

KNOW YOUR BRA



le boudoir™

leBoudoirFits.com

KNOW YOUR BRA, LOVE YOUR BRA.

Women have a love-hate relationship with this piece of clothing. Pinching, slipping, itching, poking, too tight, too loose, straps drooping, no support and so on. It can be hard to discern how a bra is sized within and between brands. What is a bra's specific function beyond the tempting lace?

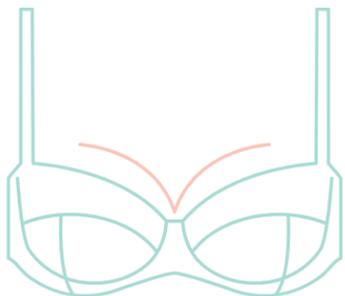
"But it was so pretty, I had to have it!" Maybe it's just misunderstood.

Here is a primer to help you understand. But before you take the plunge, take yourself to a fitting, or even better - **let us come to you!**

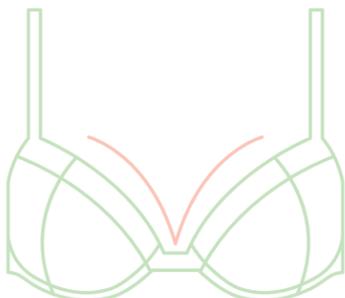
Book a session with le Boudoir and you learn your true size. We will guide you through beautiful style options that flatter, work with your life and provide the comfort you crave.

**Balconette**

Sometimes known as a shelf bra. The name means "little balcony" which refers to the shape. It lifts the breasts to enhance their appearance, shape, and cleavage. It offers less coverage than a full cup or even a demi-bra, giving the breasts a more rounded mound shape.

**Balcony**

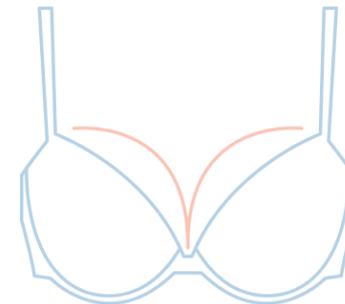
A Balcony bra differs from balconette bra with even less coverage. It has higher sides and a lower front panel, to show cleavage and a "sweetheart" neckline shape. The way the cups are cut and angled help define how the breast can look in a garment. It has moderate support.

**Plunge**

A bra with a low center panel to allow for plunging necklines. This style is good for the appearance of more cleavage without the padding. Not recommended for cup sizes smaller than a C cup. Leaning forward too far could cause your breast to fall out of the bra.

**Three Quarter Cup or Demi**

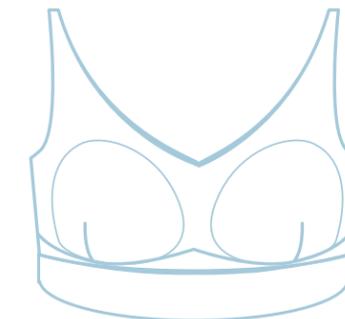
Sometimes referred to as a half-bra or shelf bra since it covers from half to three-quarters of the breast just above the nipple and creates cleavage and uplift. The straps often attach at the outer edge of the cup. Suitable for low-cut outer garments.

**Push Up**

A push up bra is great to give the look of a larger breast size. The padding (sometimes removable), is found at the bottom portion of the cup to lift the breasts, to create the illusion. Great for small breasted women who want a little umpf, and larger breasted women who want show what they have.

**Strapless**

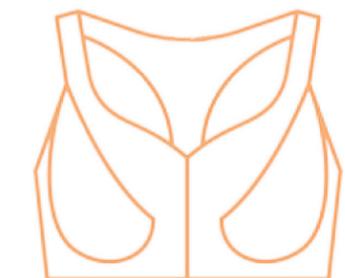
The most successful strapless bras have an extra wide band for breast support. Their strength comes from an architectural approach to under wire and padding to encompasses more of the breast. Not recommended for breasts larger than a G cup or raising your arms up and down frequently.

