

“ I didn't even know my bra size until I made a movie”

ANGELINA JOLIE



70% Percentage of British women who wear the wrong-sized bra

SOURCE: WWW.FIGLEAVES.COM

FINDING THE RIGHT BRA

Fit must be chest perfect...

MAXINE CLAYMAN
for thelondonpaper

I'M PRETTY well-endowed, and with the onset of summer I wanted to buy a bra to make the most of my assets.

But after the British Medical Association's recent warning that ill-fitting bras were causing women to seek unnecessary breast reductions, I decided to make sure I was wearing the right size.

I put myself in the hands of the professionals; how hard can it be to find out your bra size? Much harder than you think, I discovered. In three different fittings, I was given three different sizes.

My first stop was John Lewis. It was obvious my current bra (36E) was too big around the back. So when I was told I was a 34E/F it sounded about right. But after struggling to

find a good fit, my fitter plumped for a bigger cup size. I was shocked, it was a 32G. Next I went to the country's biggest bra retailer, Marks and Spencer, where they fit 8,000 women a day. Here the fitter concluded I was a 36DD. But when the bras didn't fit, she simply upped the cup size, so it was still too big around the back.

I sought refuge at Rigby and Peller. Assistant manager Regina Kapinga, took one look at me in my bra and predicted I was a 30G/FF. The effect was instantaneous: amazingly my boobs were lifted, looked smaller, and my waist was more defined.

But I was perplexed as to why I came up different each time. Kate Horell, head of sizing for online lingerie shop

figleaves.com, says half the problem is that sizes aren't standardized.

Her advice is to follow our tips and try lots on. For details of how to know what to look for in a bra see:

www.figleaves.com/uk/fitting...
room



JOHN LEWIS
32G



RIGBY AND PELLER
30G



MARKS AND SPENCER
36E

SHOCKER | Maxine went from a 36E to a 30G to find a bra which fits properly

Are you wearing the right size?

- The front of your bra should lie close to the chest bone
- Lift your arms above your head - your bra shouldn't move
- Lower yourself into your bra to ensure your breast tissue is evenly distributed when checking it fits
- Your bra straps should be done up roughly no more than halfway as your bust should be supported mainly from the back band, not the shoulder straps
- The bra band shouldn't rise up at the back - it should be the same all the way round
- Don't start on the tightest hook when trying on a bra. Fasten it on the middle one to allow for elasticity
- Start from your correct size and if it's not the correct size work backwards, for example if a 32C is too tight try a 34B
- The side of the underwire should be clear of the fleshy bit of the breast

HOW WEARING THE RIGHT BRA CAN AFFECT YOUR HEALTH

- **Breast tissue has no muscle** so you need proper support to stop your bust from sagging
- **It can prevent back-ache**, your posture will

improve as the right bra will keep you upright, not hunching, and the straps won't cut in

- **It completely changes your body shape:**

the right bra will give the appearance of a slimmer waist and a smaller bust

- **You'll get a psychological boost** and feel more confident



BAD BRA

GOOD BRA

thelondonpaper.com/travel

Trek in Taiping

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