



Caring for Your Bras

- It is always recommended that you hand wash your bras in a mild detergent designated for lingerie and delicates. A 3-5 minute soak in the sink should do.
- If you put your bras in the washing machine, use a lingerie mesh bag and always hook the bra before putting it in. Place on a delicate cycle and only place light weight delicates in the wash with them.
- Never put your bras in the dryer, the heat melts the delicate fibers and elastic. Always lay flat to dry.
- Rotate your bras daily with 24-48 hours in between wearings. Having 2-3 sports bras in your wardrobe will allow you to easily rotate them and extend the life of your bras.