

Bra Basics: Our Expert Helps You Get the Right Fit

Warnaco spokesman and intimate apparel expert Don Allen solves common fit dilemmas and offers tips to get the perfect bra fit.

What's the ultimate test of a properly-fitting bra?

- Is the gore, which is the center part of the bra, flat against your body?
- Do the breasts have a natural separation?
- Are they contained without any spillage?

Are you smaller-busted and need a bit of lift?

Look for a bra with "light lift" or a push-up. These bras have padding on the bottom or side cup and add lift to fill the cup. A fuller-busted woman wearing the same bra will have a more dramatic cleavage display.

Is it true that you should choose a smaller cup size when wearing a strapless bra so that it doesn't fall down?

No, this is a myth. A strapless bra is designed very much like a bra with straps. Your bust should comfortably fit into the cups without any gaping or spilling over, the gore [the center of the bra] should lay flat against your body, and the back panel should sit comfortably and straight across your back. Since all women have

different shapes, a back-close bra is designed with three adjustments, so if you would like the bra to fit a little snugger, you can place it on the tightest adjustment.

Are you experiencing "double-bubble" – breast tissue spilling out over the front edge of the bra and at your underarm?

You're likely wearing an incorrect cup size. Try the next cup size up. A good check would be to try your bra on under a snug t-shirt. If your breast tissue isn't contained to your bra and it's apparent under the shirt, then you have chosen the incorrect cup size.

How do I choose a bra that fits my bust shape?

If you are "shallow in the bust" and you experience an open, hollow area inside your bra where the strap attaches to the cup, choose a bra with a pared-down style, such as a semi-demi. If you have a full, rounded bust, choose a full-coverage bra that will contain your entire bust without any "double-bubble" effect.