

• a digital guide

Find your fit

A considered guide to choosing
swimwear and intimates that honor your
shape — practical, unhurried, and made
for the way you actually dress.



written & curated by

Caryoca

@caryoca_bikini

Welcome

If you've ever stood in a fitting room holding three sizes of the same swimsuit, you already know the problem this guide solves: sizing is inconsistent, advice online is generic, and most of us end up guessing.

This isn't a diet guide, and it isn't about hiding your body. It's a considered reference for choosing swimwear and intimates that work with the body you have right now — so you spend less time returning things, and more time enjoying them.

The goal isn't to look like anyone else. It's to make the clothes work for you.

Use this guide however suits you best — read it front to back, or turn straight to the section that matches whatever you're shopping for this week. Either way, I hope it saves you the trial and error it took me to learn this.

Contents

Welcome	01
Know Your Shape	03
Swimwear, Cut by Cut	04
Intimates: Getting the Fit Right	05
Fabric & Quality	06
Styling for Every Occasion	07
Five Fit Mistakes to Avoid	08
The Cheat Sheet	09
A Closing Note	10

Know Your Shape

Forget rigid categories — most of us are a blend. This quick assessment gives you a starting point, not a label.

How to check

- ◆ Stand in front of a mirror in fitted clothing, and look straight on.
- ◆ Compare the width of your shoulders, waist, and hips to each other.
- ◆ Notice where you naturally carry the most volume — bust, waist, or hip.

Five common patterns

- ◆ **Balanced** — bust and hips are similar in width, with a defined waist.
- ◆ **Straight** — little difference between bust, waist, and hip.
- ◆ **Top-weighted** — shoulders and bust are wider than the hips.
- ◆ **Fuller midsection** — the waist is the widest point.
- ◆ **Bottom-weighted** — hips and thighs are wider than shoulders and bust.

Once you know your pattern, the next two sections tell you exactly what to look for on a hanger — no more guessing from a product photo.

Swimwear, Cut by Cut

"Flattering" simply means the cut works with your proportions instead of fighting them.

Shape	Best silhouettes	Balance / avoid
Balanced	Almost anything — this shape can experiment freely.	Nothing in particular; have fun with prints.
Top-weighted	High-waisted bottoms, plunge or halter tops, dark tops with bright bottoms.	Tiny triangle tops with no support; busy prints on top.
Bottom-weighted	Bold or bright tops, boy-short or high-leg bottoms, underwire or shelf-bra styles.	Low-rise bottoms that cut across the widest part of the hip.
Straight	Ruffles, cut-outs, belted one-pieces — anything that creates curve.	Perfectly matching, minimal-detail sets, which can read as shapeless.
Fuller midsection	High-waisted bottoms, wrap or twist-front tops, vertical seaming.	Horizontal banding right at the natural waist.

A note on one-pieces versus two-pieces: this is a comfort decision, not a shape rule. Both come in cuts that work for every body — the cut matters far more than the piece count.

Intimates: Getting the Fit Right

Bra fit basics

- ◆ The band should sit level and snug on the loosest hook, never riding up the back.
- ◆ Underwire sits flat against the ribcage, fully encasing the breast tissue, with no gapping.
- ◆ If the center front — the panel between the cups — isn't lying flat against your sternum, the cup is too small.
- ◆ Straps support less than you'd think; the band does most of the work.

Sizing across brands

Bra sizing isn't standardized the way you'd expect. Treat every new brand's size chart as a fresh starting point, not an assumption based on what you usually wear.

Everyday comfort pieces

For loungewear and everyday intimates, prioritize fabric stretch and breathability over the exact size on the tag. A well-cut size up often sits better than a technically correct size down.

Fabric & Quality

A little discernment at the point of purchase saves a great deal of disappointment later.

What to check before buying

- ◆ Stretch recovery — gently stretch the fabric; good quality returns to shape immediately.
- ◆ Lining — swimwear should be fully lined, especially in light colors; hold it up to the light to check.
- ◆ Seams — flat, even stitching with no puckering; double-stitched seams last longer.
- ◆ Fabric blend — look for at least 15–20% elastane or spandex for lasting shape retention.

Care that extends the life of a piece

- ◆ Rinse swimwear in cool water immediately after chlorine or salt water exposure.
- ◆ Never wring — press the water out and lay flat to dry, away from direct sun.
- ◆ Rotate at least two suits if you swim often; elastane fatigues faster without rest.

Styling for Every Occasion

Beach day with friends

Lean into color and print — this is the lowest-stakes setting to experiment. Pair with an oversized shirt or sarong you can throw on between swims.

Resort or honeymoon

Invest in one or two pieces with detail — cut-outs, texture, a statement tie — that photograph beautifully. You'll wear these in the most photos.

Pool club or a more visible setting

Structured pieces with real support — underwire, shelf bras, thicker straps — read as polished and hold up to more movement.

Everyday errands in intimates or loungewear

Prioritize the softest fabric you own, with the least structure. Comfort is the entire brief here.

A quiet evening at home

This is where fit matters least and feel matters most. Choose whatever fabric you'd actually want against your skin for hours.

Five Fit Mistakes to Avoid

- ◆ Buying your "usual" size without checking the brand's specific size chart.
- ◆ Choosing a print or color because it's trending, rather than because it suits your shape or coloring.
- ◆ Ignoring the lining — a beautiful print means little if it turns sheer in water.
- ◆ Sizing down "to be safe" — a too-small cut will always look worse than a well-fitted larger size.
- ◆ Washing swimwear with regular detergent or in a machine, which breaks down elastane quickly.

Fit is a skill, not a body type. Once you know what to look for, you'll shop faster and return far less.

The Cheat Sheet

Save this page — it's the one to reopen mid-shop.

Top-weighted

High-waisted bottoms, halter or plunge tops.

Bottom-weighted

Bold tops, high-leg or boy-short bottoms.

Straight

Ruffles, wraps, and cut-outs to create shape.

Fuller midsection

High-waisted, wrap-front, vertical seaming.

Always check

Lining, seam quality, stretch recovery, elastane percentage.

A closing note

Fit is a skill, not a body type — once you know what to look for, you'll shop with far more ease. I hope this guide saves you some of the trial and error it took me to figure out.

If it was useful to you, I'd love to see your fit wins — come say hello.

with love,

Caryoca

@caryoca_bikini

Follow for more fit tips, styling, and new drops

Thank you for reading