using the fingertips.
6. Gently massage the cream from the eyes to the nose.
7. Massage cream back over the chin, which is particularly prone to blackheads. Use the index finger.
8. Remove the cream from the face with tissue pads in each hand. Start under the chin and work over the cheeks and on to the forehead

(2) TONING
Toners remove all traces of dirt, makeup or cleanser that remain after cleansing.

Steps:

1. Immediately after cleansing apply toner to the forehead and cheeks on a pad of cotton wool.
2. Apply the toner to the crevices around the nose.
3. Apply the toner to the crevices around the chin.
(3) MOISTURIZING
Without moisture, the skin will not remain smooth and supple. The face is exposed to the drying effect of the weather, so moisturizers -- which form a film over the skin -- contain and augment the natural moisture.

Steps:

1. Using the tips of the fingers, dot moisturizing cream lightly all over the face.
2. Press the fingers of both hands into the center of the forehead and work the cream slowly outwards. Pat the cream gently around the eyes.
3. Work the cream around the jaw line, chin and mouth with the middle fingers of both hands.
4. Massage the cream over the throat with alternating hands, using upward strokes from collarbone to chin
Makeup Instructional Videos

Both Deepsteath.com and Femimage.com offers excellent instructional videos that teach you professional makeup techniques specifically designed for cross dressers and people in the transgender community. The hostess Calpernia has worked as an entertainer, model, and makeup artist for over a decade, and she has shared everything she has learned over the years in this video. She has also worked in high-stakes business settings, interacting with professionals and the public, and she shows you how your makeup and skincare choices can be invaluable for your acceptance as female in daily situations. Look for the instructional DVD called "Becoming You" on Deepsteath.com and look for “Skin Care and Makeup for the Transgendered Woman” on Femimage.com.

Deep Stealth
(http://www.deepstealth.com)
In "Becoming You", beautiful celebrity transsexual Calpernia Addams personally teaches you how to put on makeup. Step by step instructions.

Fem Image
(http://www.femimage.com)
In "Skin Care and Makeup For the Transgendered Woman", beautiful celebrity transsexual Denaë Doyle covers skin care, concealer technique for beard coverage, techniques for applying several types of foundation, powder suggestions, correct placement for blush application, eyebrow measurement and tools used to create the perfectly shaped eyebrow, eyeliner and types of eyeliner products to use, the correct application of mascara, and colors and techniques for lip liner, gloss, and lip stick.

Basic Makeup Application with JoAnn Roberts
(http://www.cdspub.com/cds01.html)
A CD herself, JoAnn Roberts walks you through a basic daytime makeup routine. Then she shows you how to modify it for a dramatic evening look. JoAnn finishes with a thorough explanation of the products and tools that she uses. 48 min.
The Magic of Makeup

You have seen those runway models. They are beautiful, right? However, what you do not know is that after they remove their makeovers, they are nothing special. The following photos will show you how much makeup can do for your face.
The Female Body

Men are visual creatures. Hourglass figure is considered much more fertile and healthy. Pretty, tall, slim women are perceived more attractive than their shorter, fatter, dowdier counterparts. The female breasts and buttocks are extremely potent sexual symbols of feminine beauty. Firm but well-rounded and shapely breasts and buttocks are powerful signs of a woman's health, youthfulness and ability to procreate. If you want to create a feminine body for yourself, be ready to look “fertile”.

Male/Female Body Difference:

✧ Males are on average four inches taller than females
✧ Females have longer torsos.
✧ Males are leggier, if looked at from the crotch females are leggier if looked at from the waist males have longer thighs and longer calves.
✧ Females have bigger heads than males, relative to height.
✧ Stature, bone area, cortical area and skeletal weight all offer an excellent means of differentiating between two sexes.

One of the distinctions between a genetic man and a genetic woman is the characteristics of their skeleton. The skeleton obviously sets or heavily influences the body size and its proportions.
One of the distinctions between a genetic man and a genetic woman is the characteristics of their skeleton. The skeleton obviously sets or heavily influences the body size and its proportions.

Despite the sex related differences, overall the differences between the skeletons of male and female bodies are actually surprisingly small compared with the similarities, as is illustrated by comparing the following diagrams:

A male’s skeleton has broader shoulders, longer ribcage, and a smaller pelvic opening than that of a woman.  
A female’s skeleton has the same bone complement as a man’s, but its wider pelvic opening helps childbirth.
Body Image

Many, if not most, women are the wrong shape for many women’s clothes. Not all women have body shapes like Paris Hilton, Heidi Klum or Lucy Lui because women also come in all shapes and sizes as I have mentioned before. You do not have to be model-skinny to pass as a woman. Trust me, if real women could find solutions to their own body problems, you will find your own solutions to your own body problems as well.

Some women are very tall and some women are very muscular. They will always be perceived as women no matter what. Do not be sad if you think you are too tall or too muscular. The reason is that somewhere in this huge world of ours there is a biological girl who has the same basic shape as you do. If you do not believe me, just look at those female bodybuilders, basketball stars and etc.

I suggest you find a TG support group, because in a TG support group, you can receive positive feedback about your appearance.
Body Shapes & Clothes

Anyone who was born male and subjected to male hormones until his mid-20s will have the wrong body shape for some women’s clothes. However, a lot of novice cross dressers do thing to worsen their discomfort. Some of that has to do with choosing the most difficult clothes.

But it is not just a matter of avoiding clothes built for floss-waisted girls. All the shopping savvy in the universe will not help you if you diss your body. If you feel your body rejects women’s clothes like a transplanted monkey heart, ask yourself why. Some of these negative feelings may come from the social pressures to look like Britney Spears.

Your hands may be larger than the average women’s. Your male genitalia may appear in some outfits. Maybe you have hairs on your face, legs and chest. And you probably do not have some female perks, such as breasts. Learn to minimize these drawbacks as much as you can without becoming miserable. Figure out the types and sizes of clothing that work for you. There are different solutions for fat bodies, muscular bodies and boyish bodies.

Genetic women often take off their clothes and look at themselves in the mirror. Do the same. Look at your naked body in the mirror and imagine yourself as female. When you are standing naked in front of a mirror, look at each part of your body in turn. This is to figure out which parts you want to draw attention with your clothes.
You Want to Have Fat

Women have more body fat than men. Fat provides women with glorious contours.

If you have more body fat than skinny guys, you are already equipped with curves. This also means you are one step closer into femininity and passability.

Due to hormone and fat distribution, women tend to have more fat in their breasts, thighs and hips. If you do not have much fat in those areas, there are devices such as corsets that will shape your body.

When you examine your own naked in front of a mirror, ask yourself what a genetic woman with a body like yours would do. Perhaps short skirts and mini-dresses are out of the questions. What would a genetic woman with your shape wear to look sexy?

You will feel uneasy and frustrated at first but understand that is what a genetic woman has to go through almost every day in her life as well. Be patient just like how we want to accomplish anything. You do not conquer the whole thing overnight.

Whether you are chubby, muscular, or slender and curve-less like me, drape your body with positive thoughts.

You could be voluptuous like Monica Bellucci or elegant like Elizabeth Hurley. You could have strength and grace. You soft skin could adorn a luscious sine wave of a body. Or maybe your muscles surge with animal power. There are very sexy female marines and martial artists with very muscular bodies. Let them be your role models if you want.
What Makes a Body Feminine?

Men "biologically" prefer curvy women with a pronounced hourglass figure, since these physical features of a woman are often associated with high fertility and good health. Therefore, even genetic women would try to enhance their attractiveness by emphasizing and advertising their curves through ornamentation and clothing.

Also, there is no doubt that a slim waistline between shapely hips and prominent breasts makes a woman highly appealing, this is regardless of the woman's overall body size and weight - a low waist-hip ratio is one of the few features that a tall, lean modern Barbie doll shares with a short, plump, primitive fertility icon.
Cosmetic Procedures

If you plan to live your life as a woman full time, perhaps permanent cosmetic corrections are for you.

This section will discuss some of the more common surgical procedures being performed today. I will not advocate any of these procedures, this is just to let you know what kind of medical options that you have. If you have any doubt, always consult with a cosmetic doctor.

Breast Augmentation
Many transsexuals might be disappointed to know that hormone rarely increase an individual’s bust to a satisfactory level. If you want to have big bosom, go "Pamela Anderson" is the only way. To achieve a more feminine bust line right away, the use of implants is a great way. However, keeping your bust in proportion to the rest of your body is a good idea because you do not want to look too "unreal". The results of breast augmentation are permanent, although the implants can be removed if necessary.

Eyelid Lifts
Eyelid surgery (technically called blepharoplasty) is a procedure to remove fat, usually along with excess skin and muscle from the upper and lower eyelids. Eyelid surgery can correct drooping upper lids and puffy bags below your eyes, features that make you look older and more tired than you feel, and may even interfere with your vision.

Face Lifts
Rhytidectomy, a surgical procedure commonly known as a face lift, involves the removal of excess facial fat, the tightening of facial muscles, and the stretching of facial skin to approximate a smoother, firmer facial appearance. Face lifts take place on either the face, neck, or both. Depending on the area of the face or neck where the face-lifts are to take place, the surgeon will separate the skin from the fat and muscle. The fat is then removed and the skin is pulled back into place with any excess removed. How long a facelift lasts can’t be predicted precisely. The results depend on skin type and elasticity, age, sun exposure, eating and smoking habits.
Rhinoplasty
Rhinoplasty, popularly known as "the nose job" or "nose reshaping," remains the most common form of plastic surgery. The surgeon first separates soft tissues of the nose from the underlying structures, then reshapes the cartilage and bone. In some cases, the surgeon may shape a small piece of the patient's own cartilage or bone to strengthen or change the structure of the nose.

Liposuction
Sucking the fat out of your tummy, thighs or chin has become a popular and affordable cosmetic procedure. The cosmetic surgeons "vacuum" the fat out of your body by making a small incision, inserting a tub, and shoving it around. Another good thing to know is this type of procedure never has to be repeated in the same area of your body. The reason is that a human body has a fixed number of fat cells from a given area, so if a procedure is performed there, it permanently diminishes the capacity to gain weight in that spot.

Tummy Tuck
A tummy tuck removes excess skin and fat from the mid and lower abdomen. An incision is made near the pubic hairline from hip to hip. It is placed low enough to be undetectable in bikini attire. If necessary, sagging or separated vertical muscles in the abdomen are tightened with permanent internal sutures. Abdominal fat may be treated with surgical excision at the time of surgery. Skin and tissue are pulled down over the existing navel and excess skin is removed.

Tracheal Shave
Tracheal shave is a surgical procedure in which the thyroid cartilage is reduced in size by shaving down the cartilage through an incision in the throat, generally to aid transwomen in achieving a passable female appearance, and occasionally on cisgender men and women who are uncomfortable with the girth of their Adam's apple.
Skin Treatments

As I have mentioned before, men are visual animals. When men look at women, they determine the level of attractiveness from their skin. If your skin looks young and health, then you look "fertile".

We humans have been searching for ways to make our skin to stay looking youthful. There are certainly many ways to do that. However, it is also possible for you to make your skin looking uglier and older by exposing them to dangerous things such as radiations from the sun and various pollutions. Skin is the largest organ of your body, so learn to take good care of it.

There are ways to improve your skins with cosmetic procedures. I recommend you both skin peels and dermabrasion.

Removing the top layers of your skin by peeling or by abrasion is a method to deal with damaged or mildly wrinkled skin.

Skin peels involve treating the skin with an acid that strips off the outer cell layers. The under layers of new cells are therefore exposed and the skin will be firmer and smoother. Fine wrinkles will be eliminated. The new skin will be red and tender for a while and very sensitive to sunlight, so you will need to wear sunscreen until the sensitivity goes away.

Dermabrasion help to "refinish" the skin's top layers through a method of controlled surgical scraping. The treatments soften the sharp edges of surface irregularities, giving the skin a smoother appearance. Dermabrasion is most often used to improve the look of facial skin left scarred by accidents or previous surgery, or to smooth out fine facial wrinkles, such as those around the mouth.
Feminine Wigs

Selecting the right hairstyle and hair color for your own face is very important. You must understand what looks good on a fashion model may not look good on your face. For example, I have an Asian face and platinum blonde will probably look strange on me.

Before you purchase a wig, determine whether your face shape is oval, round, oblong, square or diamond. If you buy the wig at a store, the only way to know for sure what is right for you is to try on the wig. Give yourself a good, hard look wearing a wig before you pay for it.

- A square face needs a side part and some height at the top.
- A round face also needs height at the top, but a center part. An Oblong-face can wear bangs and have fullness at the top.
- A diamond face needs hair swept away from the ears (the widest part of the diamond) but added to the top at the temples and jaw line where the face is most narrow.
- An oval face is most versatile, but there are other considerations for you.

If you are brave enough, go to a hairdresser and find out what kind of feminine hairstyle suits you and she or he would recommend you.

You should try to experiment with different color. Do not be afraid to be a platinum blonde, a brunette or a red head once in a while. Although I am Asian, I do not limit myself to only black wigs, even I sometimes try brown, auburn and even blonde. If you were a natural blonde, why not try black or red. It can be fun and you will be surprised how different you will look. You might look years younger or years more mature.
As you know, a man’s face is usually larger than a woman’s and therefore requires a bit more hair to look natural and normal. Wearing more hair can allow you to enhance your passability as a female. However, you must make sure your hair volume is not excessive. The reason is that if your hair volume is too excessive, you will look like you have a helmet head when you walk down the streets. Try and try until you achieve the right balance.

Please do not hide yourself behind the wigs like a pair of dark sunglasses by pushing the wig down onto your foreheads. Imagine how ridiculous you will look. Many new cross dressers do that because they tend to worry that their wigs will fly off the top of their skulls. Make sure your wig look fluffy and free, not crushed.

Wigs come in many difference prices and quality. Remember that the more money you pay the better wigs you will get. This rule applies to almost everything else. Expect to pay over $100 US dollars to get a good quality wig.

Many inexperienced cross dressers might want to purchase a human hair wig at the beginning because they believe that a human hair wig can enhance an individual’s passability. You may try using a human hair wig. I do recommend you human hair wig because it definitely can enhance your passability because they are real hair. However, I must let you know that a human hair wig can be very difficult to be maintained and cared for. If you do not take care of it properly, after wearing it a few times, you probably will never be able to wear it again. A human wig is not only expensive but it also needs professional cares regularly and you can imagine how expensive that can be. Unless you are super rich, try to avoid buying a real human hair wig.

Sometimes a wig might require a trim in order to look better with your face shape. Also, hairpieces and hair extensions can also be considered. They are more comfortable to wear and perhaps better than wigs for you. Also, hair extensions can look very natural.
Putting on a Wig

Wigs can look like small dogs or road kills perched on one’s head if worn wrong. None of us would like to go out in public and be humiliated. Therefore, be careful. Putting on a wig properly is also an important skill for you to master you do not want to mess up.

A wig is designed with a front and a back. The label is typically placed in the center of the back of the wig. Makes it simple for most of us to figure out but there are still possibilities for messing it up. Two ear tabs or triangular points stick out halfway from the front of the wig to the back. These are supposed to sit slightly ahead of the top of the ear and generally have hair extending from them to appear to give the wearer the appearance of a full head of hair, exactly what the wig is needed for.

Steps:

1. To put on the wig, grasp the two ear tabs, one in each hand.
2. Bring the front of the wig to your head and place the front edge of the wig, not the hair, against your forehead and by lightly stretching the wig back and down while the forehead area remains fixed.
3. Pull the ear tabs down and reach back with both hands and grasp the label area and pull it gently away from the back of the head and down toward the neck.
4. Ease the label area against the back of the neck.
5. Reach up and grab the ear tabs and adjust the wig to make sure it is really centered on the head, so that the same amount of material is on each side of the head.
6. Look at the forehead and the edge of the wig. Does it sit where your own hair starts? If your own hair peeks out from underneath, pull the front edge of the wig slightly out away from the head in a forward direction and place it down just forward of your real hairline.

