



Getting to Know the Bustier: The Best Choice for Shaping Your Body Silhouette

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ABSTRACT

The bustier is a clothing item that has undergone significant development, transforming from traditional underwear into an elegant garment in the world of fashion. A bustier is a garment typically worn as undergarment and shapes the body to enhance its appearance, particularly around the bust and waist. This article comprehensively reviews the evolution of bustier design, from material selection, support structure, ornamental design, to its suitability for various body shapes. The use of the bustier takes into account its versatility. Bustiers are no longer just worn as underwear, but also as tops that can be combined in casual and formal styles, for example, they can be paired with various clothing styles such as skirts, pants, or dresses. Through various literature and current fashion trends, this article also highlights the importance of paying attention to factors such as comfortable materials, appropriate sizing, and aesthetic design in creating the ideal bustier. This study provides an understanding of how the bustier plays a role in creating the desired body silhouette while also being a functional and aesthetic fashion element in the modern fashion industry.

1. Introduction

In the world of fashion, clothing not only serves as body protection but also as a means of expressing identity and shaping the desired silhouette. One type of garment that fulfills both of these functions is the bustier. A bustier is known as a garment designed to shape and support a woman's upper body, particularly the bust and waist. The bustier's support structure is softer than a traditional corset, and it can provide a slimmer, more defined look without sacrificing comfort for the wearer [1].

The bustier has undergone an interesting evolution from mere undergarment to a broader fashion statement. Originally, the bustier evolved from the corset, which was designed to shape the body by accentuating the waist and bust. Over time, the bustier became a more comfortable alternative to the corset, and by the mid-20th century, it began to be used not only as underwear but also as outerwear, influenced by social changes and women's lifestyles [2]. A bustier is a type of

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reinforced tube top that can be made in a combination of material and color with a skirt or undergarment [3].

However, there are several important factors to consider when selecting and designing a bustier to ensure comfort and functionality. First, the choice of fabric and material is very important, because the right material can increase comfort and support the body shape. Fabrics such as satin, cotton, and stretchable materials such as spandex are often used to provide optimal softness and support, the lining material also greatly affects the results of the bustier [4]. In addition, support structures such as underwire or plastic support bones also play an important role in providing shape and support to the chest area [5]. The length and cut of the bustier must also be adjusted to the body shape and the purpose of use. There are bustiers that only cover the chest and there are also longer ones that reach the waist [6].

The design and ornamentation of a bustier, such as lace, embroidery, or sequin accents, also influence its aesthetics and use in various occasions. Equally important, the purpose of use should be a primary consideration in choosing a bustier, whether for formal occasions, special events, or everyday use. This will determine the need for different designs, structures, and materials [7]. Finally, size and fit are key in ensuring maximum comfort and appearance. The bustier chosen must fit the body size to provide an ideal shape without causing discomfort [8]. This fit can be influenced by the pattern used for the bustier [9]. The choice of bustier pattern making system is a factor that needs to be considered because it will affect the quality and comfort of use [10].

2. Method

This article was compiled using a descriptive qualitative research method, with the following steps:

2.1. Literature Research

The first step was to conduct literature research from various reliable sources, such as fashion design books, leading fashion magazines, and relevant academic journals. The literature used included references on the history, development, design, and manufacturing techniques of bustiers. Some of the primary sources used were *The Fashion Design Manual* by Pamela Stecker [1] and *Patternmaking for Fashion Design* by Helen Joseph Armstrong [2].

2.2. Secondary Data Collection

Secondary data was obtained from recent fashion industry articles and reports published in renowned fashion magazines such as *Vogue*, *Elle*, and *Harper's Bazaar*. Information regarding the latest bustier design trends and developments was analyzed to gain a more up-to-date perspective on how bustiers are used in today's fashion world. These articles provided guidance on fabric selection, design, and bustier structure.

2.3. Design and Structure Analysis

This stage involved an in-depth analysis of factors influencing bustier design, such as material selection, cut length, support structure, and ornamentation. The analysis was conducted based on information from fashion design books and guidelines from well-known lingerie brands. The purpose of this analysis was to identify key factors that determine the comfort and aesthetics of bustiers.

