

HOW TO FIT YOUR BRA

STEP 01

BACK BAND

- Ensure it is horizontal and parallel with the floor.
- Can fit two fingers under the band, feels snug and doesn't move.
- Fasten on the loosest setting to allow you to tighten later as it stretches.

STEP 03

STRAPS

- Sitting comfortably on your shoulders.
- Can fit two fingers under the strap comfortably.
- Not digging in or falling off your shoulders.

A great way to test if your bra is fitting correctly is to lift your arms above your head. Your bra should remain in place without the straps falling off of your shoulders, or the band riding up.

Most importantly, you should feel comfortable. If you check this list and your bra is doing everything it should be, then you are wearing the correct size!

STEP 02

CUPS

- Fully encasing the breasts.
- A lifted and smooth appearance.
- No gaping or bulging.