Tips:

- If you are putting a wig on for the first time, allow enough time to adjust the wig before you need to leave for your event/party.
➢ If you would like extra coverage, and depending on the look you are going for, you can use any means of accessories such as a jeweled headband if you are dressing up as Cleopatra or Delilah, or a bow tied on back of your head if you're dressing up as a schoolgirl.
➢ If your hair is long, secure it with clips. Comb the hair out so that it is smooth, take a small piece, and clip it to the other side. Repeat until all the hair is off your face.
➢ Put the wig on your head. Do not worry if it does not look perfect right away, good ahead and style/brush it into place the way you would like it to look.
➢ Shorter hair can simply be combed and clipped to the crown of the head.
➢ Use a hairnet on any type of hair length to hold it all in and ensure a smooth fit.
Cleaning a Wig

Steps:

1. Fill a small hand sink or a large-sized bowl with approximately 2 quarts of cool water. Never use hot water because hot water will remove the pre-styled curl pattern that is built into a synthetic wig or synthetic hairpiece.
2. Add approximately 2 ounces of woolite cleaner to the cool water, swish around to mix, then you are ready to place the hairpiece or wig into the solution.
3. Allow the wig to soak for 5 to 10 minutes then swish the piece around in the soapy solution for a minute. Note: If your wig has make-up build up along the front hairline we recommended you use an old toothbrush and hand soap to remove this.
4. After washing, discard the soapy water, rinse sink, fill-up with clean cool water; sometimes you may want to rinse twice. Shake out excess water.
5. After washing, simply lay the hairpiece on a towel to air-dry.
6. Do not brush wig while wet.
7. Do not use a hairdryer on a wig. This kind of heat can damage fiber hair. Place the wig on a wire head form so it dries in its natural round head shape. Please note that air can pass through a wire form, air cannot pass through a Styrofoam head form. So get a wire stand.
Transporting a Wig

**Note:** A special thanks to JoAnn Roberts of CDS for the following technique and tips.

**Steps:**

1. Purchase a portable wig stand.
2. Style your wig on the wig stand. Spray your wig with hair spray and wait for it to dry.
3. Remove the wig from the stand slowly and carefully.
4. Place the wig inside a plastic bag.
5. Gently fold the plastic bag into an empty container of your choice. A shoebox works nicely.
6. Cover the container.
7. Take the wig out of the container right after you arrive at your destination.
8. Gently place your wig on your portable wig stand.

**Tips:**

- Make sure the plastic bag you use for placing your wig in is a clean one, so no residue or dirt will be transferred onto your wig.
- Make sure the material of the container that you use is hard, not soft, so it can protect your wig properly during transportation.
Combating Hair Loss

Although a wig can cover the baldness of a crossdresser who is suffering from hair loss, some of the individuals might still be missing having their own natural hair. So, if you are one of those who are suffering from hair loss or already lost some of your hair, this section is to help you.

Billions of dollars will be spent on hair loss solutions this year. Much of this money will go to waste. Ineffective products and misleading advertising are only partially to blame. Many consumers are not using these hair loss products in an effective way. Fortunately there are a few simple ways that consumers can increase their chance of success. Following these guidelines will ensure that your money does not go to waste:

Start a Journal
People usually try several different hair loss products before they find something that works for them. Many use two or more products simultaneously. Keeping track of all this information can be frustrating and difficult. The best way to figure out what is working is to keep a journal detailing your progress. You should record all relevant information about the treatment process: when you started, the dosage, cost, and any side effects you experience. This documentation will tell you which products are effective, which ones are not, and allow you to make changes as necessary.

Take Pictures
Noticing small changes in your hairline over time is extremely difficult. Taking pictures on a regular basis is the most effective ways to track your progress. Always photograph your head from the same angle, in similar lighting conditions. Use a digital camera for best results, most will automatically record the date and time for you. When combined with a treatment journal, these photos provide an invaluable tool that will allow you to judge the effectiveness of products you use.
Do Your Homework

The Internet is flooded with products claiming to cure and treat hair loss. Finding out which ones are legitimate can be a difficult task. When researching for products online, beware of those that sound too good to be true. If the company has before and after pictures, examine them closely. If the images were shot from different angles, or in different lighting, be suspicious. These techniques are common camera tricks used to fool the eye, and the consumer. When a company claims their product has a "98% success rate", look for documentation of their clinical study. If the clinical information they provide is vague, or even missing altogether, be wary.

If you follow these steps throughout the hair loss treatment process, your chances of success are excellent. One last tip - any successful regimen requires dedication. Whatever the treatment is, carefully follow the instructions from your doctor or the product manufacturer.

Adam Sharp is the publisher of (http://www.hair-loss.org). Visit the site to read more about hair loss products and treatments.

Additional Resources:

(http://www.hairclub.com)
(http://www.hairdirect.com)
Short & Feminine Hair

If you do not want to wear a wig and have short hair, there are ways to look sexy and feminine as well. The following are some of the methods that are recommended to many cross dressers with short hair and who rather use their natural hair than a wig.

Add Layers
When you add lots of layers to your short cut, style possibilities are endless. When layers get progressively longer from the exterior to the top, you can roller set the interior for soft, feminine curl. Direct hair back and spiral wrap most the front pieces for maximum movement. After rollers have cooled, finger style hair, backcomb select pieces and detail the ends.

Get a New Angle
Sleek and smooth styles look business-like cut to bob length, but when a sharp angle is added at the sides, hair frames the face beautifully. Then, consider asking your stylist for softening details like a razored nape and shimmering highlights. Remember, angled sides can move from short to long (when cut along a diagonal-forward line) or from long to short (when cut along a diagonal-back line).

Keep It Close
Fine hair can look too harsh in a geometric cut and lots of volume is too difficult to get. For a soft, easy style, keep hair close to your head. What helps: A cut that follows your natural head shape by tapering inward at the nape and rounding out at the top. When you wear your short cut smooth and sleek, add surface shine with a spray-on silicone product or slip in a jeweled clip for instant femininity. One look that's always sexy is one that's finger waved and you can do this with almost any short cut that is not heavily layered. Gel hair close to your head, then mold in waves or use old-fashioned waving clamps.
**Think Razor’s Edge**

When you want to soften any cut, get the razor treatment. When hair is cut with a razor, each end is tapered, as opposed to being blunt cut. Super-short hair takes on new mobility and a short bob is softened via fringy ends. This works best for straight hair; very curly hair is less controllable when razor cut.

**Think Six-Tease**

Back before unisex, no one thought short hair was androgynous. The ‘60s way to make any shorter cut fabulous was to tease the crown and flip the ends. To bring the look into the ‘90s, Sabrina Dorey of Salon Visage in Knoxville, TN, suggests tucking hair behind your ears and leaving a single piece free at the side to frame the face.

**Pin Curl It**

Lots of uniform layers take on angelic appeal when hair is set in pin curls. For body, create large loops; for end curl, make curls tighter. Set hair when it’s damp, diffuse dry, then finger comb from roots to ends. For a shorter crop, pin curls just the front or the top. If you have a short bob, try a single side pin curl to create a wave.
Matching Hairstyles & Body Types

Body type: Tall and athletic
Do: Experiment with hairstyles to see what flatters your hair texture and face shape. Your body type works best with most hairstyles.
Do Not: Forget the old standby ponytail -- leave that style for gym time! Flatter your figure with soft, feminine styles with some length and wave.

Body type: Petite
Do: Keep hair loose, smooth, and neat for a professional, sleek appearance. Try medium to short length hair with layers, angles, and some height at the top of the head.
Do Not: Don’t go to extremes. Too-short hair will make your head look too small, and too-long hair will overpower your figure. Also avoid anything that can fall into the “cute” category, like high ponytails, braids, pigtails, and the like.

Body type: Slim and straight
Do: The goal is to add some body and curves where you can -- in your hair. Medium length, wavier, or chunkier hairstyles look best and add feminine flair to this body type. Long bangs, layers, and angles also flatter.
Do Not: The caveat? Do not go too big-haired or your hair will look disproportionate to your body. Also avoid too long, too straight and sleek hair as it emphasizes your thinness. Too short or spiky hair can also look masculine on a boyish figure.

Body type: Curvy and full
Do: Go for a layered, medium-length cut. An angled look will camouflage extra pounds. Try side parts and bangs for a soft, complementary look to your curves.
Do Not: Stay away from hair that is too short and close to the head or, in the opposite spectrum, long and very full. Round-shaped styles, like a curly, shoulder-length style with lots of height and width, are also not for you.
Hand & Nail Care

Having a pair of soft hands and well-groomed nails can enhance your femininity and passability as a genetic female. Learn how to care and maintain your hands and nails.

Many of you perhaps enjoy working with yours hands, such as fixing cars, carpeting and plumbing. Those types of rough works can easily damage your nails and the skin on your hands. Always wear gloves when you do them. When you work in the garden, wear gardening gloves. When you are working with chemical detergents, wear rubber gloves. I myself prefer using surgical gloves. They are cheap and feel like the second skin of my hands. Learn to apply hand lotion or hand cream on your hands whenever you can, especially after working with your hands. Carry a small bottle of hand lotion with you when you go out.

When men look at women’s hands, they focus on their fingernails. So now you learn how to make them pretty. There are several options.

False nails or press-on nails come in many different colors. You can buy them any almost everywhere and their prices are cheap. I often use them and they work very well especially when I go out at night. Many genetic women use them as well. You can purchase more replacement adhesive pads when you are out of them. Do not use glue-on nails because my experience is they can damage my real nails.

If you prefer to use your own nails, the ones your mama gave you, perhaps you will want to grow them longer. You do not have to since there are many genetic women with regular length nails. My nails are short and I trim and file my nails every 2 weeks because I work better with short nails. If you decide to grow your nails long, you will have to learn to use your hands all over again. Be careful.

If your nails can be damaged easily, there are many nail care products available. You rub the nail strengthenener cream on your nails and it makes them strong. Nail care products can be bought online or at any pharmacy.
When you paint your fingernails and toenails, you might want to be careful so none will contact your skin, but if you do get some on your skin, they will wash off with your next shower or hand washing or you can just some polish remover with swaps. When you paint your toenails, put cotton balls between your toes just like what a genetic woman would do. Also, it is a good idea to match the color of your outfit with the color of your nail polish, but it is up to you.
Disgusting Body Hair

Removing body hair is one of the most important parts of your transformation process. What women you know with too much body hair are perceived as attractive and feminine?

Depend on the type of hair and your skin’s sensitivity. There are several ways to deal with body hair.

- Bleach the hair
- Permanently remove the hair
- Shave the hair
- Tweeze the hair
- Wax the hair

Shaving
Shaving is the simplest way to remove body hair. It is only good for arms, hands, legs and chest. However, expect the hair to grow back immediately. Some of you may also experience ingrown hairs that can cause minor infections of hair follicles.

I remember the first time I shaved off the hair on my legs, the feeling of smoothness made me never want to have body hair again.

Many genetic women shave legs and underarms every day or two so do the same.

Steps:

1. Run a warm bath, a bubble bath.
2. Try not to touch your skin for at least 2 minutes in the bath.
3. Your pores will open and hair will soften after a few minutes.
4. Use a good twin blade razor.
5. Lie on your back in the water and lift one leg at a time out of the water.
6. Under water, keep the razor against the skin and move back and forth in short movement.
7. Take care with the back of the ankle and the back of the knees; this is
where it easy to cut your skin.

8. If you experience irritation, it is normal.

9. Keep the leg and the blade wet, wash the blade regularly. A small amount of ordinary shampoo will help the blade cut smoothly and comfortably.

10. After drying yourself, moisturize all over with a body lotion. This will stop the skin from drying out and will make you feel silky soft. All other areas of the body can be treated in the same way.

**Bleaching**

Bleaching is a chemical process that lightens and softens your body hair. We normally bleach the hair on your arms and back of the hands. You can purchase bleaches at most pharmacies. They are cheap and fast.

**Tweezing**

Tweezing can be painful and time consuming but it is indeed the cheapest way to remove body hair. You just need a pair of tweezers and pull the hair free from the follicle. This method can be used on any part of your body. The hair will grow back in about 2 weeks depending on the body chemistry of each individual, but it lasts much longer than shaving. The hairs come back finer and less deeply rooted.

**Waxing**

Waxing is painful but the result lasts much longer than shaving, and it is not as time consuming as tweezing. Waxing is also the pulling free of hair from the follicle, but on a much larger scale. The hairs grow back finer and less deeply rooted as well. Melt the wax and spread on the area where you want your hair remove. After the wax hardens, you peel off the wax and the hairs are pulled off the follicles with it.

**Depilatories**

Depilation breaks down the disulfide bonds in keratin and weakens the hair so that it is easily scraped off where it emerges from the hair follicle. It is sometimes painless and inexpensive. The hairs grow back in about 2 weeks, just like tweezing and waxing. It is one of the fastest ways to remove hair on a large scale. You can use it anywhere on your body except on your face. The reason is that it does not work on facial hair.
Depilatory Creams
I like depilatory creams because you just spread them on your body, wait a few minutes, and the hairs just come off themselves. However, some people find these creams do not do as a good job as they claim they would perhaps due to skin type. And, some people do not like the smell. I personally think they are okay.

Mitts
The little mitten-like cardboard sleeves you see in the pharmacies for hair removal have sandpaper-like surface coated in some kind of noxious chemical. They work. They can help you get rid of a lot of body hair.

Home Hair Removal Kits
Everyone has different experience with home hair removal kits such as Epilady or other kit.

Electrolysis
It uses an electric current to destroy the hair follicles to prevent them from growing back. It is recommended for permanent facial hair removal. However, the procedure is expensive and it can take a long time. A male beard can take more than 190 hours of treatment. If you have sensitive skin, the procedure can be painful. Find a license operator if you decide to go with this method.

Laser Hair Removal
Laser hair removal is cheaper than electrolysis. Although it can be as painful as electrolysis but each treatment only requires a few minutes. However, not everyone responds well to laser hair removal due to skin color, hair color and how fine their hairs are. Those who respond best tend to have very pale skin and very dark hair. Some women I know with very pale skin and very light, fine hairs do not respond well. Some I know with very dark skin and very dark hair do not respond well either.

Three main types of laser treatment are being offered these days. They are alexandrite, diode and ruby. Alexandrite and diode have longer pulse wavelengths than ruby laser, which say to be more effective by some. If your skin is dark and your hair is light, ruby laser might work better for you than the other two. Diode works better for you if your skin is light and your hair is dark.
Classify Your Shape

Now it is time for you to learn to classify your body shape. Stand in front of a full-length mirror naked and spend at least 30 minutes to determine where your problem areas are, so you can figure out a solution. Another method is use a digital camera to photograph your own body. After 30 minutes, starting trying on your lingerie and any piece of female clothing that you own and stand in front of the mirror again. This time, take a good, hard, realistic look again.

In front of the mirror, examine your upper torso in relation to your lower torso. You are short waisted if your upper torso is shorter than your lower torso. If your upper torso is longer than your lower torso then you are long waisted.

In front of the mirror, compare the length of your entire torso with the length of your legs. You are long-legged if your torso is shorter. You are short-legged if your torso is longer.
Know Your Body

You are just like genetic women who come in all sizes and shapes. Knowing how to classify your whole-body shape will help you pick the right style clothing. Learn to fit your clothes to your body. Do not try to force your body into any piece of clothes that does not fit.

Curvy
You could be as "curvy" as Mariah Carey, Jennifer Lopez and Monica Bellucci. Their upper and lower torsos are equal in length. A visible indentation can be found at their waistline. If you already have this type of figures, you do not need much help.

