Bra Fit Solutions

What is the advantage of an underwire?
Underwires help relieve shoulder stress from bra straps by adding support below the breast. Underwires also provide shaping for an attractive lift and look.

Does your bust spill out over the top of your bra or bulge under the cups?
If so, your bra cups are too small; go up one cup size (but be sure to keep the same band size).

Do you have wrinkles in your cups at the top or sides?
Then your bust is not filling out the cup properly; try a smaller cup size.

Does the back of your bra ride up higher than the front?
If so, your band is too loose, you should tighten the band and loosen the straps. If that doesn’t help, you should try a smaller band size. Remember the lower the back of the bra fits, the more support you get.

How do you prevent your bust line from sagging?
Try shortening the straps; if your bust line still sags you may need a smaller cup size or try a firm support style with rigid straps.

What if one of my breasts is larger than the other?
This is a common problem among women. Always fit the larger breast. Choose styles with stretch fabric in the cups or padded cups. You can also adjust the strap of the larger breast looser than the strap of the smaller breast.

How often should you be fitted for a bra?
You should be fit for a bra at least once a year. You should also be fit if you gain or lose weight, during pregnancy, after childbirth, during menopause and if you begin an exercise program.

Do your bra straps cut into your shoulders?
If so, you may be over-tightening the straps. Loosen them to relieve the strain.

What does it mean if your bra protrudes in the center and doesn’t lie flat against your chest?
This means you are wearing a bra that is too small. Try a larger cup size.

Is your underwire uncomfortable?
The underwire should gently surround your bust and should not pinch or poke. If it does, try a larger cup.

Does the band of your bra dig in?
A bra that fits correctly should be snug but not tight. Try a larger band size or a bra with a wider band.

How should you care for your bras?
It is important to launder bras regularly; natural body oils build up and can reduce elasticity in the bra. Always attach the hook and eyes before washing to prevent garments from getting tangled or snagged. Place bras in a lingerie wash bag and wash on the delicate cycle if machine washing. And NEVER place a bra in the dryer – always lay flat to dry.
Are you wearing the correct bra size?
Your body and your looks suffer when you have a bra fitting improperly. Did you know eight out of ten women wear incorrect bra sizes?

It’s true. As we go through life, our bodies change. When we lose or gain weight, have a baby or simply age, we may find our bras no longer fit.

Tips To Help You Determine Proper Bra Fitting.

- Put the bra on by slipping the straps over your shoulders, leaning forward from the waist and easing your breasts into the cups. Fasten the bra on the center hook.
- Cups should completely contain your breasts and fit smoothly — with no bulges at the top, sides or bottom.
- Center seam should lie flat against your breastbone, without gaps between the cups.
- Your bra should be snug, not tight. You should be able to run your fingers under the band in front.
- Check the position of the lower edge bottom band. The band should rest at or below your shoulder blades, and should be horizontal with the front of the bra (not riding up). The lower the back fits, the more support you get.
- Adjust your straps so that they stay put without pressure or cutting.
- Check your strap adjustment and bra’s support by sliding the straps off your shoulders. You should be able to slide off the straps without the bra’s bust support changing significantly.
- The underwires should fit snugly to your rib cage and not cut into your breast tissue.
- When you sit down, the position of the bra should not change.

Bra Tips

- **What can I do about cup “overflow”?**  
  Cups should fit smoothly and snugly. If they aren’t filling out, try a smaller size. If they’re overflowing try a fuller shape for more coverage.

- **What can I do if my bra is not giving me enough support?**  
  The lower edge of the band should anchor below the shoulder blades. The lower the back fits, the more support you get. The front of the band should lie flush with the breastbone and fit straight across to support each breast.

- **How can I stop my bra from riding up my back?**  
  The cups could either be too small or pulled up too high. Check the shoulder straps and adjust to a comfortable length so the straps don’t cut into the shoulders.

- **What can I do if my breasts push out to the sides or towards the center?**  
  Try a larger cup size or a different style so there are no gaps or squeezes.

- **What can I do if my bra feels too tight?**  
  Run your fingers under the front band. It should be snug, but not tight. If it’s tight, you need a larger band size, or a looser hook placement.

- **How can I stop my bra from cutting or binding?**  
  If your bra feels like it’s cutting or binding when you move, try hooking the back closure less tightly or try the next larger band size. Check the sides of your bra. If they are narrow, it may be the wrong style for you. You’ll probably be more comfortable in a bra with wider sides.

- **Why don’t my bra straps stay in place?**  
  The problem maybe that your cups are too big. Since you’re not filling out the top of the cup, your straps slide down your shoulders. Try a smaller cup size.

- **Why does my underwire bra poke and dig?**  
  Make sure you’re wearing the right size and support level for your figure. A cup size that’s too small places the end of the underwire right at the tender breast tissue, so you may need a larger cup size.
Popular Types Of Bras
Ever wonder about the bra terms you see like microfiber, molded cups, racer-back, and spandex? These terms describe types of bras, bra fabrics, and bra benefits. And, in the following glossary, we define them all for you... along with other terms related to bras we sell. We hope this bra glossary helps you gain a better sense of the types of bras best for you.

