

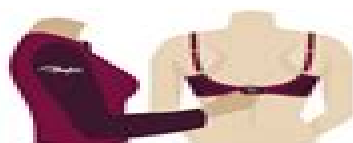
Find Your Perfect Fit

Did you know most women across the UK are wearing the wrong size bra? A poorly fitted bra can not only be uncomfortable and unflattering, but can cause bad posture, sagging and can even have an impact on your long-term breast health. Follow our easy bra-fitting guide to feel and look your best!



1. The underband - put your back into it!

This is where the *main support* comes from!
Fit should be firm *around the body* without digging in!

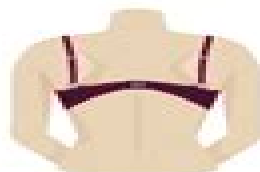


2.

You should just be able to fit *2 fingers under the band* once it's fastened

3.

If the back is *riding up*, the back is too big!



4. The straps - don't make them do all the work!

Fit should *be firm* without digging in!



Fitting Guide

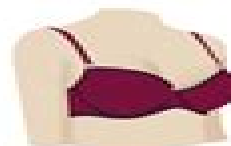
5.

If you have to pull the straps super tight, it could be the *back size is too big!*



6. The cups - are yours half full?

If the cups are loose with *excess material* the cup size is too big



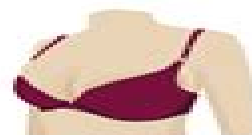
7.

Your breasts should *be comfortably encased* in the cups, and feel fully supported



8. The wires

If your breasts are *overspilling the cups* (breasted double boob!) your cup size is too small



9.

The centre of the bra should *fit flat against the chest* - if it sits away, the cups are too small



10.

The underwire should *follow the line of the bust* and sit behind the breast tissue, not on it



Now you have the perfect fit, you need to find the perfect bra! Within the Playtex collection, there is something for everyone. From innovations, to lacy styling and t-shirt bras in fabulous seasonal colours, find your perfect match @ Playtex.com

Contour Perfection



Playtex's revolutionary new bra **Contour Perfection** responds to the millions of women who are searching for a way to restore breast fullness naturally. With innovative top-cup padding, the comfortable and stylish bra restores breast fullness to create a truly transformative naturally rounded shape.

Flower Lace - Lightly Padded



Our softly feminine best-selling Flower Lace range has an exciting new addition to the range. **Flower Lace - Lightly Padded** is our first lightly padded bra. Launching in sophisticated black and white colours and available up to an F cup, this pretty lace bra doesn't compromise on comfort or fit.

Bra Fitting Guide

Didier Musso



Bra Fitting Guide:

The Ultimate Bra Fitting Guide Debra Sanders Steele,2012-12-01 Congratulations Today you have chosen to take back control of your life No more pain and agony from wearing a bad fitting bra Now you have the information you need to choose bras that fit lift and support No more guessing Most women are wearing the wrong size bra One of the most common mistakes is choosing a bra where the band is too big The second most common mistake is choosing a bra where the cup is too small Now you will be armed with everything you need to know so you can choose the correct style and size From this day forward bra shopping will be fun and it will be something you will look forward to not dread Your new bras will make you look slimmer and leaner Your clothes will fit better and your confidence will soar A Message From The Author To all women My goal is to help you embrace the body that you have right now I will show you how to choose the correct fitting bra every time you go shopping I will empower you to take control of your body so you can stop allowing your body to dictate your happiness This book is loaded with all of the information you will need to simply walk into the lingerie department of any store and buy a bra that lifts supports and fits you perfectly You will also find the answers to many of your bra questions For the first time in your life you and your girls will be happy To all intimate apparel store owners and managers This book is perfect to use to teach your selling team and specialist how to properly fit any customer for a bra and choose the correct style for their body type To all bra fitting specialist and consultants This book will have all of the information you will need to learn how to correctly fit every body type that you will encounter Once you get a client in a correct fitting bra you will have a friend for life

The Rough Guide To Girl Stuff Kaz Cooke,2009-05-01 The Rough Guide to Girl Stuff is packed with everything a girl needs to know to get her through the teen years From friends body changes clothes school stress exercise and sex to smoking embarrassment dieting guys drinking drugs and heartbreak Not to mention how to beat bullies and mean girls earn money find new friends and get on with your family Written by award winning author Kaz Cooke in extensive consultation with medical psychological and practical experts The Rough Guide to Girl Stuff provides a wealth of practical tips and non judgemental advice for teens and their parents Girl Stuff is split in to four key themes Body Head Heart and On the Go and each chapter includes facts hints inspiring lists hundreds of quotes from real girls and details of websites and books for useful tips if you want to find out more Designed to be a friend through the teenage years The Rough Guide to Girl Stuff will be your best friend through every change and challenge Girl Stuff is the book I wanted when I was a teenager a best friend that will honestly answer every question about everything Kaz Cooke *The Girl's Guide* Melissa

