

Finding The Perfect Bra

Four Tips From An Expert



THERE ARE 4 PARTS TO MOST BRAS, AND THEY ARE ALL IMPORTANT!

THE BAND AND FRAME THAT RUNS AROUND YOUR BODY AND WHICH THE CUPS FIT INTO. ITS SHOULD BE SNUG BUT NOT TIGHT, SO IT CAN PROVIDE A SOLID BASE FOR THE REST OF THE BRA TO DO IT'S JOB PROPERLY. TOO TIGHT AND IT WILL DISTORT THE CUPS AND HURT, BUT IF IT'S TOO LOOSE IT WILL RIDE UP IN THE BACK AND LET YOUR BREASTS FALL OUT THE BOTTOM!

THE CUPS. WHILE THERE ARE MANY STYLES AND SHAPES OF CUPS, THE PURPOSE IS THE SAME. ENCASE THE BREASTS AND HOLD THEM IN THE DESIRED POSITION. THE CUPS SHOULD FIT SMOOTHLY AROUND THE BREAST BOTH HORIZONTALLY AND VERTICALLY WITH NO PULLING OR GAPING.

THE MISUNDERSTOOD UNDERWIRE. THE UNDERWIRE IS DESIGNED TO HELP KEEP THE BAND, FRAME AND THE CUP CLOSE TO YOUR BODY. IT HELPS MAINTAIN THE SHAPE OF THE BREAST ROOT, WHERE THE BREAST MEETS THE CHEST WALL. IF YOU HAVE THE RIGHT SIZED WIRE (IN THE RIGHT SIZED CUP AND FRAME) YOU MAY JUST ACHIEVE NIRVANA!

STRAPS. STRAPS PROVIDE THE MOST SUPPORT WHEN THEY ARE ATTACHED DIRECTLY IN LINE WITH THE FULLEST PART OF YOUR BUST, USUALLY THE NIPPLE AREA (BUT NOT ALWAYS). MOST COMMERCIALY AVAILABLE DESIGNS CHOOSE A WIDER PLACEMENT AS IT IS MORE FLATTERING. THEY SHOULD NOT BE BEARING THE MAJORITY OF THE WEIGHT, AS THAT IS WHY A WELL FITTING BAND, FRAME AND CUPS ARE IN PLACE! THE STRAP IS TO HELP KEEP THE REST OF THE PARTS IN CHECK!

ALL OF THE PARTS OF A BRA WORK TOGETHER TO SUSPEND YOUR BREAST TISSUE AWAY FROM YOUR BODY, NOT SQUISHED AGAINST YOUR RIBCAGE. WITH THE FAILURE OF ANY OF THESE COMPONENTS, WE ALSO HAVE BRA FAILURE WHERE SUPPORT IS COMPROMISED.

WHEN YOU CONSIDER ALL THE DIFFERENT FACTORS THAT GO INTO ENSURING YOUR BRA IS A PERFECT FIT AND WILL DO WHAT YOU WANT IT TO, IT MAKES ONE WONDER HOW SOMEONE CAN EVER FIND THAT IN A STORE!

Rachel- Ivy Rose Designs

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