

# Wear your compression garment with pride!

Are you are new to hosiery, or do you not like the look of your existing compression garment? If so, it might help to know about the different options available, so that you can pick a garment that appeals to you and that you can wear with pride.



For some people, the term compression hosiery may bring to mind Nora Batty in the TV series *Last of the Summer Wine*, who was well known for her thick, wrinkled compression stockings. Luckily, decades later, there is now a wide range of stylish compression hosiery available that is made using a selection of comfortable, breathable fabrics in a

variety of colours and neutral shades. Some garments even feature patterns. With all the choice available, hopefully you should be able to find something that both looks good and delivers the right compression for you. Having a garment that is comfortable and that you are happy to wear every day makes it more likely you will stick with your compression therapy in the long term.

# Club SQUEEZE IN

## COMPRESSION REMINDER SERVICE

*Our reminder service gives you a little nudge when it's time to renew your compression garments.*

- ✓ **Activate** in less than 5 minutes
- ✓ **Choose** how you renew
- ✓ **Automatic reminders** when it's time to renew
- ✓ **Register for free**

We know **renewing your compression isn't always at the top of your list.**  
*Let us take the stress away...*

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So, with this in mind, read on to find out what new looks are available to you!

### **Sock or tights?**

A compression garment that visibly looks like hosiery may put you off wearing compression. For example, you may feel embarrassed that it is visible as part of your everyday or special occasion outfit. Thankfully, there are some options to consider before you dispense with your compression all together!

### **Sock it to 'em**

Hosiery that looks just like a regular sock is now available in a variety of colours such as black, blue and brown to suit your wardrobe. Some garments even have patterns, just like a pair of socks, so when you flash the fabric while out and about, you may feel less conscious about wearing this style of hosiery.

### **A tight to remember**

Compression tights are also available that use a light fabric with a range of multiple patterns that look like a low denier tight. If opaque is for you, thicker garments are also available that look like tights or leggings, but definitely not like traditional hosiery!

### **Colours of the rainbow...**

Many companies that make compression hosiery understand that colour options are important. Like the clothes you wear each day, your hosiery can be an expression of who you are and wearing something you are not happy with can feel as wrong as wearing an item of clothing you don't

like. So it's great news that a range of colours are now available.

### **Stand out in the crowd...**

Depending on your individual sense of style, bright and bold might be appealing to you. If you love colour, then check out the compression garments available in light blue, russet red, lilac, and sage green, just to name a few.

### **Or neutral nudes?**

If you prefer your garment to blend in, the great news is that there is a range of neutral shades now available to match your skin tone. Increasingly, manufacturers are considering the wide wonderful range of people who wear compression and are producing an increasingly broader choice of neutrals so there is something for everyone.

### **Do remember...**

While the cosmetic appearance of your garment is important, so too is the fit, fabric and amount of compression that it delivers so it can manage your condition effectively for the best results for you. Read our tips on p.30-1 to make sure you have considered everything you need to, to get the most from your compression therapy.

### **Check it out**

Whether you prefer something subtle or bold, there are options to fit your style while also giving you the right compression to manage your condition. You can explore the wide range of compression garments available through Daylong Direct @ [www.daylong.co.uk](http://www.daylong.co.uk) 