



Fit Check Points

BAND

Check that the band is straight and parallel to the floor. A new bra should fit snug on the loosest hook, and you should be able to fit two fingers underneath.

CENTER

The center of the bra, both underwire and non-wire, should rest flat against the chest wall.

CUPS

The cup of the bra should lay smooth, with all breast tissue contained inside. If there is breast tissue spilling from the top or bottom of the cup, start by moving up 1 cup size. If you see gapping or wrinkling at the top of the cup, double check the band is fitting snug on the loosest hook. You may need to go down a band or cup size.

STRAPS

In the proper fit, straps should not support the breast tissue. They will smooth the top of the cup without digging in or falling off. Adjust to where you can fit 2 fingers underneath.

SUPPORT

When you are getting the proper support from your bra, the fullest part of your bust should be halfway between your shoulder and your elbow.

STILL NOT SURE?

Talk to one of our fitting experts. They will be happy to help you with any questions you may have.



BREAST CARE

