

# The right bra

One of the best things you can do for your breasts is to wear a well fitting bra. A well chosen bra which fits well makes you feel great, flatters your figure and prevents your breasts from sagging.

During puberty your breasts can grow rather quickly, depending on the oestrogen. A simple way to find out if you should wear a bra is the depth of the fold under your breast. When you are able to hold a pencil with this fold you should start to wear a bra. When your breasts reach a certain weight they need support. Did you know that a size 75 / 34 B already weights 250 gr?

If you do sport it's very important to wear a bra. During jogging or similar sports your tendons have to take the whole weight of your breasts every 2 seconds. Therefore you should wear a special sports bra with enough support.

Many women do not ask for specialist advice when they buy a bra. Over many years they buy the same size without knowing if it's really the right size. Many women buy a bra without trying, with the result that the bra doesn't fit well or doesn't give the necessary support. Did you know that around 80% of women wear the wrong bra size? And secondly wearing the wrong bra size for a long time can cause pain.

The first step in finding the right size is to have exact measurements. You can do this by yourself or with the help of a friend, or the best way - with the help of a bra fitter. The biggest mistake is to buy a bigger size instead of bigger cup size. In most cases it is a bigger cup size that is needed and not a bigger band measurement. This is a special problem for ladies with big cup sizes. For example: if a Lady needs 75 E and she can't find the right size, she probably buys 85 C to get the necessary cup volume. But now the band measurement is too large for her, so the bra cannot give the necessary support. Many ladies complain about pain between the shoulder blades and the neck. This can also be caused by wearing the wrong bra size. There are also other things to consider: do you prefer a front or back fastener; wire or none wire; do you want to lift your breasts or make them flatter? For each wish you can find the right bra. Not every bra in the same size fits in the same way. Sometimes it's better to change the bra style than the bra size. Also the fit between different manufacturers can vary. For example 75 D / 34 D at one manufacturer can also be 75 C / 34 C at another manufacturer.