Boxy
Many of you are probably classified as "boxy". If you are one of them, your figure is about equal in all direction. What you need to do is to simply create a waistline. Genetic female celebrities with this type of figures are Cameron Diaz, Cher, Cindy Crawford, Elizabeth Hurley and Heidi Klum.

Round
If your upper torso is shorter but broader than your lower torso, you are the "round" shape. If your shoulder is broad and your waist is short, perhaps you do not have a waistline. Genetic female celebrities with this type of figures are Roseanne Barr, Ophra Winfrey, Tina Turner and Whoopi Goldberg. The solution for this type of figure is to wear a larger sized top and a smaller sized bottom.
Know Your Size

If you are a "big-boned" woman, do not worry about it since many stores carry full-figure so you do not have to starve yourself into a bag of bone like Calista Flockhart or Lara Flynn Boyle. Plus, many North American women are size 14 or even larger. Many Asians have smaller frames so myself is a size 10

Learn to measure your natural waist and your back length. Get a friend to help you if you can. You might want to cinch your waist with a tight corset but do not hate me when you start to get uncomfortable after a long day. So, I suggest you to measure your own waist, keep the way it is, start to learn to pad up your bust and hips to create the illusion of feminine figure.

Always wear the dress is that one size smaller than your actual size, that is what many genetic women do as well.

On average, a woman is about two inches shorter than a man.

If you are short, like below 5’6” or 5’7”, then great. If you are 5’10”, that makes you a tall woman, but do not despair. There are many fashion models and female athletes above 6’1”,

Your back is probably broad because your shoulders are larger. The chest of a genetic woman is broader because of her bust. To compensate these differences, you adjust your padding.

I have found that the size chart from Fredericks of Hollywood to be helpful. Check it out.

(http://www.fredericks.com/Help91/Help91,default,pg.html)
Lingerie

Many genetic women rely on lingerie to adjust their figure, and so can you. You need to first find out your waist measurement, bust measurement and hip measurement.

**Waistline**
Wearing a corset can be uncomfortable but even a genetic woman has to learn to get used to wearing a corset frequently. If you are unsatisfied with your current waist, consider a diet and exercise.

**Bust**
You want to look natural so do not go overboard with your bust line. If your bust is too large, you might ruin your passability as a female. Looking natural is very important.

**Hips**
Men have smaller hips but so do some women. You can simply pad up your hips. Make your hips 10 to 12 inches larger than your waist is ideal.
Bust

Bust Measurement
Before you can select the correct bras for yourself, you need to figure out what your chest size and cup size are.

Your chest size can be measured and you can pick any cup size you want. If your chest is 40, you can simply choose to be any cup size - A, B, C or even D.

I suggest you choose a cup size that suits your frame. Pick A or B cup if you have a taller and slimmer frame. Select C or D cup for a shorter and stockier frame. Remember, appearing natural is important. You do not want people to look at you weird.

Types of Bras
I purchase most of my bras from Victoria's Secret and I prefer my bras that hook in the front. You might want to consider those as well because they are so much easier. Go nuts. Check out under wire bras, water bras, full coverage bras, with or without bra straps and more.

I recommend you under wire bras because they can support your breast forms better and make sure your breast forms will not fall out. Many full-busted genetic women usually wear under wire bras as well. This type of bra has a metal or plastic support built into the bottom of the cup to support your breast. Invest good quality under wire bras because they last longer.

Slips & Camisoles
Full slips and camisoles are sized by bust measurement, while half-slips go by waist size (or panty size) and length. This is a no-brainer for choice. Consider slips with slits if your clothing has slits or kick pleats. Please try to coordinate your slip color with your outer clothing and make sure it doesn’t show. Nothing looks sloppier (on a woman or a cross dresser) than to have your white slip showing from under your black skirt.
Breast Forms

You can make your own breast forms or buy them. I recommend you to buy them because I have heard terrible stories about homemade breast forms. The silicone breast forms available in the market these days can look and feel so natural and real to the touch. Silicone breast forms can warm up to your body temperature so you feel they are part of you.

If you wear a low cut bra or low cut swimwear, you risk exposing the breast form. Wear bras and high neck swimsuits that can completely cover your breast form.

The more expensive the breast forms, the better quality they are. If you really want to enhance your passability, do not cheap out on the forms. Also, a pair of good quality breast forms can last much longer than a cheap pair.

Tips:

- A backless long line strapless bra will work with a lot of strapless, low cut back, or halter dresses.
- A halter bra will work with a halter dress but most do not hold forms very securely.
- A regular bra will work with most dresses and blouses.
- Do not use adhesive on forms if it is not needed.
- Remove adhesive from forms after using.
- Try silicone forms in a jiggle bra for some real bounce.
- Wear forms without a bra with adhesive for that smooth look.

Cpmart.com and TheBreastFormStore.com are two of my favorite online breast form stores.

(http://www.cpmart.com)
(http://www.thebreastformstore.com)
Cleavages

You probably have enough loose skin for creating a sexy cleavage. There are online companies that sell special bra-like products that can help you to create cleavage but I kind it to be a bit uncomfortable though. Anyway, a product I can recommend you is called the “The Diva Cleavage Creator” which works like a push-up bra. (http://www.ladylikeshop.com/ddesign.php)

Another most popular method is to use tape to pull your loose skin together across your chest. Use the first aid cloth tape or Dr. Scholl’s back-support tape. The company Johnson and Johnson has this variety labeled First Aid Cloth Tape. The tape comes in several widths. One inch is wide enough for our purposes. A two-inch wide tended to pull the skin the wrong way. Flesh-colored tape is preferred. You also need "second skin" protective spray. This spray is available at drug stores that sell colostomy supplies.

Steps:

1. Spray 3 coats of protective spray onto the underside/outside area around your nipples, drying each coat for a minute or two with a blow dryer set on cool. Cut the tape in half, lengthwise. You will now have a long, skinny piece of tape.
2. Fold the tape in half, and make a 1/4 arc line from the center of the fold to about 2 inches out. Cut along the line and unfold the tape, revealing what should now be a shallow, half-arc cutout in the middle of the tape. This cutout keeps the tape from showing at the lowest point of your dress necklines.
3. Apply the tape, one end at a time, to the outside wall of each "breast", You have to pull the tape quite hard, and simultaneously pull the second "breast" towards the front of your body.
4. Put the tips of you nipples just inside the edges of the cutout arc. You may have to adjust the width of the cutout, based on how much loose skin you’ve got on your upper chest wall.
5. To create the illusion of having more cleavage, simply apply and blend a little dark colored bronzer to the area between your breasts where the cleavage is supposed to be.
6. If you do not have any bronzer handy, try applying a little white powder on the top halves of your breasts first, then apply a dark eye shadow color between them, and blend well.

7. Cover all the tape with bra and breast forms. Make sure no tape shows above the bra. Push-up pads can increase the illusion.

**Some Photo Demonstration**

![Photo Demonstration](http://www.thepinkbra.com/3c0400.html)

A tip on how to pass as a woman in a swimsuit on the beach...

**Amoena Tampa Shirred Bust Tank Mastectomy Swimsuit**

The mastectomy swimsuit designed by Amoena can greatly help you to pass as a woman on the beach. There are other brands and lines of mastectomy swimsuits out there but I find this particular one to be the best of them all.
**Hips & Rear**

You want to have wider hips because wider hips make you look "fertile". The reason is fertility makes you look attractive and therefore enhances your passability as a genetic female.

If your hips are too narrow, you must make them look wider with the use of padding. Many stores sell panty girdles that have pockets for holding pads so you can enhance your passability. Fredericks of Hollywood carries the best selection of such kind of panty girdles.

**Corset**
Corset is a sexy piece of garment that can greatly help you to achieve more femininity. Just like a genetic woman, you also need to find one that fit you right or else it will gives you many problems. A corset should be sized about 4 to 6 inches smaller than your natural waist.

**Waist Cincher**
A waist cincher is generally not as rugged and not as long as a corset. It should also be sized about 4 to 6 inches smaller than your natural waist.

**All-In-Ones**
Brasellettes and body briefers are based on your bust size. You should try to get the longest possible. They are not as stiff and rigid as a corset or a waist cincher and perhaps you will find them to be more comfortable.

**Panty Size**
Panties and briefs are sized differently from dresses. They come in a number size based on hip measurement. Again, I have found that the sizing chart from Fredericks of Hollywood to be helpful.


**How to make your butts bigger naturally...**

Hiding the Ugly Bulge

Hiding your genital is one of the hardest cross dressing skills to master. With your legs wide apart, you can gently ease your testicles into the cavities from which they descended they will disappear leaving only the loose scrotum sack. You need to practice this many times and it probably will cause a little discomfort at the beginning. This technique does not have any long-term detrimental effect such as the ability to get an erection or to achieve an orgasm.

You can also hide your genitals by pulling back your penis between the legs. A strong panty or brief can hold everything in place. However, this will also squeeze the femininity out of your bum. Some special transgender shops sell a device called a "cache sex" or a "gaff". Wearing a gaff is the most common way to hide the genitals. A gaff is a triangular piece of cloth or Lycra that is tied tightly around the hips with a cord and pulled back between the legs. The genitals are tucked between the legs and the gaff holds everything in place.

Here is a special method developed by JoAnn Roberts of CDS that involves taping the genitals with flesh-colored first aid tape. She recommends Nexcare "Absolute Waterproof Tape" but any similar tape will work. When done properly, you could wear spandex tights or even a bathing suit with no hint of a bulge.

Steps:

1. Get rid most of your pubic hair from the testicles and above the penis.
2. Use one 1-inch wide tape.
3. Peel off one 2-inch and one 6-inch strip of tape and place them near at hand.
4. Push your penis back between your legs so that the scrotum is expanded with the testes.
5. At this point, you may need to carefully push you balls into your abdominal area. They may slip out, but just put them back if they do as you do the others steps.
6. Push the testes up into the groin and pull the loose scrotum skin forward.
You should have two loose folds of skin.

7. Release the penis and fold these skin flaps, one over the other, on top of the penis.

8. Place a 2-inch piece of tape over the flaps.

9. At this point, your testes should stay up inside your body now.

10. Go around the entire fold and penis with the longer piece of tape. The result is a sheath of skin around the penis. If you stop here, you can push the penis back between your legs to wear a gaff or a tight panty to keep everything in place.

11. You should now have a tube formed by the skin of the scrotum covered with tape.

12. You will notice a small crease is formed just above the penis. The testes or penis can pop out from this crease, so you will want to close it off. Add two more pieces of tape about 4-5 inches long starting from under the base of the penis, coming up around the sides up to your pubis bone, crisscrossing over the crease. Then place two strips horizontally over the crisscross.

13. Now, gently push the penis up into the tube. You will learn by practice just how tight to wrap the penis with the tape for the penis to stay up inside the tube. Once you have done that, fold the tube inward and put on a gaff or panty girdle. You will have a smooth line through the crotch.

Tips:

- You may also use a tight gaff to hide your genitals. The gaff works well by itself or with the techniques above. Many famous transgendered showgirls use a gaff. Caroline Cossey was one of them.

Other Tricks:

Most of you who live in North American must have seen the Seinfeld 'Shrinkage' episode. When you get out of the swimming pool and you will notice your package become tiny. Everything would be shrunken up and shriveled and the testes could not even be seen. Therefore, just soak your package in a cup of ice water (3 ice cubes) for about 5-10 minutes, then your penis and testes will migrate into those sockets all by themselves. Then, you have to get the panties or a tight gaff on real quick before they fall out, and
they stay.

I would caution that you could probably get your testes frost-bitten, which would be a really, really bad idea. Would probably land you in the hospital, so be careful.

Also, if you use tapes for a casual tuck, make sure the skin is clean, dry, and shaved. No oils. If you use really sticky tape like duct tape, apply a layer of Liquid Band-Aid on the skin where the tape will be.

Check out the following web stores that sells gaffs:

(http://cross-dress.com)
(http://www.transgendered.net/gaff.html)
Pantyhose Terminology

**Fully Boarded Hose** is a process in which the completed pair of hose is put through an additional steaming. The legs are formed into the shape of the leg and once pulled from the package you will see that there is a front and back to the pantyhose. Fully boarded creates a much more comfortable fit especially at the foot and heel section.

**Semi Boarded Hose** goes through a steaming press but the shape of the leg is not evident in the leg. The pantyhose really does not have a front or back and the foot and heel are not formed resulting in just a straight tube like leg. Some hose are flat boarded which you see in this photo where the hose is pressed flat but still in a tube shape.

**Flat Seams** are hand sewn for each pantyhose and this method of seaming the panty portion together creates a much more comfortable fit against the skin and prevents the ever dreaded center seam from showing under clingy outfits. Found in the higher quality range of pantyhose.

**Automatic Seams** are sewn on machines using a full loop stitch. As a result giving you a seam that is round and does not sit flat to your skin. You will find these mostly in reinforced panty styles.
Wearing Pantyhose

Pantyhose usually have a size chart on the package that uses height and weight, but remember that this chart is for women who carry more weight in their hips and legs than men do. Some experimentation is required to find the "right" size.

Putting on pantyhose properly can greatly improve the comfort, durability and performance of the pantyhose. You are in fact wrapping your legs in a knitted product that clings very closely to your skin and is like no other garment because it has to take shape to a very large area of your body. All legs are shaped differently and pantyhose need to be able to fit your legs perfectly to be comfortable for many hours of wear.

Steps:

1. I recommend that you wear cotton or nylon gloves while you are handling any sheer pantyhose. This is your own discretion but we find that most snags and pulls happen while you are putting the hose on. Taking off any rings and or bracelets is a good idea as well. You will gather the leg up to the toe area by either pulling them over your hands or using your index and thumb to gather the hose to the toe.

2. Once you gather the hose to the toe you need to make sure the toe seam is stretched between your thumbs horizontally.

3. Gently place your toes into the toe pocket of the hose making sure you are leaving enough room to prevent squishing your toes. Again, the toe seams must be horizontal across your toes. This will help with the fit of the foot area as you pull the hose over your heel and to keep the hose in line with the rest of the leg without any twisting. When wearing reinforced toe, you will need to make sure all your toes are within the reinforced yarn to fully benefit from the added durability.

4. As you pull the hose past your heels you want to make sure that you are not pulling to hard that your toes are being forced through the yarn. Most runs occur at this point with sharp toenails cutting the fine and overstretched yarn. To help prevent this, you may want to place your foot on the floor with only your toes touching and then pull the hose over your heel. This will keep the hose in place at the toes.
5. Continue to stretch the hose up your calf and to your knee and then stop.
6. Repeat the first step with the other leg by gathering the hose to the toe and keeping in mind that the toe seam has to be horizontal between your fingers. As a side note, please observe the effect of fine hosiery and what it does to the bare leg, wearing better pantyhose always completes an outfit and brings life and elegance to bare skin.
7. Depending on your flexibility you may find that the height in which you pulled the hose on your first leg will vary. You may find it more comfortable to have the hose half way up your calf before gathering the second leg.
8. Once you stretch the second leg to the same height as your first leg you will then start to alternate between legs until you get to your mid thigh. Being cautious with the amount of pressure you place on the yarn is very important and it is very easy to poke your finger through the yarn.
9. Please stand and continue to alternate between legs until the yarn has no more length to it. You may find that the gusset is not extending high enough and you may want to just stretch the upper leg portion of the hose to get that extra few inches. Do not worry about your gusset being too low at this point. Just proceed to put the hose over your hips and to your waist.
10. Change your gloves for a pair of basic latex or rubber gloves. They will need to have a textured palm, not smooth. Starting from the toes you can actually grip the hose by your palms and position the hose upward and around your leg to perfectly position the yarn on every square inch of your legs right up to your waist.
Lingerie Colors

If you can, own as many sets of lingerie as you can. Different colors of lingerie that is. The reason is that a genetic woman owns "lots" and therefore so should you. You need to own at least one set in white, one set in black and one set in nude. Black lingerie can make everything look very sexy and nude is also good when you wear light-colored clothing.