Athletic Bras (Also see Sports Bras.)
When you move, so does your bust. It's called “bounce.” And it can cause discomfort during workouts. Repeated bounce can even damage tissue. The solution? A good athletic bra. Athletic bras give needed support to help control jarring bounce. Most provide either medium or high motion control, depending on whether they're designed for moderate or intense activity levels. Many athletic bras also wick away moisture to keep you cool and dry.

Banded Bras
A banded bra has a fabric band that extends beneath the cups. Usually this band is elasticized for easy, flexible fit. Often it's plush-lined for comfort. It keeps the bra anchored in place plus provides added support. Banded bras can be either underwire bras or wire-free.

Bandless Bras
A bandless bra has no fabric band underneath the cups. Instead, the underwire channels form the bra’s bottom edge. The bra's center and sides connect directly to these channels. The result is “less bra, more you”: a clean, contemporary look.

Breathable Bras
Want to stay cool when your day heats up? Choose today’s new breathable bras. Some are made with special fabrics designed to wick moisture from your skin, so you stay comfortably dry. Others have cup linings with tiny air pockets to allow refreshing ventilation.

Comfort-Strap Bras
Do your bra straps dig into your shoulders? Try switching to comfort-strap bras. Comfort-strap bras have wide cushioned straps that disperse pressure, relieve strain, and ease dig-in. Some comfort straps are cushioned with fiberfill. Others are filled with gel.

Contour Bras (Also see Molded-Cup Bras.)
Contour bras conform to your curves for a naturally shapely look. Most have sculpted cups, either lined or lightly padded, plus wires for lift and shaping. Many contour bras give superb support, so they’re ideal for full-busted women. Others also enhance the bust, so they’re perfect for smaller figures.

Convertible Bras
Sometimes you’d like to wear a strapless gown. Or a halter top. Or a tank. But who wants bra straps peeking out? Your solution: a convertible bra. Convertible bras have detachable straps that allow several wearing options. Remove the straps to go strapless. Attach them halter or crisscross style to wear under sleeveless tops. Even attach one strap diagonally to wear with one-shoulder fashions. A must for every woman's wardrobe.

CoolMax® Bras
That sweaty feeling? Forget about it. Choose a bra made with CoolMax polyester. This smooth performance fabric wicks moisture away from your skin, so you stay cooler and drier. Many sports bras and even some everyday bras contain some CoolMax fibers.
**Bra Glossary**

**Cut-and-Sewn Bras** *(Also see Seamed Bras.)*
Do you prefer bras that provide extra support? Consider a “cut-and-sewn” bra. Cut-and-sewn bras are highly constructed, with two-section or three-section cups. The cup sections are sewn together (seamed). The more seams, the greater the support. Which means you look and feel better. Choose from both wire-free and underwire styles.

**Demi Bras**
Do you long to take the plunge — with v-neck or low-cut fashions? Wear a demi bra underneath. Demi bras cover the nipple but not the entire breast. They have lower-cut necklines than standard bras, and wider-set (“camisole”) straps. So, you can wear your favorite low-cut looks without worrying about peek-a-boo bra tops.

**Foam-Cup Bras or Foam-Lined Bras or Stretch-Foam Bras**
Do you wear knits, T-shirts or other body-conscious styles? Then you’ll want at least one foam-lined bra. Foam bras have cups lined with sleek, thin stretch foam, made of non-allergenic material. This foam conforms to your curves for gap-free custom fit. It provides smooth, natural shaping. And, best of all, it helps block show-through, so you can wear clingy clothes with confidence. Plus, since this foam is thinner than padding, it doesn’t add extra bulk.

When stretch foam is ultra-thin, it’s called micro-foam.
When it’s contoured — thinner at the sides and thicker toward the center — it’s called graduated foam.

**Front-Close Bras or Front-Hook Bras**
Most bras fasten in back, usually with hooks and eyes. But front-close bras fasten in front with either hooks or clasps. This allows fast, easy “on/off.” Ideal when you’re dressing in a hurry. Great for women with arthritis. And perfect with low-cut tops.

**Full-Support Bras**
Even if you don’t need a full-figure bra, you may require full support. Full-support bras provide lift and support via clever design details: seamed cups with banded edges, hidden under-cup slings, wide side wings, plus two- or three-hook closures. They may be either wire-free or underwire.

**Laminated-Cup Bras**
Laminated-cup bras are a lot like molded-cup bras. The cups consist of two fabric layers bonded or sealed together. These cups look sleek, not bulky. Yet their two-ply construction gives them extra strength for better support and shaping.

**Microfiber Bras**
For skin-caressing softness, nothing beats microfiber fabric. This high-tech synthetic is made with ultra-fine filaments, tightly knit for super smoothness. So, it’s literally softer than silk. Plus, it breathes well, for cooling comfort.

All microfiber bras come in this ultra-soft fabric. These bras pamper your skin, keep their shape, and wash with ease. And, since they’re so smooth, your clothes glide right on and drape more gracefully, too.

