

# Product Review: Everyone Wants To Be An HourGlassAngel



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By [Nicole Caico](#)

If you've heard nothing about waist trainers, that's definitely a surprise! Whether you're a new mom like [Chrissy Teigen](#), or just a woman who desires an hourglass figure like [Khloe Kardashian](#), HourGlassAngel waist trainers are making headlines everywhere.

## Product Review Of The HourGlassAngel Waist Trainer

Waist training is one of the hottest new trends, and while it's not a workout supplement, it can help increase fitness results. [HourGlassAngel.com](#) sells two types of trainers: one to be worn during workouts and one to be worn daily, for several hours in a row. The waist trainers, or cinchers, come in a variety of colors and designs.

While many celebrities praise the results of the waist trainer, many women are weary because they don't know exactly how they work. "Waist training, by definition, is the practice of wearing a corset or waist cincher regularly to instantly slim your waist, while also supplementing a fitness goal of reducing your natural waist size," explains Ruben Soto, CEO of [HourGlassAngel.com](#). "Some women choose to do it only when working out, because many styles like the [Amia Active Band](#) are designed to increase perspiration and maximize any physical activity. Others wear a waist trainer for long hours every day

like the [Amia Classic Cincher](#). The more you wear it, the more dramatic the results.” Soto also mentions that your waist trainer should feel “snug,” but if it is painful or interferes with your breathing, it should be immediately taken off and exchanged for a different size. All trainers need to be worn consistently and paired with healthy diet and exercise to maintain results.

Whether you want to bounce back after having a baby, or just improve your shape overall, investing in an HourGlassAngel waist trainer can help you reach your goal.