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Bra-Buying Checklist

Here are The Bra Book's top ten tips to finding the perfect bra:

- 1. Choose a store that has a wide selection** of bras and trained bra fitters on hand, like Frederick's of Hollywood. Measure yourself first as a guideline, especially if shopping online.
- 2. Go to the store armed with a list** of what you need and plan to buy: i.e., two nude bras, two black bras, one strapless, one sports bra, one bra without underwire for comfort (this will vary from person to person). Remember: nude goes under nearly everything.
- 3. Be aware of your body type** so you know what bras to look for. For example, if you are more of a top-heavy "apple," you likely will be looking for fuller coverage bras, not demi-cups.
- 4. Wear or bring a thin t-shirt** to the store so you can see what each bra looks like under the sheerest of circumstances.
- 5. Be open-minded about your size.** If you're surprised (or disappointed), remember that size is just a number (and a letter!). The proper fit of the bra is the most important part.
- 6. Wear a different size.** If you're in a bind and there's a bra that you really love but they don't have your size, it's usually OK to go up a band size and down a cup size – or vice versa.
- 7. Don't be afraid to put the bra on and face yourself in the mirror with a critical eye.** If you see any gaps, spillage, digging in, or other signs of poor fit, it's not the right bra. Turn around and look at the back as well. The back band can be very telling too when it comes to proper fit.
- 8. Don't forget to pick up some bra accessories,** too, so you avoid any faux pas! Breast petals and double-sided tape are always good to have on hand.
- 9. Don't get stuck in a size rut.** Write down the date of your visit and be sure to plan another one six months to a year later (our sizes fluctuate due to weight gain, hormonal changes, aging and other life changes so it's important to get fitted at least once a year!) Our bras also need to be replaced every 6 months to a year due to wear and tear so it's a good rule of thumb.
- 10. Be sure to properly care for your bras!** It's best to hand wash but if you must put in the washing machine, make sure it's encased in a protective garment bag. Always air dry – never put your bras in the dryer!



*Jené Luciani is a celebrity style expert, author of *The Bra Book* (BenBella Books, 2009) and regular *Life & Style Weekly* and *Today Show* contributor, to name a few. You can find out more about her by visiting www.jeneLuciani.com and get more of her tips by visiting her blog, Jene's Jems.*