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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

## **Choosing a Comfortable Yet Flattering Bra**

**By Wendy Yeager**

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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Choosing a Comfortable Yet Flattering Bra  
How To Measure Bra Size  
Shopping For The Right Bra Size

## How to choose your plus size bra

Lingerie: It Can Be Both Sexy And Comfortable  
Does Your Bra Fit? Find The Right Size For Your Body

Battle At Sea  
IP Ad Websender – The Ultimate Promotion Tool  
CB AdWords Script  
Starting a Successful Retail Business  
Click Magnet Software



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