

the 'b' word

EVERY GIRL NEEDS A BRA, WHICH IS PROBABLY WHY IT'S SO HARD TO FIND THE RIGHT ONE!

Cotton On Body, \$29.95



Sports This bra should be worn when you're doing physical exercise. Natalie Paduano, lingerie designer at Bras N Things, says, "The bust should be supported during physical activity to prevent tissue from tearing".



Freya, \$74.95

Cotton On Body, \$19.95



Strapless This bra is great for when you're wearing a strapless top, or even a singlet with skinny straps and you don't feel like showing your bra to the world.



Bras N Things, \$39.95

Bras N Things, \$49.99



Convertible This wonder bra transforms into several different styles, including criss-cross, halter, racerback and normal... just to name a few.



Calvin Klein, \$79.95

Bras N Things, \$49.99



T-shirt Opt for this basic bra when you don't want any bumps or designs showing through your top, and when you want to create smooth lines.



Bonds, \$34.95

Bras N Things, \$39.95



Full cup If you've got a fuller bust, this is the perfect bra for you as it will provide the extra support that'll always be appreciated.



Bras N Things, \$49.99

Bonds, \$36.95



Triangle Usually worn at the beginning of the development cycle, this bra provides enough support for the smaller-busted girl.



Huit, \$74.95

Bra basics 101

REMEMBER how excited you were to buy your first bra? Now that you've fully developed, you might find the whole concept kinda stressful and – to be completely honest – uncomfortable. That's probably coz you're wearing the wrong bra. Here, we show you how to get your sizing right, and how to choose the style that's right for you.

FIRST THING'S FIRST: A good-fitting bra should make you forget you're actually wearing one. Natalie explains that when you've found the right bra, "The underwires should be sitting flat against your body and not digging in, the cups should not be flattening, and there shouldn't be any gaping along the top of the cup". She adds, "The wings and straps should be firm

and not digging into the flesh, and the back wings should not ride up the bra".

NEXT UP: How many should you have? Natalie recommends getting two plain bras to switch between for daily use, as well as a few others of different colours and fabrics, and one set for special occasions.

AS WITH ANYTHING, bras will last longer if you look after them properly. Natalie suggests washing the bra after every third wear in a lingerie wash-bag to ensure the fabric doesn't tear. However, there's only so much washing can do, so if you notice the cups are misshaped, the wings are stretched, or the elastic starts to sag, it's time to treat yourself to a gorgeous new bra.

SAY WHAT?!

Overwhelmed by all the weird terms that are used to describe over-the-shoulder boulder holders? Here's a rundown...

- * **HOOK AND EYE** – is the part at the back of the bra that allows you to "hook" the bra at different stages to give you more support.
- * **CUP SIZE** – refers to the depth of the cup and is represented by letters (A, B, C, D, DD, and so on).
- * **STRAPS** – go over the shoulders to hold the bra up.
- * **WINGS** – are the back sides of the bra that hook up at the back.
- * **UNDERWIRE** – is wire that's encased inside the bra under the bust.
- * **PUSH-UP BRA** – has pads inside the cups to create more cleavage.
- * **CONTOUR BRA** – has shallow cups with no push-up inside.
- * **BUST LINE** – is the line across your bust, through the nipple.

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Sized up

SOME STORES, such as Bras N Things and Myer, offer free fittings to find the right size for you, but just in case you're too shy to get fitted in-store, Natalie teaches us how to do a DIY fitting. To help you get the right size, check out the table to the right when you have your measurements.

1. To find your body size: Measure just underneath your bust to find your "under-bust measurement". Then identify which body size correlates with that number. For example, if your measurement came to 79cm, your body size would be 14.

2. To find your cup size: Measure around the fullest part of your bust. Find this number underneath your body size number, then look to your left and that letter will be your cup size. For example, if your body size was a 14 and your cup-size measurement came to 97cm, you'd be a C cup.

3. To find your bra size: All you have to do is join your body size and your cup size. So, going by our measurements, our bra size would be 14C. Voila! Anyone up for a spot of shopping?



Body size	10	12	14	16
Under-bust Measurement	67-72	72-77	77-82	82-87
A CUP	82-84	87-89	92-94	97-99
B CUP	84-86	89-91	94-96	99-101
C CUP	86-88	91-93	96-98	101-103
D CUP	88-90	93-95	98-100	103-105