Kirsch,2015-04-07 A colossal cheat sheet for your post college years answering all the needs of the modern woman from mastering money to placating overly anxious parents from social media etiquette to the pleasure and pain of dating and why it s not a cliché to love yourself first A perfect combination of tried and true advice and been there tips it s a one stop resource that includes how to clean up your digital reputation info on finding an apartment you can afford and actually want to live in

and why you should exercise the delicate art of defriending Plus the fundamentals from health mental and physical to spirituality to ethics to fashion all delivered in Melissa Kirsch's fresh personal funny voice as if your best friend were giving you the best and smartest advice in the world The Nursing Mother's Quick Reference Guide and Planner Kathleen Huggins, 2020-02-11 This is a shorter version of the best selling book on breastfeeding The Nursing Mother's Companion by Kathleen Huggins This concise easy to use on the fly version of that classic book is ideal for busy time pressed new moms and their helpers and partners It also includes planner pages to help keep track of nursing and pumping sessions and other important details Breastfeeding is natural but it is not always instinctive for either mothers or babies Kathleen Huggins's The Nursing Mother's Companion has been a top selling book on breastfeeding for more than 7 editions over 30 years with more than 1.1 million copies sold It is respected and recommended by professionals including The International Lactation Consultant Association Dr T Berry Brazelton and The American Academy of Pediatrics and it is well loved by new parents for its encouraging and accessible style Now in this shorter quick reference version moms and their partners can get the answers they need in a flash without sacrificing the breadth and accuracy of the original book Plus this edition adds a planner component for scheduling nursing sessions pump rentals and pumping sessions weight and wellness checks anticipated dates for weaning and more Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully This up to date book covers Expressing storing and feeding breast milk How to cope with breastfeeding obstacles and challenges Managing pumping and nursing when you return to work New mom care for the postpartum period Introducing solid foods How to choose a breast pump Deciding when to wean and how to do it **The Guide to Breast Reconstruction** Patricia O'Grady, 2014-02-25 The book is designed to be a useful resource for anyone struggling with breast cancer Its been written with the compassion and insight that only a breast cancer survivor can offer it will walk you through the mastectomy and the entire reconstruction process The author shares actual photos that document each stage of reconstruction Drawing upon her own firsthand experiences the author explains what you can expect step by step and shares advice on how to deal with each stage of the process At each step she describes what you can expect to hear from the doctor as well as the physical and emotional challenges you may face along the way You'll find support information and advice about your options The topics covered include the newest flap procedures implants nipple sparing surgery nipple and areola reconstruction financial assistance intimacy issues how to prepare for surgeries and how to cope during recovery The book also features interviews with a plastic surgeon who specializes in breast reconstruction and an expert tattoo artist who offers the finishing touches from nipple and areola tattoos to beautiful artistic tattoos that cover scars The author delves into the history of breast cancer and reconstruction and even explains how to find the correct bra during the process and after all the procedures have been completed This must have guide is written from a down to earth perspective that is at once informative candid soul baring and at times highly entertaining **The Bra**

Fitting Bible: Calculating and Understanding Bra Size , *The Bra Fitting Bible: Calculating and Understanding Bra Size* Emma Scott,2013 **The Complete Idiot's Guide to Breastfeeding** Anne P. Mark,2000-11-09 If you are an expecting mother you can use this book to educate yourself about the many aspects of breastfeeding including what the benefits are how to do it and what to do when it s not working It will give you what you need to make informed decisions and will provide you the foundation for a successful experience The Bra Book Jene' Luciani,2009 Bras *Breasts* Philippa Kaye,2023-03-21 Become body literate with *Breasts* An owner s guide the first in an enlightening series of books that democratize health for a new generation of readers *Breasts* is an informative practical and engaging introduction to understanding and caring for our most mythologized and objectified body part This conversation starting book focuses on breasts through lived experience revealing essential things to know right now and what to expect tomorrow Author Dr Philippa Kaye is both your GP and your friend who believes everyone has a right to know their body Dr Philippa tells it like it is translating medical jargon into simple witty prose answering frequently asked patient queries and investigating what we love fear and most misunderstand about our mammaries Explore further A 10 step chapter structure to understanding and loving your breasts Explores the breast s full lifespan and applies science to the everyday Easy to follow with simple Q plus insightful diagrams and infographics Newly commissioned explanatory illustrations bring fresh light to the topic From regular self checks and bra fitting advice to sports breastfeeding and what to do when things go wrong this taboo tackling book applies science to the everyday with simple illustrations checklists FAQs and myth busters all supported by the latest medical research *Breasts* won t just help you to better understand your body it might even change your life

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