



Bra Fitting Basics

Whether it's under your best dress or a basic white T-shirt, a well fitting bra is the key to a flattering look. Regardless of whether your breast are large or small, they need to be supported well throughout your life but especially as you age. Your correct size can improve your posture, enhance self-esteem and reduce back pain and headaches. And it goes without saying that the right garment ensures that your clothes fit well and look the way they should on your body.

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To find the right bra, you should be professionally fitted by an expert who will measure you, factor in your lifestyle needs and personal style and recommend bras that could work for you. Liliana Mann of the Toronto lingerie store [Linea Intima](#) visited Steven and Chris to tell us how a bra should fit, what its job really is and what kinds of bra every woman should have in their wardrobe.

What can the right bra really do?

- Smooth and shape breasts, giving a sleeker line, which enhances clothing.
- Support breasts comfortably, improving posture and easing discomfort from headache and back pain..
- Lift and support breasts, giving a more youthful appearance.
- Make breasts appear larger and fuller, adding shapely curves or make breasts appear smaller, giving the body a leaner and taller appearance.

How should a bra should fit?

- From the side, the underband that runs around the body should be straight and horizontal, should not ride up the back, and should be firm but comfortable.
- The underwires at the front should lie flat against the rib cage (not the breast) and should not dig in to the chest or the breasts. They should also not



rub or poke out at the front.

-The breasts should be enclosed by the cups and there should be a smooth line where the fabric at the top of the cup ends.

-There should be no ridge or bulging over the top or sides of the cups, even with a low-cut balconette or demi-cup bra.

Five kinds of bra every woman should have:

Seamless: For a smooth rounded shape under knits, T-shirts and sweaters.

Seamed: These give a more defined shape that helps fill out darts, enhances tailoring and improves fit under blouses, jackets and dresses.

Strapless or convertible: Appropriate under strapless or backless garments and those that have halter necklines or spaghetti straps.

Specialty: Fun and sexy bras that you wear mainly for appearance.

Sport: For specialized support during high-impact activity and exercise.



You know it's time for a bra fitting when...

1. You can't wait to take your bra off at night!
2. The wires hurt, the band is too small or the bra sits too low on the rib cage.
3. The wires poke on the side -- a larger band or cup size is needed.
4. The middle front rides up away from the body -- the cups are too small.
5. The shoulders hurt -- more support is needed (smaller band and larger cups) or you need a style with wider or padded straps.
6. Straps fall off the shoulders -- either the straps need to be tightened, they have lost elasticity or shoulders may be sloped, requiring a bra with straps that are closer together at the back.
7. The band rides up -- either the bra is too big or has lost elasticity.

Source: www.lineaintima.com