2.4. Market Observation and Evaluation

Market observation was conducted to understand trends in bustier use as outerwear or undergarments. Several e-commerce platforms, such as *Shopee*, *Tokopedia*, and *Instagram*, were reviewed to observe the variety of bustier designs available, the materials used, and consumer reviews regarding comfort and fit.

2.5. Article Formulation

This article was then formulated based on the collected and analyzed data. The article structure includes an introduction, a discussion of important factors in selecting and designing a bustier, and a conclusion that summarizes the main findings of this study. The writing style is descriptive to provide clear and easily understood information for readers.

2.6. Sources and Citations

All information and data used in this article are accompanied by relevant and reliable references using the IEEE citation style. This is done to ensure the accuracy of the information and to give credit to the original authors and sources.

Data collection from tour guides was conducted to understand their role in promoting local culinary delights and the challenges they face. Culinary entrepreneurs provided data to identify strengths and weaknesses in culinary business management. Tourists provided data on their experiences and expectations related to culinary tourism. Based on the SWOT analysis, researchers formulated recommendations for a tour guide training program in communication skills and knowledge of local culinary delights. This program is designed to enhance the tourist experience and build mutually beneficial collaborations between guides and culinary entrepreneurs.

3. Results and Discussion

Based on literature research and design analysis, several key factors were identified that influence the comfort, aesthetics, and functionality of a bustier as both an undergarment and an outer garment. These findings provide in-depth insight into how factors such as material, structure, design, and fit play a crucial role in creating the ideal bustier.

3.1. Materials and Fabrics

Material selection is a crucial aspect in bustier design. Materials such as satin, lace, cotton, and stretch fabrics like spandex are widely used because they offer comfort and an ideal shape. Satin, with its smooth surface and shiny appearance, creates a luxurious and elegant impression, making it often used for formal bustier designs or party wear. On the other hand, cotton and stretch fabrics like spandex are chosen for their breathability and flexibility, making them comfortable choices for everyday wear. Party wear, especially for evening parties, typically uses select materials and is complemented with attractive embellishments to create a luxurious impression. Possible materials include brocade, tulle, chiffon, and organza.

The selection of clothing materials should consider the following factors: (a) materials that suit the design; (b) materials that suit the customer; (c) choosing materials that suit the occasion; and (d) choosing materials that suit the customer's or individual budget [6]. Linen, which absorbs sweat, can also be used for bustiers [11]. Design, materials, and packaging are indicators for assessing students' bustier-making abilities [12]. Material quality also affects the bustier's durability and its ability to maintain its shape. Using the right material helps create a balance between support and comfort, which is a crucial aspect of modern lingerie design. The lining material used will affect the finished bustier. Various pressing techniques also have an impact, such as pressing the inner lining with a wet cloth, spraying it with water, lining it with paper, and without any lining, each of which has its own advantages and disadvantages [4].

The choice of material for a bustier should be tailored to the occasion and the bustier's design. The material used will also affect comfort. Furthermore, the material used also influences the shape and support of the body.

3.2. Supporting Structure

The presence of support in a bustier, whether in the form of underwire or plastic support ribs, plays a crucial role in shaping and supporting the chest. Bustiers with underwire typically provide stronger support and help lift the breasts, creating a firmer, more lifted appearance. The support structure also helps maintain the bustier's shape when worn [1]. However, it's important to pay attention to the design and quality of the support to avoid discomfort. Support that is too stiff or made of low-quality materials can cause skin irritation or excessive pressure on the chest.

The difference in the stitching results of bustiers using 8 princess lines and 6 princess lines for overweight women is significant in terms of body shaping. Based on the research assessment of each indicator, there were 19 indicators where the stitching results of bustiers using 8 princess lines were better than bustiers using 6 princess lines, and one indicator was the same for both 8 and 6 princess lines. Therefore, overall, the stitching results of bustiers using 8 princess lines were better than bustiers using 6 princess lines [5]. The support ribs are usually provided with either a sewn-in or filled plastic balen. The support balloon will affect the shape of the body in supporting the chest and shaping the waist.

3.3. Bustier Length and Cut

Bustiers come in a variety of lengths, from those that cover only the chest to those that reach the waist. The length and cut are determined by their intended use. Shorter bustiers are often worn as tops or as outerwear, while longer bustiers are designed to be paired with dresses or formal wear to create a slimming silhouette. The cut of a bustier is also influenced by the wearer's style preferences and body shape, so it's important to choose a design that suits each individual's needs.

