



STYLE AND SIZE:

BAND SIZING

Take a snug measurement around the diaphragm under the bust then select your size from the following chart.

FROM	BRA SIZE	DIFFERENCE	CUP SIZE
27-28"	32	Up to ½"	AA
29-30"	34	Up to 1"	A
31-32"	36	Up to 2"	B
33-34"	38	Up to 3"	C
35-36"	40	Up to 4"	D
37-38"	42	Up to 5"	DD
39-40"	44	Up to 6"	DDD

CUP SIZING

Measure the fullest part of the bust by holding the tape lightly, and compare this measurement to your bra size. The difference is your cup size.

SOLUTIONS FOR A PROPER BRA FIT

- Q:** Do you bulge over the top of your bra cup?
A: If so, the cups do not have enough capacity to contain the bust tissue. The simple cure is to choose a larger cup size. **TIP:** If you require only slightly more capacity try a larger band in the same cup size.
- Q:** Does the bottom band of your bra dig into the flesh?
A: This may indicate the lower band is too narrow for the body tissue or that the band size is too small. Check the chest measurement for appropriate sizing.
- Q:** Is the back of your bra sitting higher on the body than the front?
A: This usually occurs when the band is too loose (which may indicate a worn-out bra) or the straps are too tightly adjusted. Check strap adjustments and measure your torso to determine if a smaller band is needed.
- Q:** Do your straps slide off your shoulders or dig into the flesh?
A: If they slide off, try a style that has silicone on the straps to prevent slipping, or try a style with a narrow strap design. If they dig into the flesh, try on a larger cup size, readjust, or find a style with wider or cushioned straps. Note: Bra support should come from the cup design and bra band not your straps.

THE RIGHT SUPPORT, STYLE AND FIT

Boxed styles are structured for increased support and are sorted by level:

- 1** Medium Support Bras: Designed to hold with enough stretch throughout the garment for extra comfort.
- 2** Firm Support Bras: Designed to support up to DDD cups, with fuller coverage, wider shoulder straps and rigid fabrications (i.e. Simplex).
- 3** Medium to Firm Control Briefs: Briefs that are structured to shape and support for a smooth and seamless look.

STYLE AND CATEGORIES:

WIREFREE

Designed to offer a more natural shape, and yet still provides support with inner frame structure and side boning to help keep the bra securely in place.

SHAPING

Underwire styles that are contoured with stretch foam that lift and shape the bust. (Pushup bras are included in this category).

UNDERWIRE

Designed to support and separate the bust while maintaining a natural look. A soft covered underwire provides support from beneath for less strain on the shoulder straps.

MINIMIZER

Designed to reduce bust projection by redistributing the breast tissue with a more structured cup and/or more rigid fabrication.

SPORT

Designed to support the bust during all levels of physical activity with wicking and/or breathable fabrics for increased comfort.

SPECIALTY

Styles designed with convertible straps, clear straps/bands or perhaps bustiers, or any other styles that are recognized as occasion wear.

for more tips on style and life, visit these sites:

wish

wish.ca

**CANADIAN
family**

canadianfamily.ca

FASHION

fashionmagazine.com

**gardening
life**

gardeninglife.ca