**Sport or Fitness Bras**

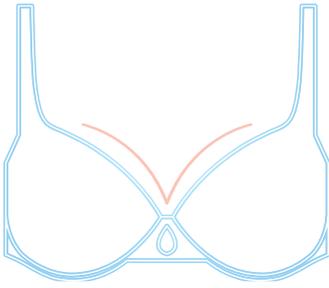
Sports bras are specially designed bras to minimize breast movement and bouncing during exercise. Its design includes wider padded straps, and broad cup coverage. Breasts are supported by the non-elastic Cooper's ligaments. Wearing a sports bra will help prevent damage and sagging of the breast tissue.

**Corset or Bustier**

Generally a longline strapless bra where the bra band can be cinched in by laces or multiple rows of hooks & eyes. The cups are usually demi cup styled to show off your upper breast tissue. A good option for women with larger breasts that are wearing a strapless gown. Provides more support.

**Nursing Bras**

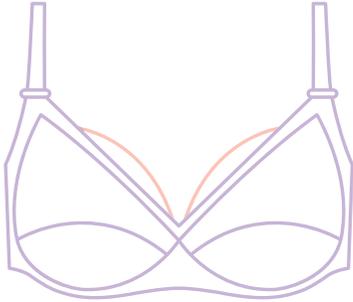
Traditionally, this is a practical comfort bra designed with fuller cups, and wider shoulder straps. Designed to support increased breast size during lactation. Newer versions keep the function but add the special pretty details seen in a regular bra. Aids breastfeeding by providing flaps, panels or stretch fabric that can be unclipped and folded down or to the side.



Full Cup

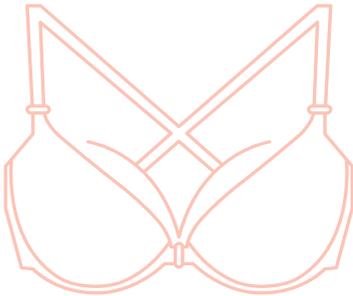
Designed to offer maximum support and coverage for the entire breast. A practical design for large-busted women.

Because full cup bras describe a coverage and structure, and not necessarily a 'bra type,' you'll find full cup bras in a wide variety of styles and detailing.



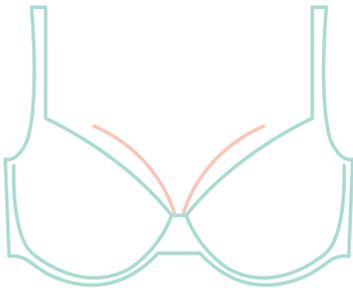
Minimizer

A minimizer does not reduce the size of your breasts. Rather, it minimizes your breasts' projection. Instead of pointed breasts, a minimizer bra changes the breast shape to a more firmly held mound. The cup shape is designed with a wider diameter and a shorter projection.



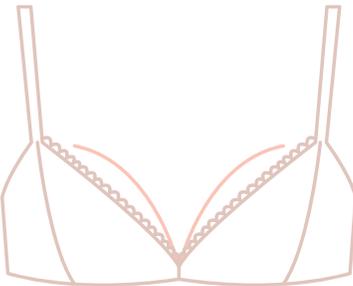
Multiway or Convertible

The bra straps can be detached and rearranged in different ways depending on the outer garment. Alternative strap arrangements include traditional over-the-shoulder, criss-cross, halter, strapless, low back and one-shoulder.



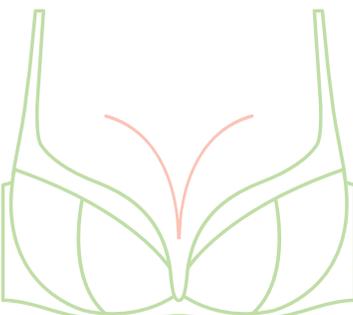
Tee Shirt or Contour Cup

This bra is a combination of being a seamless bra and a lightly padded bra. There is a thin layer of foam or padding in the cups to give a nice shape and modesty so that the contour of your nipple does not show. Great to wear under t-shirts and other clingy or form-fitting clothes.



Triangle or Bralette

A lightweight, simple design, usually an unlined, soft-cup pullover style bra. The breasts are covered but the bra offers little, if any, real support and is ideal for small busts. Basically a short camisole in unlimited designs.



Plunging Push up

This bra has cups that are very low in the center with a deep V-neckline. This type of bra is ideal for low cut tops that would show the top of a regular bra. The shape of the cup pushes the breasts together and upwards. It works similarly to a regular push-up bra, but with less coverage at the front of the neckline.