The length of a bustier can be adjusted according to its design, for example, waist-length or lower than the waist and above the hips. The length of a bustier also affects comfort, for example, when the wearer wants to sit. Reference [6] uses a waist-length bustier paired with a miniskirt or a balloon skirt.

3.4 Design and Ornaments

Bustier designs and embellishments, such as lace, embroidery, or sequin accents, provide significant aesthetic value. These embellishments not only enhance visual appeal but also serve to highlight the wearer's elegance and femininity. Bustiers designed with lace or embroidery are often chosen for special occasions such as parties or weddings, while bustiers with simple and minimalist designs are more suitable for everyday wear. Surface designs are applied to the fabric's surface decoration, for example, using sequins and acrylic [7]. Bias piping can also be used to decorate bustiers or evening wear [13].

Bustier designs for morning and afternoon wear have different characteristics, for example, in color and embellishments. Evening wear uses selected materials and is complemented by attractive embellishments to make it even more special [6]. Patterned materials such as brocade and tulle can be used as decoration. Furthermore, woven fabric techniques can also be used as decoration on bustiers [11]. This can be applied to the entire bustier or only part of it. Bustier designs can use princess lines or a combination of empire lines [11]. The opening can use Japanese rit on the back [6]. The slit can also use a rope on the front or back [7] [14]. The design and ornamentation are adjusted to suit your wishes. Ornaments can be made from various sequins, acrylic, brocade, patterned tulle, slanted fabric, and decorative lines.

3.5. Intended Use

The purpose of a bustier is a key determinant in the choice of design, structure, and material. For example, for formal occasions like weddings, bustiers with elegant ornamentation and luxurious materials like satin or lace are preferred. On the other hand, for everyday wear, simpler designs in comfortable materials like cotton and spandex are better choices. This choice should be tailored to the wearer's needs and clothing style [8].

A bustier is a type of garment that functions to shape the body when wearing traditional clothing or clothing that requires better posture. Bustiers can also be worn with kebaya and dresses. Bustiers are unique in their strong and sturdy shape, and the lower part can also be used as a push-up bra under dresses. They are sometimes used for outerwear [8].

3.6. Size and Fit

One of the most crucial factors in selecting a bustier is proper fit. The right size will provide the ideal shape and support without causing discomfort. Many consumers experience problems with bustiers that are too tight or too loose, so it's important to choose a size based on the manufacturer's sizing guide or through a fitting. This fit not only affects appearance but also comfort during use. Patterns used to make bustiers include the Meyneke pattern, developed for blouses [15]. The basic Buste Houder pattern is highly complex and requires specific size comparison formulas. The measurements required to create a Buste Houder bustier pattern are: circumference 1, circumference 2, circumference 3, waist circumference, length to strap 1, length to strap 2, back length, shoulder width, neckline width, neckline length, front to face, neckline distance, face length, back width, and face width [9].

The choice of bustier patterning system is a crucial factor to consider because it will impact quality and comfort. In fashion, a pattern is a piece of fabric or paper used as a sample for making clothing. There are several pattern making systems for making bustiers, including the (1) J.H. Meyneke, (2) So-en, (3) Dressmaking, (4) Charmant, (5) Danckaerts, (6) Cuppens-Geurs, and (7) Leeuw Van Rens systems. [10]. Reference [16] reveals that there are 4 basic patterns for making basic bustiers, namely Bunka from Japan, Esmode from France, Armstrong from America, and Aldrich from England. The application of the Porrie Muliawan pattern construction system using the adapted Meyneke pattern is very suitable for making bustiers that are integrated with dresses [14]. Furthermore, the reconstruction of the bustier pattern was developed using the Danckaerts bustier system pattern [9].

4. Conclusions

The research results show that the ideal bustier requires attention to several key factors, namely the selection of the right material, appropriate support structure, length and cut designed for various needs, design and ornamentation that support aesthetics, and fit. A good bustier is one that is able to provide optimal support to the bust area, shape the desired body silhouette, and is comfortable to wear on various occasions. By understanding these factors, consumers can make smarter choices in choosing a bustier that suits their needs and style.

Conflict of interest

The authors declare no conflict of interest.

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