Microfiber bras can be either nylon or polyester, often with a little added spandex for stretch-perfect fit.

**Minimizer bras**
Do your blouses gap in front? You may need a minimizer bra (available only in larger cup sizes). Minimizer bras reduce your bust-line by up to one cup size or more. They gently redistribute tissue to shape and streamline your curves. Result: Your clothes fit and feel better. Choose from seamed and seamless minimizer bras, in both wire-free and underwire styles.
Bra Glossary

Moisture-Wicking Bras
Perspiration can feel hot and sticky. The solution? A moisture-wicking bra. Moisture-wicking bras feature special fabrics that pull moisture away from your skin. (It’s called “wicking.”) The moisture then evaporates quickly and leaves you comfortably dry. Moisture-wicking bras can be either sports bras or everyday styles.

Molded-Cup Bras (Also see Contour Bras.)
Prefer a naturally shapely look? Choose a bra with molded cups. These cups conform to your curves and mimic your body’s contours. So, they fit like a second skin...and work with your shape, not against it. Usually they’re lined or lightly padded, with underwires for lift and shaping.

No-Wire Bras (Also see Soft-Cup Bras and Wire-Free Bras.)
No-wire bras have no underwires...which can mean greater comfort. And today many no-wire bras also offer great support, thanks to clever design details: criss-cross frames; inner under-cup slings; 2-ply, molded, lined, or padded cups. Some no-wire bras give light to moderate support, for petite to average figures. Others furnish full support.

Padded Bras
Sometimes you want a little extra boost. That’s where padded bras come in. Padded bras have thicker padding than regular stretch-foam bras. Their cups are lined with enough foam or fiberfill to add volume as well as shaping. Many padded bras add up to an entire cup size. So, they’re ideal for women who’d like to enhance their assets.

Push-up Bras
Every woman needs at least one push-up bra. So, go ahead — indulge! Push-up bras make your cleavage look fuller, rounder, and sexier. The cups are cleverly angled to give your curves a boost. Plus, they’re usually padded to shape and enhance your bust. Sometimes they have small removable pads, called cookies, for extra volume.

Racer-Back Bras
Racer-back bras have Y-shaped backs that curve in between the shoulder blades. These racing-style backs add extra support plus keep bra straps anchored in place. Many sports bras and even some everyday bras have racer-back designs. Racer-back bras work well under sleeveless tops: The bra straps won’t peek out or slide off shoulders

Seamed Bras (Also see Cut-&-Sewn Bras.)
Do you prefer bras that provide extra support? Consider a seamed bra. Seamed bras are highly constructed, with two-section or three-section cups. The cup sections are sewn together (seamed). The more seams, the greater the support. Which means you look and feel better. Choose from both wire-free and underwire styles.

Seamless Bras
Want a smooth no-line look under clothes? Opt for a seamless bra. Seamless bras have cups with no seams, for a sleek modern silhouette. Many seamless bras have clever details designed to add support — such as special linings and hidden under-cup slings.

Soft-Cup Bras (Also see No-Wire Bras and Wire-free Bras.)
Soft-cup have no underwires...which can mean greater comfort. And today many soft-cup bras also offer great support, thanks to clever design details: criss-cross frames; inner under-cup slings; 2-ply, molded, lined, or padded cups. Some soft-cup bras give light to moderate support, for petite to average figures. Others furnish full support.
Sports Bras (Also see Athletic Bras.)
When you move, so does your bust. It’s called “bounce.” And it can cause discomfort during workouts. Repeated bounce can even damage tissue. The solution? A good sports bra. Sports bras give needed support to help control jarring bounce. Most provide either medium or high motion control, depending on whether they’re designed for moderate or intense activity levels. Many sports bras also wick away moisture to keep you cool and dry.

Strapless Bras
If you’re wearing a strapless gown, you need a strapless bra — a bra with no shoulder straps. Today’s strapless bras stay up better than ever, and also give great support, thanks to design details such as padding, boning, and shaping panels. Many strapless bras come with detachable straps for multiple wearing options.

T-shirt Bras
Like many knit garments, T-shirts cling. Which means your bra seams (and your nipples) may show through. The solution? A T-shirt bra. T-shirt bras are usually seamless, so they’re smooth under clingy clothes. Plus, they’re either lined with sleek foam or lightly padded with poly fill, so they block embarrassing show-through.

Underwire Bras
Underwire bras have flexible wires inside the bottom cups. These wires provide lift and support for a shapely, sag-free look. Usually they’re plush-backed or cushion-tipped to help assure no-poke comfort. Most underwire bras offer moderate to full support.

Wire-free Bras (Also see No-Wire Bras and Soft-Cup Bras.)
Wire-free have no underwires...which can mean greater comfort. And today many wire-free bras also offer great support, thanks to clever design details: criss-cross frames; inner under-cup slings; 2-ply, molded, lined, or padded cups. Some wire-free bras give light to moderate support, for petite to average figures. Others furnish full support.