Try to spend money on better quality lingerie if you can. You do not want to spend your evening feeling uncomfortable in your lingerie. I am speaking from experience. Also, good quality lingerie can last much longer as well.

Fredericks of Hollywood has some of my favorite styles of lingerie. They also offer plus sizes if your frames are a bit on the large side. Their products are high class and quite inexpensive compared with other stores such as Victoria’s Secret and La Senza. Not only they are affordable, the quality of their lingerie is excellent as well. Many reputable TG shops sell lingerie designed for cross dressers but they do not offer as many selections.
Clothes Make the Woman

Women's fashions are enormous and changing constantly. You must learn to follow the female fashion trend in order to enhance your passability as a woman. You do not want to look like an American housewife from the 1950's, you want to look Alicia Silverstone or whoever in your mind possesses the most fashion sense. They can be female celebrities, your female friends and your female family members.

Learn to dress within the constraints of your body shape and age. Many cross dressers seem to like the bimbo look of street hookers. Perhaps this can be fun for your mirror, your camera, maybe the Internet but this is not what you want to look like when you are walking down the streets in public.

In this new era, modern women have pretty much thrown away any idea there was considered the right way for them to dress. I am sure you must have seen a lot of genetic females in simple slacks and plain shirts and still be able to maintain their femininity. Because of this, you can create subtle femme touches of a blouse and slacks, and nobody would find out you are actually wearing women’s clothes. However, on the other hand, if you create yourself a high femme look with a short black skirt and sexy stilettos, you risk looking more done-up than many real women on the street. Ask yourself how often you see real women dress up like they are at the night clubs every time you see them. And in that case, you will have people tell you, "No real females would dress the way you do."

It is normal and perfectly okay to not to know what you should wear because even a genetic woman does not know what she should wear even the woman has a giant closet full of clothes. What I suggest you are to play with all the styles and experiment as many different images as you can.

If you do not want to destroy everything you have achieved, be careful with the clothes you choose. "Clothes make the women as well." If you dress like a prostitute, you will be treated as one, but if a whore-like look is what you want in the first place then enjoy yourself. If you really want to enhance your passability, you should prefer to look smart and elegant. If you want to look like a wild girl, you can but you must do it within the constraint. Genetic women
start to learn to dress well at very young age. In order for you to acquire the same skill, you will spend a lot of time and effort by understanding your own body and how different clothes look on your body in front of the mirror.

The clothes on your body will have to suit your personality, your age, your makeup, your hair, your accessories and your occasion. They must all balance each other in order for you to feel comfortable, and most important, enhance your passability. Spend a little more money to find out your personal style.

Find a public environment such as your local supermarket. Do you want to "pass" in your local supermarket? If you do, observe the average female shoppers there. Study their clothes, makeup, hairstyle and accessories. I am sure you do not want to wear a hooker outfit in a supermarket and attract unwanted attention.


Observe, observe and observe.

Learn to create a female personal for yourself. How would you want to express yourself as a woman? I am sure you are smart. But if you have never dressed as the opposite sex before, then you are starting over from scratch. And as with everything else about cross dressing, what works for someone else will not necessarily work for you. Some of the limits to what you can pull off as a cross dresser come from the shape of your body. To some extent, you have to think about what a woman your size and age would wear.
You Need Inspiration & Role Models

I recommend you reading fashion magazines because it is the best way to learn the most up to date clothing styles. Any fashion magazine will do.

If you find a style that you like and think it will look good on you, just shop for it.

At the beginning, many cross dressers will usually want to go for the sex bomb look, such as short skirts, mini-dresses and tub top. After a while, you will find out not all women dress like Kylie Minogue, and you will start looking for outfits that you can wear to the public library or business convention. I recommend you pick up some lady streetwalker gear and maybe try some high-powered businesswoman look.

Do not watch the runway shows on cable TV and purchase exactly what those models wore. The more outrageous stuff may appear on TV, but you will not see too many regular women wearing it. I am sure you are smart and therefore know what I am talking about. Visit as many high-end clothing boutiques as possible if you can. Not to buy anything, buy just to see what they are selling. After that, go down to the thrift stores and cheaper department stores in search of similar threads.

Also, pick yourself a female role model of your own. She could be a genetic woman or a successful transsexual woman, a female friend, a female family member, or a female celebrity. You can pick a role model from where you work, one of the female employees from a store or coffee shop you frequently visit or a female teacher from your school. Study her outfits or their outfits and try to imagine their styles on your body.

As I have mentioned before, women these days have pretty much given up the "right" way to dress. Therefore, you do not have to copy everything your role model wears since many women create their own styles. You can be the pioneer of a new style of your own. There is no law against that. You can create a unique look by taking pieces of existing looks and mix them up. You must have seen young genetic girls who have yuppie look with some punk touches. Try to create your own combination because it is fun.
Styles

It is normal for a genetic woman has at least one or a few fashion mistake somewhere in her closet. Therefore, it will be normal for you. A fashion mistake can be a very expensive outfit she purchased and only wore once or twice or even never. It could be a relic of a passing fad that disappeared and left its ugly residue in her wardrobe. It will even be a whole collection of bad judgments and poor choice of selections. Anyways, my point is you should not judge yourself too harshly if you pick a few wrong styles. Remember, you are still new in this.

After you have been doing this for a while, you should start to become more conscious of different manufacturers, designers and brands. You can learn the sizing system and fit of each maker over time, so you can tell the difference between labels that means "Please try this on," and one that means, "Not for me." If you try on three dresses from a particular store and find they fit great but do not like their colors, make a note of the brand names printed on the labels. Next time you see those brand names somewhere else again, you will know those clothes are very likely to work for you.

There are four styles: Dramatic, Classic, Romantic, and Casual.

- **Casual.** No nonsense dressing. Jeans and tee tops. Slacks and loose fitting blouses.
- **Classic.** Tailored and structured, timeless. Conservative, but never go out of style, like a blue blazer and grey slacks. If you like the career look of an executive, administrator, or manager, that is Classic style.
- **Dramatic.** High fashion. You probably think dramatic clothes can only be worn by tall thin people. Not so. Dramatic is a feeling. Are you ambitious? Do you like fast cars? Would you like to be the powerful woman executive who travels the world? That is Dramatic style.
- **Romantic.** Ruffles, lace, and frills, ultra-feminine. This is a very difficult look to achieve well, even for genetic women. Romantic is only acceptable for special occasions. Romantic is never appropriate for a work environment.
Manufactures & Sizes

If you ask a genetic woman what her dress size is, she probably will not be able to provide you a certain answer, perhaps just an estimate. The reason is that different dressmaker makes different number on the tag on the back of the dresses even the dresses are really the same size.

Also, I am going to help you with some confusion about the way department stores label female clothes.

✧ The "Petites" section is not for slender women, it is for short women. Anyone up to give feet four, including some fairly clubby people, can shop in Petites.
✧ The "Women's sizes" section is for larger women, based on weight but not height. And some manufacturers specifically make clothes in sizes aimed at women who are tall but slender to average.

Too Tight
If clothes are too tight on your stomach, thighs or butt, then you're facing the same problem as many women. But if they pinch your shoulders or hang low on your hips, then that would your male shape at work. Some outfits may also be too pouchy in areas where a woman would have more to offer, like the chest or hips.

Make your body your friend, not your enemy. But like all friends, your body may have traits that would inconvenient you.

Draw Attention
Wear attention-getting fabric over the particular body part where you want to draw attention. For example, try stretchy or for-fitting fabrics, bright colors, or shiny stuff. If you think you have great butt and would like to show it off, try a leather skirt.

✧ If you want to draw attention away from a particular body part of yours, then just simply wear something less-eye catching.
✧ If you are a girl more on the heavy side, I recommend you wearing a ticker fabric because it hangs away from your body and has a shape of its own.
Thin fabric tends to hang limply on you.

✧ If you are tall, watch out for sleeves that do not come all the way down your arms. If you are short, never wear big Renaissance dresses.

**Have Big Shoulders?**
Minimize the size of your shoulders by taking the shoulder pads out of dresses and jackets. Also try to find outfits that are loose around the shoulders and tighter in the waist. For example, try t-shirts, scoop-neck blouses and etc. Use necklaces, ribbons, scarves and chokers to distract from your shoulders.

**Have a Boyish Figure?**
Do you have a boyish figure? There are many genetic women with boyish figure such as female celebrity Mischa Barton. You just need to fill those hips to enhance your femininity.

If you are really hipless, a fathered or full skirt can help you. These are skirts with stitching or elastic that can create volume around your waists. Think about the skirts Marilyn Monroe used to wear. They can help you to create a very hourglass figure. Pleated skirts can do the same. They all can add volume to your butt and hips.

If you wear the skirts above, then wear a thin top to create a contrast. This will maximize the volume of your butt some more.

A large belt at your waist can create the impression of voluptuous curves. Many genetic women like wearing them as well. A two-inch wide belt can really make a big difference.

**Have a Tummy?**
If your belly sticks out in your favorite dress, do not be ashamed. Many genetic have tummy fat as well and if you cannot get rid of the fat on your belly through liposuction or diet and exercise, there are ways to camouflage the shape of your waist.

Avoid dresses and stick to skirts and blouses because this way you can choose blouses that are much larger than your skirt. If you have a nice butt and a pair of great legs and want to show them off, then highlight them with
short skirt. Avoid exposing your waist or tucking in your top. Let your top hang down over the waistline of your skirt. Avoid belts.

Another method to shape your waist is to wear empire waist dresses. An empire waist dress has a seam right under where a woman’s breasts should be, and then the skirt hangs down from there. It puts the divide between the top and the skirt a few inches below your armpits and obscures your real waistline. It also gives you a nice hourglass shape without forcing you to have a waist. A lot of thrift stores have them.

If your belly is too noticeable, avoid those straight up-and-down silhouette dresses. Avoid anything that clings tightly to your belly, especially something if the thing is loose around your tights and butt.

**Color**

Wear clothes that flatter your complexion. If your skin and hair are light, wear more bright blue or other sharp color. If your skin and hair are more golden tone, wear more browns, yellows, or muted colors. Try on as many clothes as you can in order to get a good sense of what colors work for you. Match your makeup styles as well.
Shopping without Fear

It is easy to say that you have to try on many clothes in order to figure out your styles and sizes, but are you really brave enough to walk into a woman’s clothing store to do that?

Try on clothes that belong to your sisters, mothers, wife, girlfriends or female friends. You can buy clothes via mail-order catalogue. Thanks to modern technology, clothes can be ordered off Internet. There are also many special websites that sell clothes to cross dressers. Many of them offer pointers on measurement and sizing. By the way, some retail store offers "virtual mannequin" so you can input your sizing information, the machine will give you suggestion.

Thrift stores general welcome cross dressers because we bring them lots of businesses. Many thrift stores even help cross dressers to figure out sizes and styles. However, I cannot guarantee you will have a positive experience in your local thrift store. You must go in there and talk to them and find out.

If you are really scared to walk into a female clothing store to try on clothes, then I suggest you wait for Halloween. Think about this. Halloween is the only time of the year that you will not attract attention either shopping for female clothes, or wearing them.

Another method to try on women's clothes is to go to a department store such as Sears or JCPenny. There are sections where they sell clothes for both men and women. Just sneak women’s clothes into men’s dressing room and try them on there.

If you have a female partner to help you, it will be so much easier. Get her to go to the store with you, buy them for you and have her provide you with suggestions and advices.
Some Basic Things

Here is a list of basic stuff that will never run out of styles and you should have them in your closet. This list is to give you an idea of what you should have but it is up to you.

✧ A baby doll
✧ A bracelet
✧ A business suit
✧ A cardigan
✧ A chemise
✧ A choker
✧ A cocktail dress
✧ A cocktail dress
✧ A corset
✧ A few blouses
✧ A few G-strings
✧ A few pairs of bras
✧ A few rings
✧ A few stockings
✧ A few thongs
✧ A gown
✧ A halter top
✧ A hat
✧ A jacket
✧ A jumpsuit
✧ A long skirt
✧ A loungewear
✧ A necklace
✧ A pair of denim
✧ A pair of earrings
✧ A pair of high heels
✧ A pair of leather boots
✧ A pair of leather gloves
✧ A pair of over-sized sunglasses
✧ A pair of pumps
✧ A pair of runners
✧ A pair of sandals
✧ A pair of sandals
✧ A pair of slacks
✧ A pair of slippers
✧ A pair of suit pants
✧ A pair of sweat pants
✧ A pajama
✧ A pendant
✧ A robe
✧ A scarf
✧ A set of bikini
✧ A short skirt
✧ A silk blouse in any color
✧ A sweater
✧ A sweater dress
✧ A tank top
✧ A teddy
✧ A T-shirt
✧ A tub top
✧ A turtle neck
✧ A watch
✧ An one-piece swimwear
✧ An over coat
Shopping Guide

The following material has been put together to help you on how to select the best look in clothes for your body shape and size.

Of course, it would take an encyclopedia to list and show every style of dress and its variations. That’s well beyond the scope of this book. You should start buying some of the fashion magazines. Two I would suggest are Allure and Glamour.

For reference, standard measurements for garment sizes are:

<table>
<thead>
<tr>
<th>SIZE</th>
<th>FEMALE</th>
<th>MALE</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Hips</td>
<td>Waist</td>
</tr>
<tr>
<td>X-Small</td>
<td>32&quot;-34&quot;</td>
<td>22&quot;-24&quot;</td>
</tr>
<tr>
<td>Small</td>
<td>35&quot;-36&quot;</td>
<td>25&quot;-26&quot;</td>
</tr>
<tr>
<td>Medium</td>
<td>37&quot;-39&quot;</td>
<td>27&quot;-29&quot;</td>
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<tr>
<td>Large</td>
<td>40&quot;-41&quot;</td>
<td>30&quot;-31&quot;</td>
</tr>
<tr>
<td>X-Large</td>
<td>42&quot;-43&quot;</td>
<td>32&quot;-33&quot;</td>
</tr>
</tbody>
</table>

Or, the unisex conversion chart on Fredericks.com is also helpful.

Unisex Conversion Chart
(http://www.fredericks.com/Help91/Help91,default,pg.html)
Take a look at the following suggestions, combine them and then translate them to your fashion look.

