

3 SIGNS YOU ARE WEARING THE

WRONG SIZE BRA



01. BACK BAND

The back band of your bra is riding up/moving up your back.

02. CUPS

The cups are gaping or your breasts feel like they are falling out.

03. STRAPS

The straps are falling off or digging into your shoulders.

IS IT TOO BIG?

1. Your breasts slip out the bottom of the band or the bottom of the cups.
2. The bra band rides up at the back.
3. The bra cups wrinkle or gape.
4. The bra straps slip off the shoulders on the tightest setting.

IS IT TOO SMALL?

1. There are parts of your breast poking out the sides or over the top of the cups.
2. The bra "pokes" you anywhere.
3. The centre of your bra rides up and doesn't lie flat.

Bras will stretch overtime, so make sure your bra fits when it is on the loosest clasp. That way, when the band does stretch out, you can tighten it and get more use out of your bra.

A well fitting bra has a positive impact on posture, the way your clothing sits on the body and how fabulous you feel in your day-to-day life.