



Top Ten Undergarments Every Gal's Gotta Own

By [Kerri Winick](#), *GALTime Beauty & Style Editor*
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You have the perfect dress on. It's clingy in all the right places. You'll be the belle of the ball. But right as you walk out the door you spy it...a sheer spot in the fabric where your legs and tush make an appearance. If only you had a half-slip stuffed into your lingerie drawer! These days, the perfect bra and panty set aren't the only essentials you need! The Glamour Shrink, Amanda Horan Kennedy, shares the top ten undergarments every gal's gotta own. Stock up on these staples, and you'll be prepared for daytime *and* playtime!



6.) **Lingerie Bag:** If you don't hand wash, lingerie bags are a necessity! They'll preserve your unmentionables. Try the **Berry Ball & Bag** (\$13.99). Use the ball to keep your bras intact in the washing machine (say buh-bye to scrubbing in the sink!). Use the bag to keep your undies & hosiery from stretching, tangling, or otherwise becoming destroyed.



9.) **Sexy Lingerie:** Sexy lingerie is that naughty corner of the drawer reserved for playtime with your guy. Try the **Affinitas Helen Skirted Thong** (\$18). It has removable garters and minimal rear coverage. It's so sexy, it should be illegal!



Amanda Horan Kennedy's background in the fashion world started at Hallmark Cards in Kansas City. She was 14 years old and was asked to model for a line of their cards. Fashion modeling came next at 16, followed by being crowned Miss Dallas and Miss Texas USA and becoming an actress. She starred in such TV shows as Cheers, Remington Steele, Hart to Hart, TJ Hooker, Dallas, as well as 200 national commercials.

Amanda is also a therapist, with a BA in Psychology and a Master's Degree in Clinical Psychology. At [GlamourShrink.com](#), her goal is to help women become the confident, glamorous creatures she believes they can be. She has also created **Sassybax** Shapewear as a way of helping women look and feel more confident and comfortable in the fashions they love.

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