



LINGERIE
tips



SABRINA
ROGERS*

“ I understand why buying lingerie can be a daunting task for most men. Size, style, material, colour... so many ways you can go wrong. I was once given a lacy beige bra and knickers that, while pretty for some, were the exact opposite of what I like. I simply don't do beige or parachute panties (all full-bottom undies feel like they could save my life in a plane crash – not a sexy feeling). Here's my top tip: make sure you know her size (write it down and underline it if you have to) and take note of her favourite colours and styles. While you don't want to get her the exact same thing she already has, use it as inspiration. If she likes black, don't fight it: just go for a sexier twist like lace if she usually wears cotton. If you're too worried you'll go wrong buying her a bra and knickers, go for a sexy teddy – they flatter every body type because they don't tend to pinch or squeeze in the wrong places. Good luck!”

*Ms Rogers is FHM's sex columnist.