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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!

The Search For The Holy Grail (Or Finding The Right Bra)

By John Barnes

We've been hearing it for years. Seven out of ten of us are wearing the wrong size bra, ladies! And having a bra fit by a 'professional' may not help at all!

Too often, we rely on those silly little things called tape measures to 'tell' us what size we are and stick to it like gum on a shoe, when in reality, the fit will be different depending on the style, manufacturer and fabric. Charts and measurements are often no help, especially when it comes to larger sizes.

Women who have gone to have a sizing done by a professional bra fitter do not always get the best results, especially if the fitter is inexperienced or has received little training. Your best bet? Grab a handful—no pun intended—of bras in your general size and start trying them on!

The most common problem: cups and underwires. Cups should fit comfortably. In other words, your cup should not runneth over—no bulges from the front or sides; nor should they be baggy. Underwires should fit under and around the breast, resting comfortably on the ribcage—never on the breast itself and you should be able to raise your arms above your head comfortably, also.

To find the right fit you'll also need time. Take a Saturday and make it your mission to find 'the right one'. If you decide to see a professional, a good fitter will make you feel comfortable and at ease and will explain what she is doing. She will check where the wire, the underband and the straps fit and have the ability to know from a mathematical formula how to fit you with a bra that is supportive and comfortable, not to mention attractive and flattering to your figure.

You don't have to spend a fortune but every woman needs a few bras of good quality in her drawer. Remember, you get what you pay for. At last, you won't have to be one of those 7 out of 10 women walking around doing the bra cha-cha (1, 2, 3—tug and adjust). Won't that be nice?

John Barnes Writes for

<http://www.lingerieexpress.co.uk>

The Search For The Holy Grail (Or Finding The Right Bra)

Lingerie Express carries a vast selection of

Bras and lingerie and underwear for all types of sensuous woman.

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
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