## **Modest Swimwear**

Swimming is recognised for its gentle fitness and aerobic benefits for all age groups. Many women wishing to take up swimming for health and exercise purposes are put off for reasons of modesty, and this is also a religious requirement for Muslims. Other women, too, feel exposed to unneeded attention or might have skin blemishes or stretch marks they wish to conceal.

This new full-body swimming costume is both comfortable and practical, made from high quality swimming materials, featuring a padded breast area for extra comfort and heel straps to hold the costume firmly in place. The black swimming costume is complemented by a blue polyester pinafore worn on top to fully hide the contours of the body. There are no fancy trimmings, straps and zips to hinder movement in the water. The new Mustaqim swimming costume is simple, practical and affordable.

