

Many Girls Start Off Wearing The Wrong Size Bra.

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Menopause, Andropause And Other Hormone Imbalances
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Many Girls Start Off Wearing The Wrong Size Bra.

By Kalwant Rana

Do you know what Size you are? Have you had yourself measured by an expert? What will you be

using the bra for, support, sports, coverage etc..?

Many girls don't start off with the right bra and carry on making this mistake through most of their lives. As teens are constantly growing, the strains that can be caused by a poorly fitting bra can lead to later problems with posture and back pain. That's why we suggest that you should be measured by a bra expert at least twice a year or after every evident growth. A first bra is not an all-rounder, it is not suitable for every occasion. Nowadays, Bras are available in many varieties; support, sports, wireless, underwired, backless, strapless and the list goes on. You should really have a variety of bras, each one for a specific activity and role.

A few helpful tips:

A bra should not be too tight, as a teenager's breasts are still developing.

The most important thing to remember is comfort.

Make sure the bra strap doesn't cut into your shoulders.

Make sure your breasts don't hang out of the bottom, sides or top of the bra.

Support is not only for large cup sizes. Smaller cup sizes need support too, to avoid unsightly future stretch marks.

A simple training bra, or Sports Bra will be perfect for your first one, and they are available in all sizes from small, medium to large. Training bras are for younger girls who have started to develop breasts but do not fit into the average bra sizes. If your breasts are larger than average and require a full fitting bra, then you should wear one, no matter what your age!

With all this information at hand, you are now armed with the tools to find yourself the best fitting first bra. Many women have had to endure years of discomfort and sometimes, unbearable pain, simply because they weren't advised on the right type of bra to wear. Now that you know what to look for, it's time to narrow down your search and have a look at some of the most recommended bras available at the moment.

We have whittled the list of bras down to five, so that your choice is made a little easier.

Playtex Seamless Lace Soft Cup Bra

This bra is perfect to fit small sizes. It has soft, knitted lace cups, lightly-lined to add to your natural shape. Available in sizes 32AA to 36A, and 34AA to 38B.

Playtex Small-Busted Fully Padded Bra

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A perfect bra with extra shaping that adds up to a full cup size. It comes with adjustable and elasticized straps to accommodate for natural growth. Available in sizes 32 to 36A and 32 to 38B.

Maidenform Satin French Demi Bra

This bra has angled cups to create a shapely uplift. The light lining helps avoid show-through. Available in sizes 32 to 36A, 32 to 38B and 34 to 38C.

Wacoal Petites Seamless Wireless Contour

A cotton lined soft cup bra that offers comfort and a natural shape. Includes an elastic double hook back, to allow for natural growth.

Amoena Elegant Soft Cup

Perfect for girls as a great first timer. Streamlined with a soft fabric, this bra goes unnoticed under your clothes. You'll hardly notice you got it on

Kalwant Rana is A Freelance Writer For

<http://www.justforbras.com>

You Can Find Lots Of Useful Information And Reviews About All Kinds Of

Bras

From First Bras To Sexy Plus Size Bras To Maternity Bras.

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 bras. 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.

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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, its 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.

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

and

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

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