**BROAD SHOULDERS**

*Recommended:*
- √ Dolman sleeves
- √ Drop shoulders
- √ Raglan sleeves
- √ V-neck

*Discouraged:*
- ✗ Boat necks
- ✗ Padded shoulders
- ✗ Puff sleeves

**NARROW SHOULDERS**

*Recommended:*
- √ Diagonal lines from shoulder to waist
- √ Halter-tops
- √ Padded shoulders
- √ Small collars

*Discouraged:*
- ✗ Bulky fabrics
- ✗ Turtlenecks

**LONG WAISTED**

*Recommended:*
- √ High-waisted slacks
- √ Layered look
- √ Skirt lengths just below the knee
- √ Wide belts

*Discouraged:*
- ✗ Hip-hugger pants
- ✗ Low-slung belts
SHORT WAISTED

Recommended:
- ✔ Low-slung belts
- ✔ Over-blouses falling to inseam
- ✔ Pants which ride low on waistline

Discouraged:
- ✗ Belted over-blouses
- ✗ Short jackets or blouses
- ✗ Wide belts

THICK WAIST

Recommended:
- ✔ Chemise dresses
- ✔ Dolman sleeves
- ✔ Hip-slung belts
- ✔ Long tunic over skirt
- ✔ Loose waistlines
- ✔ Vests

Discouraged:
- ✗ Pleated or gathered skirts
- ✗ Wide belts

SMALL WAIST

Recommended:
- ✔ Belts - any kind/style
- ✔ Waist accents

Discouraged:
- ✗ Unbelted dresses
FULL BUST

Recommended:
✓ Chocker necklaces
✓ Long-sleeved blouses
✓ Loose fitting tops
✓ Open necks
✓ V-necks

Discouraged:
✗ Patch pockets on shirts
✗ Puffy sleeves
✗ Tight ribbed knits
✗ Tube tops

SMALL BUST

Recommended:
✓ Brightly colored blouses
✓ Flowing blouses
✓ Horizontal yokes
✓ Padded shoulders

Discouraged:
✗ Tight shirts

SHORT NECK

Recommended:
✓ Hanging pendants
✓ Open collars
✓ Scoop necks
✓ V-necks

Discouraged:
✗ Cowl necks
✗ Layered look
✗ Turtlenecks
LONG NECK

Recommended:
✓ Boat neck
✓ Cowl necks
✓ Layered look
✓ One-shouldered dresses
✓ Scarves and jewelry at neck
✓ Turtlenecks

Discouraged:
✗ Peter pan collars
✗ Scoop necks

SMALL BODY

Recommended:
✓ Long sleeves
✓ Medium width belts
✓ One color head-to-toe
✓ Pleated skirts (linear lines)
✓ Simple linear designs
✓ Slacks
✓ Vertical stripes

Discouraged:
✗ Bulky fabrics
✗ Horizontal stripes
✗ Large, busy patterns
✗ Many colors at one time
✗ Pegged pants
SHORT LEGS

Recommended:
  ✓ High-heeled shoes
  ✓ Mid-calf length skirts and dresses
  ✓ Solid colors
  ✓ Vertical stripes

Discouraged:
  ✗ Busy prints or plaids
  ✗ Hip hugging pants
  ✗ Pegged pants

HEAVY LEGS

Recommended:
  ✓ Boots
  ✓ Dark colored shoes and stockings
  ✓ High-heel shoes
  ✓ Just below the knee skirts and dresses
  ✓ Straight-leg slacks

Discouraged:
  ✗ Shoes with straps
  ✗ Short skirts
  ✗ Tight pants

SMALL HIPS

Recommended:
  ✓ Chemise dresses
  ✓ Over-blouses
  ✓ Pleated, gathered skirts

Discouraged:
  ✗ Hip-hugging pants
  ✗ Tight skirts
LARGE HIPS/THIGHS

Recommended:
✓ Dark colored hose/shoes
✓ Dark colored skirts and dresses
✓ Long tunic over skirt
✓ Single colored outfits

Discouraged:
✗ Brightly colored or plaid skirts or pants
✗ Gathered skirts
✗ Horizontal stripes on skirts/pants
✗ Large, busy patterns on skirts/pants
✗ Pants with back pockets

As you experiment, you will become more confident. And, most importantly, confidence is the real key to any successful fashion look.
Typical Problems

The following is a collection of hints for body parts with I consider typical problems for cross dressers:

- Broad chest – dark colors on top, v-necks, raglan or Dolman sleeves.
- Broad wide shoulders – Un-constructed shirts & Jackets, dropped or raglan shoulders, narrow lapels, halter necklines, low necklines.
- Heavy arms – Raglan, kimono, Dolman sleeves, very long sleeves without cuffs.
- Lines in neck or large Adam’s apple – Wear scarves or high collars.
- Long or thick neck – jewel necklines, hair low on neck, high neckline.
- Thick waist – Chemise, drop waist dresses, Chanel style jackets, blouson style dresses, narrow belts same color as outfit.
Weight Control

Here are my tips for actually controlling and losing weight. The real key to any diet is being consistent. You must these tips and any other ones you use to heart. Perhaps not all of these tips are for you, but try to implement the ones that work for you. Perhaps the others you do not use might aid you in developing some new ones of your own. Here is a list of some of my best:

✧ Chewing your food. A big part of getting all the nutrients as well as maintaining a good digestive system, is completely chewing your food.
✧ Discover healthier treats that you actually like. Substitute those as much as possible for the higher calorie or fatty treats.
✧ Drink diet soda instead of regular if you can stand it. If not, stick to water. One can of soda has 150 calories compared to zero in diet soda or water.
✧ Drink fruit drinks. Tomato juice or mix orange juice and cranberry, add some apple juice and add crushed ice, to a large glass.
✧ If you are planning a big meal or going out to eat, before hand have a small healthy snack like an apple or a hand full of fat-free pretzels. This will take the edge off your hunger and help you resist overeating.
✧ Just because food is free or comes on your plate does not mean you have to eat it all. Every notice how most people pig out at events where the food is provided or at a restaurant? They have a large portion when they would normally have only a regular sized one or have a piece of cake when normally they do not eat dessert. This can really sock it to you in the waist. Take your time; pick what you really want to eat and stop when you are full. Most restaurants do provide doggie bags.
✧ Keep only healthy snacks around at home and at work. If you are going to a party where you think there will be no snacks that you can fit into your diet, offer to bring one and then just make it a healthy one you like. By doing these things you should never find yourself in a situation with only "bad" snacks.
✧ No (or minimal) carbohydrates after 2:00 PM. Carbs play a key role in burning off fat. However, after 2:00 PM, they rarely have enough time to "break down" before you hit the sack. Thus, they have a habit of becoming "love handles", if I do not manage them correctly. Try to stick to "protein" in the afternoon and evening, for example, egg whites, chicken, canned tuna, etc.
On occasion treat yourself to something you know is bad for you, but you love. When you do be sure and at least make it worth it. Do not waste your treat on low-grade chocolate or some crappie store bought cookies. Have an imported chocolate or a real home baked cookie. It will make the experience much more worthwhile. Also by doing this on occasion you will “let off steam” and not feel like you are always deprived.

 Portions are crucial. Learn to eat like a little girl. The key to weight loss is to not get full.

 Remember that low fat does not always mean low calorie. Two classic examples are some of the fat free candies and salad dressings. Take a look at the back of some of the packages for an unpleasant surprise. Really examine a product that claims to be low fat before you buy it to avoid making costly mistakes.

 Salads. Order your dressing “on the side” and dip your fork into the dressing before filling your fork with lettuce. You will get the flavor you are after, but only consume about a fifth of what you would normally put on your salad. It will feel a little “light” at first, but you will get used to it. Just think about that hot sexy bathing suit you would love to put on.

 Taking the stairs instead of the elevator, not worrying about getting the closest parking space, using the bathroom on a different floor at work and taking a walk at lunch are just a few examples of how you can increase your daily activity level. By themselves they will not do much, but it all adds up. Notice that none of these activities take any real time.

 There are plenty of low calorie/low fat products out there; the trick is to find the ones you can live with most of the time. I have grown to appreciate a good garden burger and most of the time will have that or grilled chicken. On occasion though I still treat myself to a real burger, but not too often. Big calorie savings can be found by using the right condiments. Mustard or even ketchup instead of mayo or forgoing the butter on vegetables or bread will net you big time savings.

 Water. Nothing will get you losing weight faster than drinking water. Keep them all over the house, such as at your work area, in the kitchen, next to your bed - and take a "swig" - every chance you get.

(http://www.fatburningfurnace.com)
Diet Plan

I have tried many approaches to dieting. And during that time I have learned and realized a very important lesson: different diets work differently for different people. There is no such thing as a "one size fits all" diet. I know what works for me, not for anyone else. And this is true for everyone. One of the most important things you can learn is to know your body, understand what works for you as an individual. It is basically a process of trial and error. It took me many years of experimenting before I found the right diet for me. I basically follow a modified 40:30:30 diet (protein: carbs: fat) with more protein than carbs. Everyday, these ratios changed slightly. I do not like to follow a certain ratio too strictly. By keeping my diet variable, my body does not have a chance to adjust. Understanding my genetic limits, I know what I can get by with what I can eat and what I cannot.

Suggestions
There is definitely nothing wrong with trying out different diet plans. I actually encourage it. Just because one diet does not work for you does not mean you should quit trying to lose weight altogether. If nothing else, dieting teaches you discipline. Whenever you start a new diet plan, you should pay attention to how it makes you feel. Try to write everything down in a log book. For example, try the South Beach Diet for 6 weeks to see if it works. Then, switch to the Atkins Diet for six weeks and see how it compares. The main thing you need to remember is discipline and consistency. But you have to stick with a program for a minimum of six weeks if it works for you. Two or three weeks is not enough for your body to adjust to a new diet. You have to train your body to stay at a lower body fat level, especially if it's a new level that it hasn't been accustomed to before.

Bingeing
I definitely have a sweet tooth and have a soft spot for candy. My body craves sugar but I also know that sugar makes me chunky. Once again, consistency is the name of the game. I eat "clean" about 75% of the time. Since this can be really tough, I give myself little breaks here and there. Do not be afraid to splurge once a week, maybe on the weekend, and eat something sinful. It will help keep you honest for the rest of the week. Not only that, it will help preventing your body from falling into a regular pattern.
Water
In order to stay in tip top condition, proper hydration is definitely required. Water is an absolute must. For me, I drink about a gallon and a half of water a day. It does not matter where I am, I always have water handy and nearby. I keep it next to my bed so that I can drink from it in the middle of the night. I have bottles in my car, and in my gym bag. Basically wherever I am, I have water.

Protein
I definitely eat protein with every meal, whether it is chicken, turkey, tuna or a protein shake. My favorite is Sci-Fit's Chocolate Whey. Instead of taking the whole bottle, what I do is to spoon out measured amounts of protein into little plastic bags and take them with me wherever I go. That way, I can be sure to get a lot of protein. I usually want at least 1g of protein per pound of bodyweight. Women need more protein because without adequate amounts, their bodies will eat away lean mass, especially when they diet. And with less lean mass, your metabolism slows down.

Supplements
Supplements can definitely make a big difference. I would strongly suggest it for people who are serious about sticking to a weight-loss program. Go with what you feel comfortable with. MuscleTech has an effective formula called HydroxyCut, which works better for women because it does not have ephedra in it. Remember, stick to a program for at least six weeks. Do the cardio. Hit the weights. Be consistent and fat burners will work even faster. In addition to these fat burners, I also use plenty of whey protein and a good multivitamin. In terms of snacks, my favorite is the Joy Ride Bar from Designer. This bar packs a lot of protein, little carbs, and a little fat. For women who want a little more lean mass, I’d also recommend Creatine Chews. It has plenty of creatine and tastes like candy.

Nutritional Habits
Below are a few basic principles I incorporate into my daily nutritional plan.

✧ Eat every 3 hours.
✧ Drink 1 gallon of water per day.
✧ Cheat Meal once a week.
Limit intake of fats from butter/margarine, mayonnaise, cooking oils, lard, red meat, whole eggs, whole/low-fat milk, cheese, and nuts.

Limit intake of refined carbohydrates like bread, bagels, rice, rice cakes, pasta, baked goods, etc.

**Macronutrient Sources**
Below is a listing of the kinds of foods I like to eat and that I incorporate into my daily nutritional plan.

**Protein Sources:**
- Egg whites, skinless chicken breast, skinless turkey breast, fresh fish, tuna in water.

**Carbohydrate Sources:**
- Starchy Carb Sources: oatmeal (old-fashioned not instant), potatoes, sweet potatoes, brown rice, pasta, corn, lima beans, kidney beans, peas, lentils and other legumes.
- Fruit Sources: apples, apricots, bananas, cherries, grapes, grapefruits, plums, raisins.

**Vegetable Sources:**
- Asparagus, broccoli, celery,
- Spinach, green beans, zucchini, and other salad vegetables.

**Fat Sources:**
- Flaxseed oil, olive oil, natural peanut butter, and almonds.

(www.thedietsolutionprogram.com)
Beauty Food

The following is a list of food that I would recommend you to eat every day in order to look pretty and maintain good health.

✧ Apple Cider Vinegar - Besides having amazing healing properties, apple cider vinegar keeps skin supple. It's heavy concentration of enzymes helps peel off dead skin cells. It breaks down fat and helps food digest properly.
✧ Carrots - Maintain the outer layer of the skin to prevent premature aging. What you'll find in is the same as you'll get in Retin A.
✧ Cheese - To ensure a happy smile, add a slice or two of hard cheese into your diet. Choose Swiss, cheddar, or gouda to block bacteria in the mouth and prevent cavities.
✧ Citrus Fruits - Hold the skin cells together by forming collagen. Collagen cannot be added to the skin topically, which is why fruits and fruit juices are such an important part of the daily diet.
✧ Cranberries - Keep urinary tract lining healthy.
✧ Dairy - At least two servings daily. A serving would be eight ounces of milk or yogurt.
✧ Fats - Salad dressing, cooking oil, butter, and mayonnaise should be limited to two servings a day.
✧ Fruits - Two to three servings daily. A 1/2 cup of chopped or sliced fruit is a serving.
✧ Garlic - Helps combat wrinkles and restores tissue.
✧ Meat - Have no more than three 3 ounce servings a day. Cut off all fat. Try to make two servings of turkey or chicken. One serving of fish a day is ideal.
✧ Nonfat Yogurt - High in calcium, which keeps your smile white and your teeth cavity-free.
✧ Sweet Potatoes - Vitamin A is known to be a remarkable anti-wrinkling agent. Sweet potatoes are full of this important vitamin. The pleasing result is clearer, smoother skin.
✧ Tomatoes - These "love apples" will keep you loving your skin. Tomatoes are rich in vitamin A, vitamin C, and potassium.
✧ Vegetables - Three to five servings daily. Try to include one serving of raw, leafy greens.
Wheat Germ - If you want to get rid of pimples quickly and efficiently, make sure to include two or three tablespoons a day in your diet. Add it to cereal, yogurt, and cottage cheese.
Feminine Footwear

Buy women's shoes can be difficult for a crossdresser. It is also very difficult to judge women's footwear by size alone because of the variety of styles and shapes. Most shoe stores only carry up to size 11 or 12 for women's shoes, so you have to spend some effort to look for sizes above 12. There are stores that are specifically catered to cross dressers carry sizes larger than 12. You may buy shoes online and try them, if not fit, replace them again and again until they fit. It is hassle I know but that is if you are scared to walk into a lady's shoe shop.

If you are already very tall, you should still enjoy wearing high heels without worrying whether people will view you as a woman from the Amazon. There are lots of genetic women over 6 feet wearing high heels and still look stunning.

Besides high heels, there are beautiful women's shoes with no heel or with small heels to speak of. Consider flat sandals. I love open-toed sandals with ankle straps.

To find right size for you there is a rule. If you know your man's shoe size, add at least one full size or one and half size to it. Also, you need a wide or double wide. Therefore, a man's nine and half becomes ten and half wide. As for the heels, whatever that makes you comfortable.

As for the colors of the shoes, everyone agrees that black is a very versatile color, and it goes with everything. You may also consider other colors like white, pink, red and yellow. Use your imagination. Try to coordinate the color with the color of your outfit and makeup as well.
Walking in High Heels

Men often think that high heels make the wearer's butt stick out and wiggle. They do. High heels can naturally push a woman's butt outwards. Even if you try to hold your butt on, it will stick out for sure. Sticking out your butt is what you want. As I mentioned before, you want to look fertile. However, you do not want to stick your butt out too far because it will look weird and probably will hurt your neck. You should tuck your pelvis forward, so your butt rolls down and then forward in a graceful arc. Relax your shoulders and sit directly over your pelvis. Once you have aligned your shoulders and your pelvis, keep your head up. Look above your normal eye level and keep your neck relaxed.

When you are ready to walk, try to imagine your legs as a pair of scissors. Try to keep them straight and move them parallel to each other. Put down your heels first and then your toes. Those heels will take your weight so do not worry. Take very short steps at the begging. When a genetic girl started learning walking in heels, it also took practices. So, practice.

