



Karen Thompson, Founder, Lace Silhouettes Lingerie est. 1988

By Taylor Jackson,
Lace Silhouettes Lingerie

They may not be visible, but bras play a key role in the foundation of our wardrobe as women. A proper-fitting bra can be 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 five 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 prefer to wear a bra with a looser fitting band because they feel it is more comfortable and/or want to minimize the appearance of back fat. However, it actually has the opposite effect long-term. 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!

Five Things Every Woman Should Know About Her Bra

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 over 35 years, Karen and her staff remains true to the goal of inspiring and empowering women to look and feel their best every day.

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. There are also a lot of great bras designed with special bands that you give you the support you need while maintaining a smooth silhouette.

3) The type 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, but they aren't necessarily for everyone. A molded cup has its own shape, and your breasts have to fit that shape. There are 9+ different breast shapes; some will fit the molded shape, and some won't. Seamed bras are another 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 their life (and save you money!). The best way to care for your bras is to handwash them and hang them to dry. Washing can be done after every 2-3 wears. I highly recommend trying Soak®. It is

the easiest way to hand-wash your bras. All you have to do is fill your sink with water, add one 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. If you don't have time to handwash your bras (which I totally under-

stand), 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 over 35 years,

and we have knowledgeable fitters who will give you personalized one-on-one attention. We 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.

Inspiring your best you.

Find your perfect fit.
Experience our complimentary
RX for Comfort™ Bra Fittings!
Bring a girlfriend or two!

Chantelle

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