

Do you hate shopping for a bra? Do you find it frustrating, time consuming and even embarrassing? Do you struggle to find a bra that is both comfortable and pretty? You are not alone...and given that we spend up to 16 hours a day wearing a bra its worth getting it right. Here are some tips that might help.



Sue Blake

How often should you be fitted?

Our bodies change over time and the size and shape of breast tissue changes accordingly. **In general, you should be refitted if you have gained weight, lost weight, had a child, or two years have lapsed.**

Unsure of your size?

This is not surprising. **Bra sizing is not related in any way to outerwear sizes and is not standardized.** There may be considerable variation between brands; what is a C cup to one maker may be a B to another. Furthermore it is quite possible to fit two sizes. To reduce complexity manufacturers use a sliding scale; for example the wire in a size 10D, 12C, 14B is exactly the same. Hence if you are at the top end of a size 12C in the band it is possible to wear a 14B. If you are on the smaller end of the band size in a 12 C, a 10D might fit. So always try the bra on and if possible employ the services of a trained fitter.

What if your breasts are slightly different in size?

This is quite common - our faces are not symmetrical and neither are our bodies. **Always fit to the larger side.** Look for a bra made from fabric with some give in it, avoid more rigid fabrics such as satin and steer clear of balconette style bras.

What should you look for when shopping for bras for the fuller figure?

Fuller figure bras are suitable for a D cup and upwards. The most important requirements for the fuller figure are support and comfort. How can you tell if a bra is going to be supportive? Look for -

- Stronger power mesh on the side and back gore
- Multi piece construction. In general the more pieces in the cup the greater the support.
- A more rigid fabric which will give more support.
- Look for brands that specialize in this area of the market. Eg Fayreform, Fantasie and Playtex.
- Be careful of thin straps which can cut and cause painful, ugly grooves in the shoulders.

What is the lifespan of an average bra and how can you extend it?

Manufactures advise that the lifespan of a good bra is between 50 and 60 washes depending on care. To extend the life of your undergarments -

Do -

- Hand wash. The washing machine can distort underwires and shorten the life of your bra.
- Use gentle detergents and dissolve the powder granules first. Strong detergents damage elastics and granules can lodge in the binding causing skin irritation.
- Dry your underwear in the shade- the elastic can perish in the sun.

Don't -

- Use bleach or nappy soaker. This causes the fabric to disintegrate and the hooks to rust.
- Use the dryer, which may shrink the underwire casing and can breakdown the elastic.

Do you need to know -

- What the best solution is for a backless dress,
- What to look for in a young teen's first bra,
- How to stop straps slipping off sloping shoulders,
- How to avoid nipple show through

then please contact us. At Breast Dressed Lingerie all our staff are trained and we are happy to assist you. Appointments are preferred and will guarantee you the undivided attention of a consultant.

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