Steps:

1. Step with your heel down first, and then let the sole follow quickly and smoothly.
2. Walk with your toes pointing straight ahead or as close to straight ahead as possible.
3. Swing your arms as you walk for balance.
4. Keep your legs straight, close and parallel.
5. Take smooth, even steps; consider shortening your stride a bit.

Tips:

- Avoid walking on ice, slush, mud, grass, sand, gravel and grated surfaces, on which you can slip or sink. When in doubt, take off your heels and carry them across such questionable surfaces in your bare feet.
- High heels force more of your weight onto the ball of your foot and men tend to weigh more than women. Therefore, it can be hard for you to wear spike heels without suffering a little pain. Even a genetic girl on the heavy side has to suffer so do not despair.
- Learning to walk in high heels is mostly a matter of practice.
- When climbing stairs, make sure both sole and heel land together firmly and simultaneously on each step. When descending stairs, only the sole of the shoe needs to be planted on each step.
- While high heels can make your legs look better and longer, they can also wreak havoc on your feet, especially when worn regularly over long periods of time.
Accessories

Even a genetic girl does not feel complete until she has earrings, necklaces, bracelets, finger rings and purses.

Buying these types of items inside a shop can be easy for you because you are expected to purchase accessories for the "woman" of you life.

Scale
One of the best ways to draw attention to and from various parts of your body is by using accessories such as jewelry and scarves. When you decide on an accessory, keep everything within the same relative proportions as your physical size. You will look strange if you wear a pair of small pearl earrings if you are 6 feet tall and a size 17. Even large genetic women should wear large earrings, large bracelets and rings and carry large purses. The right accessories can help you to complete your outfit.

Earrings
It is acceptable in many social circles for a man to have one pierced ear, but having both ears pierced still raises some eyebrows. Both of my ears are pierced and no one ever said anything.

You can get your ears pierced in the mall. There is usually at least a female accessory store that offers ear-piercing service for a small fee in each one of the malls. Ear piercing is achieved with a small "gun". If you want to be able to wear bigger earrings, you can tell the piercer to make the holes bigger. He or she knows what to do.

If you are not "out" as a cross-dresser, getting your ears pierced may arouse suspicion. Pierced ears are almost impossible to hide, and so are many other types of body piercing. However, what you can do is to get your ears pierced with the smallest starter studs, and then pain the studs with flesh-colored nail polish. It was months before anyone noticed she had gotten earrings. Eventually, after your ears heal up, you don’t have to keep studs in your ears all the time, but there will be noticeable holes.
If you absolutely cannot get your ears pierced, try clip-on earrings. There are many nice varieties of clip earrings available in store or online. If you see a pair of pierced earrings that you just must have, most craft stores sell clips to convert pierced earrings. Besides clip-on earrings, you can also consider magnetic earrings, which use magnetism to hold the earring and backing together.

You should at least own three pairs of earrings. Get one very plain gold-toned pairs, one jet-black pair and one rhinestone pair. By the way, rhinestone earrings are always reserved for eveningwear.

**Finger Rings**
Ring sizes are the same for both men and women. However, most women’s rings are no larger than a size 9, which is probably too small for the average cross dresser. You can still wear these rings by cutting through the bottom of the shank and spreading the ring.

**Bracelets**
Since I have been blessed with small frame, finding the right size bracelets has never become a problem for me. For some of you, it will probably be difficult. You have to look for them hard. There are online special TS shops that have large bracelets designed for cross dressers.

**Wrist, Ankle & Neck Chains**
Unless you are very petite, most pre-made chains are probably too small for you since they are all made for women. The solution is to have your chains made. There are online vendors who can do that for you. Just measure your wrist or ankle, add half an inch and tell the vendor of your choice. Or, there are online special TS shops that carry larger chains for cross dressers.

**Watches**
A women’s watch band will be too small for some of you. You can purchase a replace band and replace it because replace bands can come in extra long lengths.
**Purses & Handbags**
Different style of purses suits different social situations. You do not want to carry a purse to clubbing that a genetic woman would take to a wedding.

The difference is in the strap. A clutch purse comes without strap and tends to be a smaller item that you use to carry just a few belongings. You could use a clutch purse at a formal event when you are not likely to put it down for any length of time. Some clutch purses look almost like wallets, but there are some clutch purses with straps. But if you’re looking for a handbag that you can carry around all the time, get one with a good strap and a lot of compartments.

Also, try to match your purse to your outfit. A clutch bag in black leather or black patent is a good choice for evening. A shoulder bag is good if you feel awkward about what to do with your hands. You will find that one hand just naturally rests on the bag.

**Belts**
Black patent goes with everything. At least get yourself a one-inch wide leather belt in a basic color and a two-inch wide leather belt that are embossed to look like alligator or crocodile.

**Glasses**
You can enhance your appearance with the right eyewear. Selection should be based on knowing what shapes are best suited for your face.
Tattoo or Temporary Tattoo

If you are younger and a bit on the wild side, I suggest you get a feminine style tattoo or tattoos like those of Angelina Jolie or Pamela Anderson. A pretty tattoo can enhance your look. You can consider permanent tattoo or temporary tattoo. If you do not want to have inks permanently embedded in your skin tissue, I recommend you those adhesive tattoos. I own many of those. From barbwire armband tattoos, ankle/wrist band tattoos, belly button tattoos to Asian character tattoos.

If you are not sure what kind of adhesive tattoos you should try, pay attention to the tattoos some of the current hottest female celebrities wear. The following site can assist you.

(http://www.vanishingtattoo.com/top100_women_tattoos.htm)

Some "inks" on the surface of your skin will make you look desirable. Check out the following online stores that carry wide ranges of adhesive tattoos.

(http://www.tattoostock.com)
(http://www.tattoosales.com)
(http://www.tattoofun.com)
(http://www.naturalexpressions.org)
(http://www.tattoofashion.com)

Also, what can make a tattoo more feminine looking is the placement on your body. A lower back or hip tattoo will make almost any woman look even more feminine. Even a nautical star done in pink placed on a woman’s hip will look very delicate and feminine. Other examples are butterflies, hearts, flowers, wings and angels. There are just too many small feminine tattoos that can work very well in these areas. Therefore, I recommend you small feminine tattoos instead of big tattoos, but it is up to you.
Bad Breath

Having bad breath is embarrassing, especially for a female. Women are less likely than men to have bad breath. Try to cure it.

The bacteria that produce the waste products responsible for causing bad breath inhabit the dental plaque that accumulates on teeth, both at and below the gum line. Diligent brushing and flossing is needed so to effectively remove this plaque and also minimize the amount of food debris found in the person's mouth that can be used as a food supply by these bacteria.

This also means that it is important for you to clean your mouth properly, especially after eating foods that are high in protein content. This is because even after you finish a meal, particles of food still remain in you mouth. Much of this food debris ends up trapped between you teeth and also in the coating found on the posterior aspect of our tongue. Since these are precisely the same locations in which the anaerobic bacteria that cause bad breath live, by not cleaning thoroughly a prolonged food supply is provided for these bacteria.

If your bad breath persists, even after a period of following all of the tips and suggestions we make on these pages, you should schedule an examination and cleaning appointment with your dentist so you can discuss your problems with them.

The following online resources can help you bad breath free:

(http://www.thebadbreathreport.com)
(http://www.banishbadbreath.com)
(http://www.therabreath.com)
Female Pheromone

Produced when sweat, human pheromones generate a subtle scent that can be detected by an unsuspecting person via his or her Vomeronasal Organ located in the nose. This chemical signal is transmitted to the part of the brain that triggers the feeling of sexual attraction.

An ABC News article from March 21, 2003, cites a San Francisco State University study on pheromones which concluded, "women who had pheromone added to their perfume reported a more than 50 percent increase in sexual attention from men: they were involved in more sexual intercourse, kissing, heavy petting, affection, and slept closer to their partner or date."

This is just one example of many such human pheromone studies, not to mention the hundreds of studies conducted on the role of pheromones in various animal species. Time and time again, science has proven the significance of pheromones in human behavior and sexual attraction.

Because of difference in body chemistry, genetic women are able to generate their own female pheromone in order to increase the possibility of men desiring them. Since science has proven that pheromone can help attract the opposite sex, you can too. By wearing female pheromone, you may increase your passability as a genetic female.

Androstenol is the female pheromone that women emit to attract men. Athena Institute, a biomedical research facility, funded in 1986 by Dr. Winnifred Cutler, has developed several pheromone products, one of them is called Athena Pheromone 10X for males for attracting females. Another one of them is called Athena Pheromone 10:13 for females. Check it out at (http://www.athenainstitute.com).

Also, check out the following stores:

(http://www.pherlure.com/orderf.php)
(http://www.thebreastformstore.com/Pheromones.aspx)
(http://www.female-pheromone.com)
A Feminine State of Mind

Most of you usually spent a lot of time and effort on your external appearance. Now it is the time for you to divert effort on your self-image. This will enhance your passability as a female, including your behavior. Keep reminding yourself that you are a girl. Think, "I am a girl, I am a girl."

About whether feminizing hormone can help you to achieve a feminine state of mind, some people I know in life that use feminizing hormone report that they affect their psychological state of mind and make them be more feminine. I do not recommend you using hormone. You must consult with a physician if you seriously consider them.

Keep in mind that most genetic women are naturally more vulnerable than men — both mind and strength. If you want to think like a woman, try to think vulnerable. Imagine if you go to a dangerous alley, you will get assaulted and raped.

Observe both men and women in the public place. Compare their behaviors and figure out what are desirable and what are undesirable. Then look at yourself, and change your own behavior by avoiding undesirable behaviors in the future.

Soon or later, your thought processes will begin to become more feminine. Your behavior will natural, real and sincere.
How Women Behave

Most people see what they expect to see, so if you appear to be a woman, albeit with a large foot or a high, flat butt, they will still think you are a woman if you do not give yourself away.

Women do move in ways that are different from men and that difference is due to both biology and physiology. Women carry more body fat than men and their bones are generally lighter and smaller. A female pelvis is wider than a male’s. The bones and muscles attach differently in females than in males. Consequently, a woman can do a split easier than a man, but she has to lean over farther when walking or running to keep her center of gravity in balance.

Females generally have better fine-motor skills than males. Therefore, this helps them in such traditional feminine activities as shelling, cutting, slicing and the like used in the kitchen and well as embroidery and sewing skills. However, males can learn all these as well. Playing a musical instrument helps. These days, however, a feminine hand will be most admired for long and polished fingernails. Well-manicured and painted nails will go along way toward establishing one’s femininity.

Small fluttery gestures are usually considered feminine. For examples, toying with a strand of hair, giggling when talking, pulling the elbows in close to the body, and crossing the legs in a knee ankle double twist are considered very feminine mannerisms and ones that should be imitated from time to time. But try not to overdo it. The following websites offer you lessons on how to behave feminine.

(http://www.cdspub.com/cds01.html)
(http://www.femimage.com)
(http://www.artofexoticdancing.com)
(http://www.udefineu.com)
(http://www.stripilates.com)
How Women Smile

Developing a feminine smile is very important. You probably notice that women tend to smile a lot more than men do. Also, women tend to smile at each other very often as a way to acknowledge each other. Now, you must learn to project warm smiles because smiling is a very important feminine characteristic.

Tips:

- Do not close your eyes when you smile.
- Do not smile with your lips together.
- Do not worry about wrinkles because smiling does not cause wrinkles.
- It is okay to smile as often as you can because it is better to smile too much than too little.
- Look at how those female celebrities smile, e.g. Angelina Jolie, Julia Roberts and Catherine Zeta Jones.
- When you smile, try to keep the corners of your mouth upturned.
- As you smile, try to show as much of your upper and lower teeth as you can.
- Make sure your teeth are white and shiny when you smile.
- When you speak, try to show as much of your upper teeth as is comfortable.
How Women Poise

You can have a perfectly feminine face and figure, but if you walk like a horse, you will attract unwanted attention and give away one of your hard-earned gender cues. You must learn to develop poise, a graceful flowing movement of the body in order to complete your feminine image. The way you move, sit, stand, use your hands and place your feet is as much a part of your feminine expression as your hair, your eyes or your makeup.

Poise, the beauty of movement, is not accidental. It is acquired, learned. Confidence comes from knowing what to do and when to do it. In this section, we’re going to learn about standing, sitting, walking, turning and going up and down stairs gracefully. The more you practice, the more you will be comfortable with these movements and you will begin to show grace and poise as if you had it all your life.

The most important element of poise is your posture, whether you are walking, sitting, or standing. Good posture can make you look regal no matter what you are wearing. Here is how to check your posture with a mirror. Stand up straight in front of a mirror and look for:

1. Head erect chin parallel to the floor. You should feel as if a string extended from the top of your head to the ceiling pulling the top of your head up.
2. Shoulders back and dropped in a relaxed position.
3. Chest high.
4. Stretch through the waist – stomach in (as if there is a corset squeezing around your waist). Never let your weight settle down on hips. This lift alone will make you look pounds thinner.
5. Tuck buns under by tipping the pelvic box slightly forward and up.
7. Elbows slightly bent, palms turned in toward body.

You can do a wall check for correct posture. Stand with your back against a wall with your heels about two inches from the baseboard. Assume a "perfect" posture position: head erect, stretching through the waist, tilting pelvis forward and up, knees relaxed. Place your hand on your tummy. You will find that as you press your spine back to the wall, you can actually feel the
pelvis lift. With one hand, feel if there is a space between the small of your back and the wall. There shouldn’t be. If there is, concentrate on rotating your pelvis forward until the space disappears. Your spine should be flat against the wall.

If you still cannot press your back flat against the wall, try this trick: Slide your back down the wall until you are in a sitting position, as if you were sitting on an invisible chair. This should bring your spine to the proper alignment. Then slowly slide back up the wall, keeping your spine straight, until you are once again standing up. Maintain this position. This posture position may feel awkward at first. But do not worry, because with a little practice it will become a relaxed, natural part of you. You should feel lifted up from your hips, not settled down on them.

Imprint this picture of body alignment on your subconscious – tall, straight, pelvis tipped upward, and stomach in. Feel it and remember it. Become acutely aware of how you stand. Your posture will make you graceful. Since you cannot always back up to a wall as a posture test, you have a carry the image of the wall and how it feels with you at all times, in social situations, in the office, in a restaurant, on the street, at home. All your movements should be easy and fluid. With your back straight against an imaginary practice wall, you will be sure of what to do with your body. Rising, turning, and standing gracefully will become your second nature.
How Women Walk

The biggest give-away that a man is dressed as woman is the way the individual walks. A natural female walk can do wonders to your passability and compensate for flaws in your external appearance.

How do you develop a natural female walk? You must practice and practice. Most men walk like they are attacking. They clomp from place to place and move with no grace whatsoever. Females have had all their lives to be socialized in acting feminine, so by the time they are adults it comes naturally to them. For a crossdresser to appear to be woman, you have to overcome years of clomping.

Tips:

- Be confident.
- Do not lean forward.
- Do not look down and do not avoid looking at people passing by.
- Keep your shoulders back.
- Let your arms and legs swing freer, rotate your hands to imitate the more obtuse angle of women's arms.
- Swing your hips slightly.

Observe how women walk in public. How her arms and legs move. How she carries herself. How she holds her head. You will find out most genetic women move with deliberate moves, they do not jerk around. They reach carefully for their drink, their nails slipping around the glass with a cat-like quality. They are not brusque in their movements, and they swing around into their chairs, not dump down into them.

Men are socialized to be aggressive and it shows in their walk. They tend to lean forward when they walk, probably in an attempt to get where they are going faster and push their way through crowds. Females are socialized for
ingressiveness and will tend to yield and hesitate more when walking. Do not stride out in your masculine, aggressive gait. You are a woman and therefore should hesitate more. Yield to people coming towards you. Do not be meek, but be polite and yielding.

