

HOW TO PUT ON A BRA

What?! Don't be crazy, we all know how to put on a bra -- or do we? Here are some tips to help you get to bra bliss!



A tight band is the right band
Wear your new bra on the loosest hook so as it stretches, you can make it tighter.



Keep those straps happy
Tighten the straps every other month to make sure they're snug and supportive.



Try the scoop & swoop
Get your girls in the right place by gathering each breast into the cups as you pull back on the wire.

FIT ISSUES & EASY SOLUTIONS



SLIPPING STRAPS

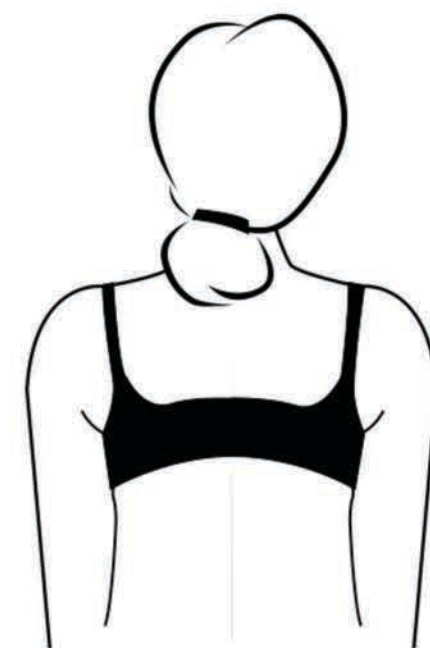
When pesky straps are giving you the slip, follow these quick and easy tips.

1. Tighten the straps. Seems obvious, but as we wear a bra, the straps start to stretch out. We recommend tightening your straps about once a month.
2. If that doesn't work, it might be time to explore a different bra style. Usually **Full Coverage**, **Semi** and **Convertible** bras have the narrowest set straps which help keep them on your shoulders. **Balconet** and **Plunge** bras tend to have wider set straps, so if you have narrow or sloping shoulders, the strap issue can be exaggerated with these styles.

BAND RIDING UP

Is your band creeping up in the back? We've got your fix.

1. Just say no to creepers! It's time to buy a smaller band size so that you have a snug fit. Remember, when you get a smaller band size, you need to go one size bigger in the cup. Example: If you're 36C, your tighter band would be 34D. For more info, review the [size chart](#).
2. You'll know you're in the right band size when you can slip two fingers underneath the back of the band. The band should be snug on the loosest hook, so when your bra stretches out you can continue to tighten it.



STRAPS DIGGING IN

Ya dig? You're not alone.

This common issue is what causes women to rip their bras off the second they walk in the door at the end of the day. The straps should not be doing the heavy lifting. The bra band should be doing most of the work. Chances are yours is too big or has stretched out to the point that you're not getting the support you deserve. Try buying one band size smaller.

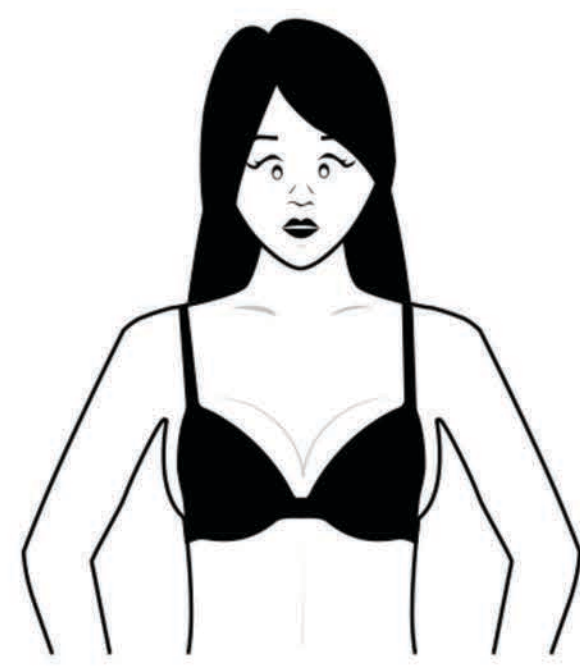
Remember: When you get a smaller band size, you need to go one size bigger in the cup. Example: If you're 36C your tighter band would be 34D. For more info review the [size chart](#).

Another tip for anyone over a D cup is to buy a style with narrower set straps. These styles have straps that are centered on your shoulder so that the weight of the breast is evenly

QUAD-BOOB

No, this doesn't mean that you have four boobs -- but it may look that way when you're wearing a tight shirt. Don't worry, we've got you covered!

It's time to trade in for a bigger cup -- let's give the "girls" some breathing room. Go up one size in the cup. Example: If you're a 34D, trade up for a 34E. Your breasts will breath a sigh of relief! For more info review the [size chart](#).



SIDE BOOB

Some ladies in Hollywood might be sporting side boob on the red carpet, but we assure you-- it's not a good look.

Sometimes, your breast spills out of the side of the cup because the cup is too small. Eliminating side spillage is a snap: just size up in the cup and size down in the band.

Another possibility is that the band is not tight enough, causing the wire sit on your breast. Size down in the band and up in the cup. A snug band should pull the wire back and allow your breast to sit into the cup properly. For more info review the [size chart](#).

CUP GAPING

This is a fairly common issue for women with East West, **They're Sisters Not Twins**, Bell of the Ball, and Skinny Minnie's. Since your breast is resting at the bottom of the cup, it leaves room at the top for unsightly gaping.

1. First try tightening the straps. Sometimes that's all you need to do.
2. If that doesn't work, try going down a cup size. It may be that your cup is just a little too big. If you don't think that you're one whole cup size smaller, try one of our signature 1/2 sizes. Example: If you're usually a 34B, try a 34A1/2. For more info review the [size chart](#).
3. If your cup fits well but there's still a little room at the top, try a **Plunge** or **Push-Up** style. These cups are angled and tend to be cut a little smaller to reduce gaping.

