

5 Things Every Woman Should Know About Her Bra



Karen Thompson, Founder,
Lace Silhouettes Lingerie
est. 1988

By Taylor Jackson,
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A bra is an important part of our wardrobe as women. It may not be visible, but it plays a key role in the foundation of how our clothes look on us. A properly fitting bra is the key to looking and feeling your best.

Do you ever notice your shirts bunching or gapping on you? Or do you find your back and shoulders are sore by the end of every day? It's possible you're wearing the wrong size bra, and simply changing the size and/or style can make a huge difference. These 5 tips will help you get the proper fit that you (and your girls) deserve!

1) The band is more important than the cup. That's right: the band is your true *breast friend!* While the cup holds your breasts, the band is actually responsible for 90% of the support in a bra. This means getting your correct band size is crucial to having the support you need. With the right lift and support, you can look 10 pounds lighter, and your clothes will fit 10 times better.

2) Snug is your friend. Many women try to wear a bra with a looser-fitting band, whether it be a size up or wearing it on the last notch, because they

feel it is more comfortable and/or want to minimize the appearance of back fat. However, wearing a looser band causes the bra to ride up and sacrifices the support you need. This results in shoulder and back pain, and no one wants that! Your bra band should actually sit a smidge lower in the back than the front. In order to keep it there, you need that snug fit! Keep in mind, the snug fit shouldn't be suffocating. You should be able to fit your finger in between the band and your skin and pull it out one inch.

3) The style of bra is just as important as the size. Step one in finding your dream bra is getting fitted for the proper size. This gives you the support you need. The next, and equally important, step is finding the right style for you. This gives you the shape you want. Molded, seamless cups are a great option for providing an overall smooth and rounded shape. However, molded cups aren't for everyone. A molded cup has its own shape, and your breasts have to fit that shape. There are 9+ different shapes of breasts, so some will fit the molded cup and some won't. Seamed bras are a great option to try. The seams act like support beams; the bra conforms to *your* breast shape and lifts them higher. Some seamed bras even have side support, which pushes your breast tissue forward and gives the effect of a slimmer profile.

4) Care is key for longevity. While no bra is made to last your entire lifetime, proper

care can extend its life (and save you money!). The best way to care for your bra is to handwash it and hang it to dry. I highly recommend buying Soak®; it is the easiest way to handwash your bra. All you have to do is fill your sink with water, add 1 teaspoon of Soak®, and place your bra(s) in the water for 15 minutes. Once the 15 minutes are up, ring them out and hang them to dry. It's that easy! You can purchase Soak® at Lace Silhouettes Lingerie, a local boutique in Peddler's

Village. Sometimes, life gets crazy, so, if you don't have time to hand wash your bras (which I totally understand), putting them into mesh bags before putting them into the washer is a big help. Even if you put your bras in the washer, always hang them to dry.

5) Get a professional fitting.

The truth is, shopping for bras can feel overwhelming sometimes. The good news is you don't have to do it alone. Lace Silhouettes

Lingerie has been in business for 35 years, and it has knowledgeable fitters who will give you personalized one-on-one attention. They will help you every step of the way from proper size to the perfect style. Bra fittings aren't just one and done. Your bra size can change throughout your lifetime, especially before and after pregnancy and with weight fluctuations. A good rule of thumb is, when it's time to replace your bras, it's also time to get fitted again.

Karen Thompson, founder of Lace Silhouettes Lingerie, opened her first store in 1988, located in Bucks County, PA. Thompson had a vision to create a unique shopping experience for women, one that they did not get in other places. Each woman is treated like "a guest in our home." Thompson and her staff service guests with everything from bras, to panties, to pajamas and everything in between. Today, Lace Silhouettes has grown to five other stores in Bucks County; Cotton Company, Village Outfitters, Sunflowers, Signatures, and Fox and Holly as well as store locations in New Jersey. For 35 years, Karen and her staff remains true to the goal of inspiring and empowering women to look and feel their best every day.



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