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## Choosing a Comfortable Yet Flattering Bra

By Wendy Yeager

### Choosing a Comfortable Yet Flattering Bra

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Today's bra is not only designed to make you feel pretty and sexy, they are designed for comfort and practicality.

You can choose from an underwire bra for support or a bra without underwire. Need some help with adding a little extra to your bustline? Then choose a padded bra or a push up bra. Maybe you're lucky enough to have a little extra natural padding already. You could then choose from a minimizer bra.

Not shy and would like to show off your bustline? Try a bra that will show a little cleavage. You could even try an adhesive bra which can be adjusted so it won't show under any neckline.

Today's new fashions sometimes call for a bra with special straps. You could try an adjustable bra with straps which can be worn far out on the shoulders or removed to be used as a strapless bra. Maybe you like to wear halter tops. So, try a halter bra.

Of course sometimes you just want a bra to make you feel pretty. There are a wide variety of colors to choose: pink, lavender, white, black, red, etc. Also, why not try a bra with lace trim or ones made of silk or satin?

Most importantly, wear the bra that makes you feel most comfortable.

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## **How to choose your plus size bra**

**By Jennifer Carter**

Lingerie is one area where women can really enjoy themselves. If you wear some really glamorous or sexy lingerie, and you will feel sexy and glamorous too!

When choosing a bra, it is always advisable to get yourself measured by a specialist. In the UK, Rigby & Pella (London) or Bravissimo are THE places to visit, but you can also visit high street stores, who are often able to carry out a bra fitting.

Many plus size ladies are tempted to go for a bra which is too small, not wanting to emphasize their size. However, this often has the reverse effect by creating the "four boob" effect!

Three tips for choosing a plus size bra:–

Choose an underwired bra, for extra support and shape

Remember that the bra should enclose your breasts

The central part of the bra should sit flat against your chest

Buy a bra which is comfortable on the middle hooks, that way if you change size a little, the bra will still fit. If you find that your size changes during your monthly cycle, consider buying a different sized bra.

When choosing a bra, take along a close fitting t-shirt to see what the bra looks like in fitting clothing. Although it may be pretty, you may not want the lace pattern to show through your t-shirt. Also, this helps you see the shape that the bra gives to your breasts.

Don't worry about minimizing your breasts – make the most of them and enjoy them!

For further information on choosing plus sizes lingerie, visit

<http://plus-sizes-lingerie-store.blogspot.com>

Plus Size lingerie

This article was submitted by Jennifer Carter, creator of

<http://www.plussizesuperstore.com>

Plus Size

store

Jen enjoys shopping for lingerie and has a special interest in plus size lingerie

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