Make sure you keep your shoulders back, try not to lean forward and walk loose and natural. Do not look down a lot and do not avoid looking at people. Glance at people's faces. If they look back you can gage by his or her expression how they are reading you. And smile. Nobody likes looking at a grump whether you are a man or a woman. Women and men smile differently, too. Men tend to have the classic wide, showing a lot of teeth, nice-to-meet-you businessman smile. Women, on the other had, tend to smile more with their lips closed or just part of their teeth showing. Especially when meeting strangers. Also, the sides of their mouths are more upturned. Observe how women smile, in magazines and real life. Practice in a mirror until you see a woman smiling back at you. I think a good example is the smile of Marcia Cross from the show Desperate Housewives.

Women have naturally looser bodies. They let their arms swing looser at their sides and their arms flex more from the elbows. Women's forearms are connected at their elbows at a more obtuse angle than men's, so they swing farther out and don't hit their wider hips when walking. You can accomplish this by putting your arms down at your sides and rotating your hands 90 degrees away from your body. This will allow your forearms to swing out in the more female manner.

When standing still and sometimes when walking, women tend to hold their arms above their waistline. This is the typical female way of holding one's arms and is the main difference in how men and women hold their arms.

If you carry a purse, try holding the arm on the side you carry your purse above the waist and letting the other arm swing free. Allow your arms to swing freer from where they join your shoulders and at the elbows. Also, let your wrists be looser and flex more while walking.

Do not continually look down at the ground or obviously avoid looking at people. This will help get you read since people will sense there's something
you feel uneasy about.

As a male, your shoulders are probably larger than most women. There is a way to minimize them. Men generally hunch their shoulders forward perhaps to emphasize their musculature and as a sign of aggressiveness. Women tend to draw their shoulders back, perhaps to emphasize their breasts. Stand in front of a mirror and hunch your shoulders forward, then back. They will look noticeably smaller pulled back. This will also help your arms swing in a more female manner.

Women's wider pelvises and high fat distribution on the hips give them the feminine swaying hips that are so attractive. Just pad up your hips to create the same effect.

Women's legs swing looser from the knees. Walking in the classic female gait of putting one foot in front of the other will move your hips more. Do not overdo it. Practice in front of a mirror.

Females tend to slightly bob or nod their heads from the chin when walking, whereas men hold their heads stiffer with the straight-back, stiff-necked military posture being the extreme.
Catwalk

You can learn to walk like a supermodel walking down the catwalk.

Steps:

1. Begin by positioning your back against a wall.
2. You must set your spine straight and get set your spine into a perfect posture.
3. Slowly walk away from the wall while maintaining that perfect posture.
4. Start walking like a model by lifting your thigh slightly.
5. Make sure the space between each of your steps should be no longer than the length of your foot.
6. When you walk, make sure on each of your step your heel touch the floor first.
7. Then quickly shift your weight forward to the entire foot, as you take your next step,
8. Allow your arms hang relaxed at your sides, palms toward the thighs, barely touching your thighs as your arms swing forward to the front of your body.
9. Make sure your elbows are close to your waist, your palms in, your elbows close and your shoulders relaxed.
10. When you walk, try to keep your toes pointed straight ahead, and place your feet directly to the side of an imaginary line running down the center of your path. That is, your right foot is supposed to be to the right and your left foot is supposed to be to the left of this line. Oh, do not step on the line.
11. Act confident.
12. Practice the technique whenever you can.
Bad Postures to Avoid When Walk

Avoid the following bad postures when you walk.

✗ Your stomach is thrust forward, and the buns thrust back.
✗ When you are off balance, you will look like a boat rocking in a heavy sea.
✗ You stick your neck out when you walk as if you were looking for something you will never find.
✗ You walk by rising on your toes and drop down on your heels.
✗ You walk like your upper body cannot seem to catch with your legs.
How Ladies Stand

Stand elegantly. If you stand with widespread feet or hands on hips or heavy throw of weight on one side, you will not look like lady.

There are two stances – the right stance and the left stance.

The Right Stance
1. Begin by placing your feet two to three inches apart.
2. Then place the toe of the left foot even with the right arch.
3. Rest most of the body weight on the front foot, which is your right foot.
4. Raise the heel of the left foot so that only the ball of the foot is on the floor.
5. Just relax and bend the left knee slightly.
6. Rotate left heel in toward right foot till it is at a 45-degree angle.
7. The heel of your right foot is almost touching your left instep.
8. Shift your weight onto your back foot, which is your left foot.

The Left Stance
1. Just reverse the steps above.
2. Begin by placing your feet about two inches apart.
3. Then place the toe of the right foot even with the left arch.
4. Rest most of the body weight on the front foot, which is your left foot.
5. Raise the heel of the right foot so that only the ball of the foot is on the floor.
6. Relax and bend the right knee slightly.
7. Rotate right heel in toward left foot till it is at 45-degree angle. The heel of your left foot is almost touching your right instep.
8. Place your weight evenly between both feet.
What to Do With Hands When You Stand

The following are some of the basic rules of what you should do with your hands when you stand.

✓ Try to always keep your elbows in close to your sides.
✓ One of the feminine positions is to press the forearm of one arm lightly against your waist, your palm up, wrist and fingers relaxed. Allow your other arm to hang freely at your side.
✓ You can also clasp the wrist of one hand lightly with the fingers of the other and keep palms up. Keep your elbows in at your side.
✓ Another feminine position I like is to keep your arms close at sides, and extend your forearms across in front of your waist. Place the thumb of one hand lightly on tip of the palm of your other hand. Your palms should look relaxed.
✓ If you want more poised hands at sides, you can let your arms hang easily, brush inside of wrist along your body.
✓ By the way, remember every time when you step out of the motionless position, make sure your arms swing free or else you will look like Mr. Roboto.
How Women Sit

Sit with grace and ease like a lady.

Steps:

1. Start by walking straight and directly up to the chair.
2. Position yourself into either a right or left stance so that your back leg brushes against the seat. Keep in mind that you do not need to look since you can feel where the seat is.
3. Slide your back foot under your chair three or four inches, and then lower your body into your chair.
4. Make sure you always keep your back straight and your head erect. Act confident.
5. Allow the thigh of your back leg carry almost all your weight.
6. Try to always maintain your balance.
7. Never drop your butt into the chair with a loud bang, because it does not look feminine even when a woman does it.

Tips:

- You can revise this sitting technique by trying with many different kinds of chairs.
- Remember, the deeper the seat, the further forward you have to sit when you first lower your body in place.
- If you cannot place your back foot under the chair, you need to sit down further forward. When you manage to sit on the edge of the seat, lift your body slightly and then slide back.
- If you find the surface of the chair you are sitting to be too rough to allow you to slide, lift your body by placing your hands flat on either side of the seat and push yourself back.
- When you want to stand up, just reverse the process. You may slide one foot back and under the chair. Keep your torso erect. Lift your body gracefully and in one smooth motion by using the muscles of your back leg. If your foot cannot be put under the seat, you can slide forward before standing up.
What to Do With Hands, Legs & Feet

The following are some of the basic rules of what you should do with your hands, legs and feet when you sit down.

- Keep in mind that the more relaxed and quiet your hands look, the more feminine you look as well. Therefore, try to put your hands into any position that you feel the most comfortable and make sure the position is relaxed looking.
- You can let one hand rest easily in the other on your lap. You can keep your palms up if you place your hands too far forward on your lap.
- You can cross your legs at the ankles or knees.
- If you wear skirt when crossing your legs at the knee, make sure the skirt you are wearing is long enough to cover your upper thighs, unless you want to show off your upper thighs.
- If you have heavy legs, you may cross them at the ankles.
- Do not sit with your legs stretched out in front of you. That way you would look too masculine.
- If you are sitting on the ground or on the beach, try to position your legs to one side because it is very feminine and sexy.
Bad Postures to Avoid When You Sit

Avoid the following bad postures when you are sitting down.

× As a lady, you should avoid slouching on a stool or a bench.
× Your back should remain erect regardless what kind of chairs you are sitting on.
× Do not clench your hands into fists because it is not feminine.
× If your legs are heavy, you should not try crossing them above your knees.
× If you have shapeless thin legs, then you probably should avoid crossing them at the knees.
Up & Down the Stairs Femininely

Here are some of the basic tips for having that "model" look on stairs:

**Tips:**

- Keep in mind that a lady does not run up and down stairs, unless it is an emergency.
- Try to keep your feminine hands off railing, unless you believe having your hands on the railing can dramatize your outfit.
- Do not bend your head to look at the stairs. The reason is that when a well-bred woman, a true lady glances down the stairs, she only glances down with her eyes.
- Do not walk up or down the stairs leading with your head. You will look ugly if you do that.
- Walk up or down the stairs with your body erect, head up, weight on the back foot and place full weight on the front as your torso comes over each stair.
- You must always place the entire foot on step. You should not let your heel hang over the edge. Having your heel hanging over the edge is not lady-like.
- You can practice walking up and down stairs with a book or a sandbag on the top of your head.
- Remember, take your time, and do not rush, unless it is an emergency.
Entering & Leaving a Room Femininely

Here are the basic tips for behaving femininely when you are entering and leaving a room full of people.

Tips:

- Avoid leaping into the room. Leaping into a room is not lady-like.
- Learn to hesitate for a moment in the doorway, composing yourself, and glancing quickly and inconspicuously around, and smile.
- When leaving a room, remember, say good-bye once and for all, do not linger.
- Try not to turn your back to the occupants of the room. Back out slowly, facing the people in the room.
- If the door opens into the room to the right, you must grasp the doorknob with your right hand. Therefore, if it opens to the left, then you must grasp the doorknob with your left hand.
- When you enter a room with people inside, keep the arms straight and open the doors as you walk forward.
- When you close the door, step sideways, remove your hand from the doorknob, reach behind your with the opposite hand and grasp the knob on the other side.
- Step backwards to close the door.
- When you leave the room, walk up to the door with your back, reach behind you with your hand and grasp the doorknob.
- Straighten your arm and open the door as you walk out the room. Do not look at the door.
- Step aside and remove your hand from the doorknob.
- Grasp the doorknob on the other side with the opposite hand and back out of the room, pulling the door closed. This way, you close the door in your face.
In & Out of A Car Femininely

Here are the basic steps for behaving femininely when you are getting in and out of a vehicle.

Steps:

1. For you to get into a car femininely, you should start by standing facing in the same direction that the vehicle is pointing. Make sure you are as close to the vehicle as your body can get.
2. Place the foot nearest the vehicle on a line just in front of the seat, and the outside foot one step forward.
3. Then, lower yourself with the weight on your thigh muscles until your head is clear of the top of the vehicle.
4. Place the foot that is closest to the car inside, and "walk" in sideways.
5. If it is a small vehicle you are getting into, such as a sports car, you should place the outside hand on the roof of the vehicle to steady your body, just like a lady would do.
6. When you are getting out of a vehicle, slide to the edge of the seat, and keep your pretty knees together.
7. Place the foot that is nearer the door on the curb or street, and you bend your other leg at the same time to keep the your knees close.
8. Then, step out of the vehicle with your other foot, and when you are clear of the vehicle, lift your body to a standing position with your thigh muscles, and try to keep your back straight. There you go.
Mail & Internet Order

Mail order has many major bonuses for cross dressers. You can apply for any catalogue to any company in your femme name. You can in most cases pay the bill for your "girlfriend", as the name of the customer does not have to be the same as the person who pays the bill.

The explosion of Internet shops where you can buy online has brought high street names to the world of mail order. One advantage of this is as they do not have to display stock like a shop they can offer a wider range of sizes. The Internet is also a great place to find wild designs and specialist products which may have too small a market to support display space in the average shopping mall.

Catalogues generally have good sizing information which is accurate. Mail order companies usually offer larger sizes as they do not have to carry stock of less popular sizes. Almost every mail order company offers a good returns policy, but check before ordering. Companies that only sell by mail order expect returns simply because the item is not as expected or didn’t look good on. Many regular girls will send back two thirds of what they order for these reasons. However you will gain a black name if you do this and every buy anything.

Whether specialist products or regular mainstream products everything is available by mail order. Whether using the Internet or fax buying from other countries using a credit card has never been easier.

On the down side it can take a long time to get your deliveries and you need an address that is available to receive your delivery. There can also be hidden costs in shipping and duty.

Mail order is highly recommended for cross dressers and you may get a free carriage clock or kettle just for taking on a mail order book.
Transformation Services

The number of dressing services has exploded over recent years. These services are up front about the fact that they charge for their services. In the past poor service and high prices have led to a bad reputation for dressing services by cross dressers who are notoriously stingy – and that is very understandable as for many, it is hard to justify (or to explain) why they are spending what they spend.

However, over the last ten years dressing services are getting better and better. In a more open, more informed market – those dressing services that do not provide a good service soon disappear.

Furthermore it would be true to say that in recent years more cross dressers have "progressed" to the point where they have reorganized their lives and their relationships to make the most of their cross-dressing and openly budget time and money for their "hobby" as others do with their interests.

Those dressing services that get it right gain loyal clients and often expand to safe accommodation and transport. Maybe even a shopping trip, events and outings to safe bars, restaurants or clubs, individually or in small groups.

There are a host of facilities that you can ask for – skinks and showers, wardrobe, makeup, hair styling, beauty treatments, videos, books, Internet surfing, conversation, others to meet, storage, mail order receiving photo or video shoots. Some may offer more specialist role-play and even sexual experiences. It should not be assumed that all addressing services offer these "extras".

Call and ask all questions before your visit both you and the service should be in not doubt about what you wish to achieve.
Be Street Wise

No woman would take the risk of walking alone in a quiet unlit place, walk through crowds or rowdy young people or go alone into certain establishments (come on you know what I mean). Furthermore, no woman would put herself at even more risk by doing any of the above in six-inch heels and a micro mini.

When thinking of your own safety, imagine that you are advising a 14-year-old girl who could be a niece, a daughter or a sister.

The whole time you are out, you need to be aware of what is going on around you in restaurants and clubs. Staying sober helps.

Be sure to wear low heeled, comfortable shoes or boots. Make sure you dress appropriately; in fact dress down as much as possible. Again, it sounds boring but it works. Wear a long coat over party clothes on the way to a party; take your fancy shoes in a bag to change into if they are suitable.

Do not walk around with your head down looking ashamed of yourself. Hold your head up confidently and look straight ahead of you. Try to stay within distance of other members of the public. You are a target for mugging, attacking and even rape as a woman, even in broad daylight. Never walk in parks or back streets at night. Again, as a person who outwardly appears to be a woman, you are at risk. Be sensible and confine your nighttime walks to areas where other people frequent.

Be sensible. Take cabs or taxis. It may cost a little more but you really cannot put a price on your safety.

A genetic woman can have bad experiences with drunks and annoying people on the trains, and you could vulnerable too when you become passable, so try to avoid trains. Buses are safer, but always sit by the driver if you can and as with any female traveling alone, try not to use the bus late at night. If you intend to drive yourself around, keep your doors locked and bear in mind that if the police ask you to stop – you are not breaking the law by being dressed whilst driving, just be honest with them and they will appreciate your co-operation.
Dressing & Driving

What if my vehicle breaks down?
With a change of clothing, (tracksuit, trainers and face wipes in the wheel well) it is fairly easy to sort yourself out. Alternatively, join a rescue service and always carry enough money to get a cab home.

What if my vehicle gets a wheel clamp?
Parking is a growing nightmare everywhere. It is important to check the latest parking rules. To take a risk could leave you ticketed, clamped or worse still, towed away. If in doubt, park in an easy area then call a cab. An attended car park is a good alternative.

