

DIY fit check

- The back strap should fit firmly and securely. A common mistake is to wear a bra that is too big in the back and too small in the cup. If the strap is riding up at the back, you need to go down a size.
- Your breast should be fully contained in the cup, not bulging over the top or out at the sides or falling out underneath.
- The underwire should fit against your body and not the breast tissue.
- The centre gore (that's the bit in the centre of the bra!) should sit flat against your breastbone.
- Ensure the bust is lifted so that you can see the wire channel underneath the breast as you look in the mirror. This way you can be sure of a good fit and shape.
- And finally, it's important to adjust your shoulder straps every time you put your bra on to ensure good fit and support.

