

The perfect fit and how to wear the bra

To put it on correctly

Lean forward, so the breasts fall into the cups. Pull together the back and fasten. It is also possible to fasten the bra from the front, and move the fastener to your back, pull the bra over your breasts and put the straps over your shoulders.

It is important that your breasts fit perfectly in the cup.

Next take your left hand and position your right breast in the cup. It would be helpful if you lean forward. Your breast should fit well in the cup, the wire should be positioned comfortably under your breast, and the bra should have no creases. You can check it in the mirror. Now do the same with your right hand and the left cup.

The perfect fit

The following points tell you how your bra fits.

The bra should be in the horizontal position around your body and the fastener should not ride up. If it rides up the band measurement is too big.

Put your arms over your head. If the breast falls out underneath and the wires ride up your cup is too small or the shape of the wires is not the right fit.

If the wire is too tight or sits on the breast your cup is too small or the shape of the wire is not the right fit.

The wire gives you the needed support from underneath and from the side. You should not feel it! The wire should not press on your ribs or push or rub on the front and on the side of your breasts. The end of the wire should separate your breasts. It should lie smoothly on your skin without pressure.

The upper part of the cup should lie flat against the skin.

The lower part of the cup should be strong enough to guarantee the needed support, especially for bigger sizes.

A frame also gives more comfort for bigger sizes, because of the additional support it gives under the breast.

Under the arm the bra should lie flat and the cup should contain the breast in this part.

The straps should be comfortable and not too tight or too elastic and the width should be big enough according to the size. The adjuster regulates the length of the straps.

They should be positioned so that you cannot feel them, especially not on the shoulder blade. Put on an item of clothing over your bra and look from the front and from the side, to see the result matches your expectation. Some bras are very pointy, others are very flat and some of them push your breast up. Normally you can see it, when you are wearing an item of clothing. It depends on your own personal taste.