



## STYLE AND SIZE:

### BAND SIZING

Take a snug measurement around the diaphragm under the bust then select your size from the following chart.

FROM	BRA SIZE	DIFFERENCE	CUP SIZE
27-28"	32	Up to ½"	AA
29-30"	34	Up to 1"	A
31-32"	36	Up to 2"	B
33-34"	38	Up to 3"	C
35-36"	40	Up to 4"	D
37-38"	42	Up to 5"	DD
39-40"	44	Up to 6"	DDD

### CUP SIZING

Measure the fullest part of the bust by holding the tape lightly, and compare this measurement to your bra size. The difference is your cup size.

## SOLUTIONS FOR A PROPER BRA FIT

- Q:** Do you bulge over the top of your bra cup?  
**A:** If so, the cups do not have enough capacity to contain the bust tissue. The simple cure is to choose a larger cup size. **TIP:** If you require only slightly more capacity try a larger band in the same cup size.
- Q:** Does the bottom band of your bra dig into the flesh?  
**A:** This may indicate the lower band is too narrow for the body tissue or that the band size is too small. Check the chest measurement for appropriate sizing.
- Q:** Is the back of your bra sitting higher on the body than the front?  
**A:** This usually occurs when the band is too loose (which may indicate a worn-out bra) or the straps are too tightly adjusted. Check strap adjustments and measure your torso to determine if a smaller band is needed.
- Q:** Do your straps slide off your shoulders or dig into the flesh?  
**A:** If they slide off, try a style that has silicone on the straps to prevent slipping, or try a style with a narrow strap design. If they dig into the flesh, try on a larger cup size, readjust, or find a style with wider or cushioned straps. Note: Bra support should come from the cup design and bra band not your straps.

## THE RIGHT SUPPORT, STYLE AND FIT

Boxed styles are structured for increased support and are sorted by level:

- 1** Medium Support Bras: Designed to hold with enough stretch throughout the garment for extra comfort.
- 2** Firm Support Bras: Designed to support up to DDD cups, with fuller coverage, wider shoulder straps and rigid fabrications (i.e. Simplex).
- 3** Medium to Firm Control Briefs: Briefs that are structured to shape and support for a smooth and seamless look.

## STYLE AND CATEGORIES:

### WIREFREE

Designed to offer a more natural shape, and yet still provides support with inner frame structure and side boning to help keep the bra securely in place.

### SHAPING

Underwire styles that are contoured with stretch foam that lift and shape the bust. (Pushup bras are included in this category).

### UNDERWIRE

Designed to support and separate the bust while maintaining a natural look. A soft covered underwire provides support from beneath for less strain on the shoulder straps.

### MINIMIZER

Designed to reduce bust projection by redistributing the breast tissue with a more structured cup and/or more rigid fabrication.

### SPORT

Designed to support the bust during all levels of physical activity with wicking and/or breathable fabrics for increased comfort.

### SPECIALTY

Styles designed with convertible straps, clear straps/bands or perhaps bustiers, or any other styles that are recognized as occasion wear.

.....for more tips on style and life, visit these sites:



.....canadianfamily.ca



fashionmagazine.com