What if I lose my keys?
If you are unfamiliar with using a handbag it is all too easy to lose it and every girl has done this once (rarely twice). It is a good idea to leave a spare car key hidden on the car, along with a spare house key hidden in the car.

What if I get stopped by the police?
Make sure your car is in good condition and all the lights are working properly. Drive carefully. Don’t drink and drive. If you are signaled to stop, drive on until you can stop in a safe place, open the window and wait in the car. The officer is most likely to say, "Would you step out of the car?" which is normal procedure and is not done to embarrass you. If the officer says "Miss," correct him immediately and politely by saying, "its Mr. actually officer". The officer is unlikely to ask why you are "dressed". The police in most countries in the world are now taking strides to better understand and serve the LGBT (Lesbian Gay Bisexual and Transgendered) community so that means police are encouraged to politely address you in the gender you prefer. Always give correct details.

My Credit Cards say "Mr." How do I shop or fill my tank?
Using a credit card with an obvious gender designation can be embarrassing if you are thought to look female with a male card you may be asked, "Is this your card?" And even asked you to prove it. There is a much simpler solution (other than carrying cash), and that is to tell your credit card company to issue your card with initials only and no gender designation. For example, if you
name were - Jason Copeland, then name on your card would be embossed just - J. Copeland.
Hormone Use

Some of you may yearn for breasts to fill their bra and generally enhance your femininity by using hormones.

Hormones are available from "alternative" sources. These fall into the black marketing of prescribed drugs and herbal and cream alternatives.

It is extremely dangerous to take the hormones originally prescribed for someone else (including HRT and contraceptive pills). The other person's medical conditions may mean that the doses and possibly the type of hormones could be totally wrong for you and may have serious bad side effects and can kill.

It is recommended that if you really feel driven to see what hormones can do for you, that you should seek the advice of a qualified doctor — in the first instance this will probably be your GP, who may prescribe directly but if he/she is a not knowledgeable about specifics he/she should refer you to a gender identity clinic.

You may feel nervous about approaching your doctor and revealing your feelings. If this is the case you are not ready for hormones as they are NOT the beginning of the road of self-discovery and acceptance, TALKING is.

There is support for the concept that for older Male to Females a course of hormones will flush out the experimenters from the genuine needy transsexual. The drugs will reduce the sex drive and shrivel the testicles, and therefore erections will become a thing of the past. Very few gain any degree of breast growth. I assure you that all those super boobs you see in pictures are silicone. In the first year the drugs effects are reversible and many will stop taking them when they realize that their effect is not miraculous.

You may seek the advice and a prescription privately from a specialist. A specialist will want to check that the type and dose of hormones is appropriate for you and will keep records of your treatment whilst monitoring you for any adverse medical side effects which can vary from mood swings to dangerous changes in blood pressure and even liver damage.
Despite claims to the contrary many "alternative" and "herbal" hormones are too weak to be of any real benefit and may contain substances that have not been medically tested for safety or effectiveness.

I know of no externally applied creams that have any degree of effect at all on either breast growth or beard retardation. Such creams are prescribed but are only expected to work in association with prescribed internally ingested pills.
Pictures

With a good set of pictures, you can use them in many ways. A good set of pictures allows you to see more clearly what you look like, which makes it easier to make improvements. If you work with a dressing service or an experienced make-up artist you can vastly improve your appearance. Pictures record the moment for future nostalgia. You may look better but you will never look younger than your last picture.

When explaining to somebody for the first time that you "dress" – a good picture will always say more than words can. The recipient of your news will otherwise paint a mental picture, which is likely to be far less flattering.

When shopping in male attire for female clothes etc., again a good photograph out of the wallet will win an assistant help advice and interest.

Here are my tried and trusted suggestions.

- Collect cuttings of poses and outfits from magazines that take your eyes, and study them to see if the image would suit you.
- Practice your favorite poses and images in a mirror.
- Most people in front of a camera tighten up badly. So practice smiling into a mirror and when you have it right, remember how your face muscles gums etc feel so that you can do it again without the mirror.
- Set digital cameras to the highest resolution.
- Do not offer yourself for media attention unless you are sure you can handle it.

Digital Pictures

There are many things that can be done with pictures if you can get them into a computer. You can send them with an email. You can put them on a website or give them to others to put on their websites. You can offer your photos to publications without sending prints via snail mail. You can manipulate them to get rid of wrinkles scratches and red eye (or even add features that do not exist, such as enhancing your bust and adding volumes your hair). However, there are many pitfalls that you should understand and tips to learn to avoid them.
Digital Camera
Digital cameras are immensely popular with cross dressers. One reason is that like everyone else we like the instant gratification of seeing the picture on the little screen. Of course there are also financial savings in film and developing costs, but more importantly for cross dressers there are no worries about strangers looking at the pictures during the developing process. The downside is that the pictures in the camera will soon fill the memory of the camera storage method and to make room for more they need to be downloaded onto a computer. (There are simpler alternatives of cameras that have dedicated printers).

Preparing Pictures on the Computer
The process of downloading to a computer varies and instructions software and hardware will come with the camera. When the picture is in the computer you will need a photo-manipulating program to prepare it for any use. This software may come with the camera. The "free" software may be limited version of Adobe Photoshop which is the industry standard for working with pictures for publishing or the web. The second most popular software is Jasc Paint Shop Pro. This is often favored by professional web designers and is slightly easier to find your way around. These programs allow you to rotate the picture, (as any picture taken sideways will appear on screen on their side), crop the picture leaving the central part of the picture plus more advanced remove red eye, smooth wrinkles save various versions in various folders.

Image Size, Resolution and File Type
About the resolution, image size and file type, your digital camera will have a setting for resolution. Typically a resolution setting of 1280 is available on most cameras now. On a 32mb (mega bytes) card you will be able to hold about 60 pictures at this resolution. When transferred to the computer the picture will typically be stored at 72dpi (dots per inch) and the size will be 45cm (centimeters) x 33cm (about 18 inches wide). If you were to send this picture by email it would not fit on the recipient screen (though they “could” put it into their software and change it themselves).

Send Picture via Email
Save a copy of your picture by renaming it (keep your original file). Working with the cop file – keep the resolution at 72dpi but change the width to 12cm
and save as a JPG file type. Some software will offer an optimized setting – choose medium. If not offered this feature, look for it in help and optimize your picture. This reduces the size of the file to speed it through the Internet and onto the screen.

Put Pictures on a Website
Do exactly the same as for an email but change the width to suit the layout of your web pages. This will ensure that the pictures pop up as quickly as possible on the website.

A Glossy Print
Save a copy of your picture by renaming it (keep your original file). Working with the copy file – this time change the resolution to 200 dpi. The width will automatically change to the maximum size at this resolution.

Any lower resolution will degrade the quality of the picture substantially, (any higher will not make an appreciable difference). Save this file as TIF file type. Printing the picture will dependent on your software and printer – but most will have a straightforward print feature in a drop down menu. Don’t forget to load some glossy paper and set the printer options to glossy paper.

Scanning Pictures
If you have a print of a picture and you have a scanner then you can do all of the above with any picture print. Your scanner will come with a manual and help files but it will not tell you the following tips. If at all possible scan using manual settings. All settings will be at default. You need to consider changing the following settings before scanning.

Scanning For Email or Web
Change the target size – this can be larger or smaller than the original selected area. Change the resolution to 72 dpi. Now scan. Save as a JPG file. You should still optimize the picture before using it.

Scan for Glossy Prints or for Publishing
Again change target size to the size you finally want. Change the resolution to 300dpi. Now scan. Save as a TIF file.
Send Digital Pictures via Email or Disc
You will have no problem sending your pictures “prepared for email or web” at 72dpi JPG by email the sample here (5 cm wide) is just 63 kb.

However the same picture “prepared for glossy print or publication” at 300dpi TIF is 771 kb. It will take much longer to send by email. Note the black and white version (changed to grayscale or scanned in B&W) is a much smaller file at 259 kb.

A 300dpi, TIF, full 1:1 size, color, scan of the front cover of this book is 13,200 kb (kilobyte) file. It would just fit on a 1.4 mb (14,000 kb), 3 1/4” floppy disc.

You could put 48 pictures of this specification on a 650 mb CD if you have a CD burner.
TG Support Groups

All around the world there are support groups. Many of these groups do suffer an outdated image but this is generally unfounded. Join them, support them, contribute to planning and communication within and outside the group and the image will change and the transgender community will be stronger.

There are many smaller self-help groups, who are generally organized by an over-worked, non-funded, un-trained person, often with the help of a long suffering partner, who may also give help, advice, and a friendly shoulder to you or your partner. These groups should be excellent for local tips on shops, services and places to go. Some groups organize parties and outings. Some may have a contact network and may be able to introduce you to like-minded friends to visit or to go out with.

Beware that some of these groups, accept only a narrow "brand" of cross-dressing and can be judgmental of others. Some may lead a newcomer to think that gender reassignment is the goal and less is worthless. Others consider that only straight transvestites are acceptable.

You will find transgender from every background and it is this diversity that can be even more life enriching than the opportunity to dress as you wish together.

I strongly advise telephoning the "contact" of the group to discuss the group, before visiting in person. Ask open questions like – what is the typical mixture like at a meeting? What do most members wear? What activities does the group enjoy? When you have a picture of what the group is about – go along with an open mind and make the most of the opportunity to meet others.
General Feminization Tips

The following are general tips on feminine appearance for cross dressers.

- Become knowledgeable in the area of makeup, beauty and fashion. There is a lot more to all of these subjects than most men could ever imagine. If you want to present yourself as a woman invest the time in learning about these things. A good place to start is the beauty section of the library. Also reading women’s fashion magazines will be useful in keeping up with current trends. Subscribe to both Allure and Glamour because they have plenty of articles on the above subjects.

- Clean up your eyebrows. Perhaps most of you cannot have perfect feminine eyebrows because of real world jobs, but no one is going to complain if you are well groomed. If you do opt to make them more feminine then be sure that any change you make is done over time. Simply trim and pluck on a weekly basis going a little neater each time. If anyone notices say you over trimmed and grow them back to the last point before someone noticed. One more trick is leave off the low end of the arch (on the sides of your face). This will keep them more masculine looking normally and the finish of the arch can easily be added with a smudge of eyebrow pencil and the effect will be dramatic in making your face more feminine.

- I suggest you buy decent breast forms that both look and feel real. You
never know who might accidentally touch them. I own several kinds and sizes to wear depending on my outfit. For example, a pair of swimwear form I use when I go swimming in my bathing suit, and a pair that can be glued to my chest and look very realistic even when I am naked. Also, be sure and size your breasts to your body. Having a size B body with size DD breasts will attract lots of attention and not all of it will be positive. If you really cannot afford to purchase one now, you can use padding from old shoulder pads. They work very well. If you are on the chunky side, then you can get away with the breast enhancers. Sometimes the water gel bras will do the trick too. If you tape up your chest, what you are doing is bringing the flesh from the sides to the center of your chest. In doing this, you can have better cleavage and you will need breast enhancers too. Also make sure you do not make yourself look too large in this area. Keep in mind that the larger you make yourself, the harder it will be to get clothing at a reasonable cost.

- If you cannot shave your arms and they are hairy, do not wear short sleeves or sleeveless outfits. I suggest you use a beard trimmer to keep you arm hair short enough that it is not noticeable when you are going out en femme.

- If you do not have hips or a female looking butt invest in a pair of padded panties. These can be bought in many places such as Frederick of Hollywood online. It will greatly enhance your female shape. They sell them with two pads (just the butt) and four pads (Butt and sides). Be sure and get the pair that most enhances your shape.

- If you have hairy legs and cannot shave, wear two pairs of pantyhose. If you can still see the hair, then try darker hose. You can use the beard trimmer for your legs too to thin out the hair. Just adjust the trimmer to a higher level. With some experimentation you will find the proper level that allows you to get away with wearing one pair of hose while maintaining normal looking male legs most of the time.

- If you have nose hair and ear hair, then please do everyone a favor and trim it. Nose hair is disgusting. This is another thing that can only help both your female and male appearance.
If you need a wig, I suggest get yourself a decent one and maintain it properly. Cheap wigs will get you "read" quicker than almost anything else. If you can use your own real natural hair, that is best. When you invest in an expensive wig you want it to last and keep looking good. To do this you must comb it out after each wear and wash it on a regular basis. If you do not feel comfortable washing it, bring it to a professional to have it cleaned. Make sure that the style suits you and avoid the Peg Bundy look. There are many good companies in every large city that can help you to select your wig at a fair price. If you decide to let your hair grow as I did find a style that compliments your face, brings out your feminine qualities and coincides with your lifestyle. Also you might find that people treat you more as a female when you color my hair.

In short, style of walking varies depending on what you are wearing. I was watching Patrick Swasy on the Oprah Winfrey Show. He was talking about his preparation for performing in drag in a movie called "To Wong Fue" He said how they all practiced walking like a model, one foot in front of the other. If you exaggerate the model's walk in the privacy of your home in no time you will adapt your own style. The beach is also a good place to experiment. Take three pairs of shoes with you. A pair of men's shoes, female heeled sandals and a pair of female pumps or other comfortable women's shoes. First, put on the pair of men's shoes and walk like a man. You will notice that the imprint left in the sand shows a long stride and leaves deep heel and toe marks. Now put on the heeled sandals and go for your model walk one foot in front of the other, decreasing your stride and leave mostly toe marks. You will see that the imprint in the sand has changed. The men's walk is longer, heavier, feet side by side where the model's walk is shorter, one foot in front of the other. Now put on the pumps or a comfortable pair of shoes and take a relaxed walk. The results of this should be a more realistic women's walk.

Never use too much makeup. For example if you have freckles and the overuse of makeup would make my face freckles disappear yet the freckles on the rest of your body would still be there. You do not match plus the overuse of makeup tends to cake and look artificial. Just use only a light amount of makeup so that your freckles show.

There are similar ways that men and women hold their hands and position
various body parts. As for the hands while standing, the manly way would be a loose fist and arms hanging down, while the women tend to have their hands more relaxed in front of them and their arms are generally bent at the elbow. These differences do vary according to what you wear and what you are doing. Try not to curl up your fingers or put your hands above your elbow, etc. Here are some more pointers. Let's say you are standing around in a bar with both legs and feet together. What you could do is take one leg and move it back and point the toes to the floor and relax the ankle. Another tip is not put one foot on the footrest while standing. You can place your foot on the footrest if you are in a sitting position. A handbag tip would be to hold it with your hand open and relaxed. If it has a shoulder strap you can gently place your hand on the top. Do not grab your handbag, as it is un-lady like.

- Wash your face at least twice a day with a cleanser. Then use a toner and moisturizer. In fact it is a good idea to moisturize your hands, arms and legs too if you want to keep them nice and soft.

- Whether you keep your nails long or not, they should always be clean and look well manicured. A light buffing with a nail buffing cream once a week will keep them looking good and give them a nice shine. I started out using fake nails and bright red nail polish. I found that this "outed" me as a definite man. I later began to grow my nails. I do not try to make them all the same length all the time. That way they look more natural and I use a color that coordinates with the outfit and is subtle. I use vitamin "E" oil on my nails as often as I can because if you use the nail polish too much it tends to damage the nails.
Final Thoughts

When people first encounter someone, visual clues are used to identify "her" important characteristics - including gender. Such determinations are usually made without any conscious effort, rapidly (with a glance), and at considerable distance. If people have difficulty making a subconscious determination of gender, they may "decide" to examine the person more closely. However, once people have categorized someone, they resist changing "her" assigned gender. If the person is unknown and unthreatening, people also tend to simply "ignore" "her" - making it unlikely that they will ever question "her" initial gender assignment.

For cross dressers who want to "pass", first impressions are very critical. The cross dressers will usually succeed if "she" can avoid causing others to consciously assess "her" gender.

Hope this little guide helps you.