

## Are You Wearing The Right Sized Bra?

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### **100% Effective Natural Hormone Treatment Menopause, Andropause And Other Hormone Imbalances Impair Healthy Healing In People Over The Age Of 30!**

## Are You Wearing The Right Sized Bra?

By Vicki Louise

How many times is it written in the press, and mentioned on the news that more than 80% of women are wearing the wrong sized bra? Frequently? Well, are you? Do you know whether your bra fits correctly?

Is it important? Do we really need to be that bothered? Well, the answer really has to be yes. Younger women can get away without wearing a bra, or wearing one that doesn't support them properly, as their young muscles and tendons keep things in place. But this doesn't go on forever, and as we age, we are all too keenly aware of the dreaded droop! And anyway, an ill fitting bra under a T-shirt or close fitting top is just so ugly.

There are other, potentially more serious problems though, especially if you have a curvy figure. Breasts that aren't properly supported can lead to all sorts of problems with your back, shoulders, skin irritations and self-esteem. If you have never been properly fitted, why not try it? You may well find the bras you buy in the future will completely change how you carry yourself, bringing your shoulders back and boosting your self-esteem considerably.

Although too many women are wearing bras that do not fit them correctly, there really is an over reliance on consistently buying the same size. We go into a store, are measured and told we are a 38G and off we go and buy only 38G bras.

It can often be just as well to throw away the tape measure and keep trying on bras until you get one that fits properly. If you rely too heavily on the tape measure, you stick in the comfort zone and continue to buy the same size. But there are far too many variables now in bra manufacture to be able to rely on that `size' as a constant. Here are just a few:

1. The type of materials used
2. How the fabric is cut
3. The level of support/elasticity offered by the fabric
4. The design of the bra
5. The style of the bra (full cup, balconette, demi-bra, strapless, bustier etc )

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6. Variations in sizing between brands
7. Variations in sizing conventions in different countries
8. Variables in the production process
9. Fashion sizing (i.e.: putting smaller sizes on the label than the garment actually is ...)

...and all this before you even start to consider how your own body alters over the course of the day, the month, the year, or events such as pregnancy, measurable weight loss or gain, or surgery.

Therefore, the best way of ensuring you get a correct fitting bra is to try it on yourself. There are many guides to buying the correct size - some rely entirely on the tape measure, but many more are now moving towards the advice of trying on until the fit is right.

If the bra is right for you, it will:

1. Feel comfortable - there will be no red marks or wheals
2. The back band will be parallel with the front band
3. If it is underwired, the underwires will sit comfortably at the back of the breast without digging in. The front of the underwires will sit comfortably between your breasts and rest against your breast bone.
4. The cups will be full - not overflowing, and not sagging
5. The straps will not cut in, and they won't slip down.

When you do find a bra that fits properly, why not buy another one! There's nothing wrong with having a range of different 'sizes'. Bras from the same brands tend to be the same size, there will be different cup sizes in European and American makes and you may need different cup and back sizes to cope with changes in your body shape each month.

So, when you have bought the right bra for you, follow the care instructions to keep it doing its job as long as possible. Bras usually only have an effective life of around 5/6 months and will lose some elasticity each time they are washed. You will probably need to alter the straps and the hook position over that time to compensate for this.

Yes, there are too many women wearing the wrong sized bra.

Yes, it matters.

Yes, it is important to ensure the right fit.

No, you don't have to rely on the tape measure.

No, you don't have to buy the same size every time because you have been told to.

There is so much to choose from, enjoy trying on! Good luck in your search.

Vicki Louise, founder of

<http://www.vickilouise.com>

offers a stunning range of luxurious, designer

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lingerie and nightwear especially for ladies with a fuller bust. Gift vouchers and a luxury gift wrapping service are also available.

### Shopping For The Right Bra Size

**By Barney Garcia**

Shopping for a bra can be a long and painful task for many women. There are many bras to choose from and many women don't know which style, and more importantly size, is right for them.

When shopping for a bra, finding the right size is vital; it is estimated that about 80% of women are wearing the wrong bra size. To make sure the bra you are buying is the correct size, watch for the following signs.

You should measure the width of your chest just below your breasts (on your ribs) before buying a bra. Take this number and add five inches to it. This will tell you what band size you should be trying on. For example, if you measure 31 inches around, you should be trying on a 36 sized bra. If your number ends up being odd, go to the next size up. If you are "plus sized", you don't have to add these five inches.

To find your correct cup size, have someone measure around the fullest part of your breasts. You should not wear a padded bra while doing this. Then take this number and subtract it from your rib measurement. This will tell you your cup size.

Negative difference – AA

1 inch – A 2 inch – B 3 inch – C 4 inch – D 5 inch – DD or E 6 inch – DDD or F 7 inch – DDDD or G

If your bra fits correctly, it should be snug around the middle, but still be able to fit one or two fingers under the band comfortably. If you can't do this, the bra is too tight. If the band comes away from your body very easily or the band rides up your back, the bra is too big. If you are wearing an under wire bra, the wire should lay flat across your chest. Whereas if you are wearing a bra with no under wire, it should separate your breasts so it doesn't look like you have one big boob. You should also look for the tightness of the bra on the breast. The breast should fill the cup perfectly. If your breast is lower than the cup, the cup is too big, but on the other hand, you don't want to be spilling out of the cup either. If your breasts are popping out on the sides, top or bottom, the bra is too small. If the band feels fine, just go up a cup size. When shopping for a bra, try raising your arms over your head– the bra should stay in place and not lift off of your chest. If it does this, it's too big.

If you follow these tips, your next shopping trip for bras should be more enjoyable. Try on all different styles of bras to see which kind suits you best. Also, never rush while shopping for bras. Pay attention to how they look and feel to make sure you buy the perfect fit.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

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<http://www.breast-enhancement-facts.info>

and

<http://www.simply-breast-enhancement.info>



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