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Product Related Frequently Asked Questions

Contact us if you have a question or need any additional information. Check back often for updates to this page.

Why do I always fall out the bottom of my bra?

One of these two reasons or a combination of the two.

1. Your cups are not large enough or deep enough therefore a larger cup size is required
2. The band is too loose allowing your breasts to fall below the bra, a smaller band is then required.

Why does the back on my bra ride up?

The bra is too loose around, try a smaller band size, but remember the cup size will have to change as well.

Why am I bulging out of my bra?

Try a larger cup size, but keep the same band size.

Why do the underwires hurt me?

Usually, it's because you're wearing the wrong size thus allowing the wire to dig into the breast, you may need a larger cup to allow the wire enough width around the breast, or if the bra is too loose around allowing it ride up, it will allow the wire to dig into the ribcage, If you are extremely sensitive and just cannot wear underwires, we recommend that you wear soft cup bras instead.

Why do my shoulder straps always fall down?

Many of my clients have sloping shoulders thus causing the bra to continuously slip down; we offer styles that are designed to eliminate shoulder straps from falling.

Why should I spend more on my bra?

I recommend to my clients to purchase what is comfortable, flattering and offer the style that you need. You should never compromise your personal taste, for cost or other limitations. Quality is better, even though it may be more expensive. Also, your bra should be comfortable and flattering to your figure. The old quote stands firm for bras: you get what you pay for. The more expensive, quality bras will last longer and provide better fit.

How do I care for my bra?

If you want the bra to last, wash them in a lingerie wash bag or by hand. The washing machine, even the delicate cycle is very harsh on a bra. If you hand wash, hand them to air dry. Your bra should be washed after every wearing as your body oils will deteriorate the synthetic fibers

How often should I replace my bra?

That would depend on your own personal change requirements, how you care for your bra and the quality of bra. With a quality bra, such as Empreinte, Freya, Chantelle or Piege, you should replace your bra anywhere from 1 to 2 years.

Why should I spend more on my hosiery?

Hosiery manufacturing has improved so much in the past 5 years. New knitting technologies contribute to better fitting hosiery thus increases the costs. Sheer hose will always snag, but it's the knitting pattern that

prevents it from running. Also, the feeling of the fiber on your skin is very important, hosiery should be enjoyable not uncomfortable or a nuisance. We find that European manufacturers to be more innovative and geared toward quality, comfort and especially the look of the hose thus importing increases cost as well.

Is D is a large size?

D is not a large size. Women's breasts range in sizes from AA to JJ -- D is right at the beginning of this spectrum. 50% of woman are actually D and bigger.

How do I determine the size of the cup?

The letter and the number together determine the size of the cup. As the number goes down, so does the cup size. Therefore, not all Bs are the same cup size. A 32C is the same cup size as a 34B and a 32B is a size smaller than a 34B.

What is the best choice for bra color under a white shirt?

A white bra will be clearly obvious under a white shirt. If you don't want your bra to show, you should wear a colour that matches your skin colour or is a little darker.

I want support; do I wear a cup too small?

To be supported appropriately, you should wear a supportive bra in your proper size.

I want nice cleavage, what do I do?

Fact: You should wear a bra that fits properly and is designed to push up your breasts.

My bra is uncomfortable in the back, should I go up a band size?

Often our bras are uncomfortable in the back because they are too loose and move around. We often think that if something feels uncomfortable we need to go bigger, but it often the opposite case with bras. A bra may feel uncomfortable in the back because it is too big and therefore not supportive enough to hold the cups to the body. The breasts will pull the bra down in the front which will pull the back up in the back and the straps may even fall down. If your back is higher in the back than it is in the front, you should probably get a tighter back.

How come a particular size in one company fits me and the same size from another company does not?

There are many different shapes of breasts and different styles of bras work for different shapes. Also, different bras may fit differently. Different manufacturers make assumptions about the standard shape they will strive for, and that may not be YOUR shape. Not all women have the same breast profile.

Is there is a perfect bra.

Perfection comes from a proper fitting. Since every woman is so unique, the "dream bra" for you may not be the same "dream bra" for another, even if they are the same bra size. There is no universally perfect bra for all women.

How do I eliminate nipple show through?

By positioning the nipple on a seam, you can eliminate all the show through. A proper fitted bra eliminates shifting and irritation to the sensitive issue to stop the nipple from becoming erect.

Can I improve firmness in the breast tissue muscle through exercise?

Truth is that breast tissue loses elasticity with exercise, age and lack of proper support. However, elasticity cannot be improved once the resilience is lost.

I am full-busted, how do I minimize the look of my breasts?

It is unhealthy to compress breast tissue, as you'll lose firmness. Minimizers increase the surface area on her chest making her look wider and thick through the torso. Lifting the breast tissue will increase the perceived length of her torso and actually will give the woman the appearance of having lost one full dress size and gained inches in height.

Sports bras are best that compress the breast tissue during rigorous exercise.

False, compression causes the bust to move as a solid block and actually damages the root tissue closest to the chest wall resulting in irreparable harm and loss of firmness. Select a sports bra based upon the strength of the bra and the seamed support that distributes the pressure and weight of the breasts.

Why do I have back pain and shoulder stiffness?

Erroneously, most women rely on the shoulder straps of the bra for supporting the bust line. Only 10% of the support should come from the shoulder straps. The bra band should provide 90% of the support.

Should underwires be uncomfortable?

You should not feel the underwire of a well-fitted bra. Most underwire complaints are the result of a cup too shallow or the bra band riding up the back. This forces the underwire to slide forward into the breast tissue, cause weight to impinge on the rib cage, or dig into midriff.

Is a bra that shows back fat tissue too tight?

The proper position of a bra should be level across the bodice front to back. This will minimize the appearance of soft tissue on the back. It will also help to encase the soft side tissue to prevent show and increase comfort. Try a wider (thicker, not in diameter) band.

Is my body to blame for my poor fitting bra?

A well fitted bra should support your body not vice versa. Many stores carry only the most popular sizes so it can be difficult to find the right size. There are over 75 different sizes; proper fitting will ensure that you find your proper size.

Will I find a loose fitting bra more comfortable?

No, A firm fitting bra is the most comfortable as it does not shift on your body with wear and active lifestyles. It supports and evenly distributes the bust line and results in greater comfort. Fit firmly on loosest hook so you can tighten the bra as it ages and stretches to retain support over life of the bra.

I have worn a 36B all of my life.

It is possible that you have always been and will continue to be a 36B, or whatever size you have been. My grandmother was a great example of this. She wore a 34B for as long as I can remember. But, times have changed. Many of us work out. As a result, when we are in our 20's we may wear a 34B. In our 30's we may gain some weight and need a 36B. This does not necessarily mean we are fat. It just means that our bodies change. Working out can add width to the chest wall. This is not fat, it is muscle. When we reach our 50's, we may grow again. Hormones play a part in bra size. Many women's breasts grow or get smaller at certain times, i.e., pregnancy and menopause.

Underwires are horrible and dig into me.

The purpose of the underwire in a bra is to give the bra more strength without adding more fabric; however, these bras must fit properly. Many doctors suggest that women not wear underwire bras at all because they claim that they may cause problems and many also ultimately be linked to cysts and tumors. They also claim that the underwire may interfere with lymphatic flow. These same doctors do not take into consideration that many women wear the wrong size bra. Many women wear bras that are too small and, as a result, they bind and the underwire digs into breast tissue. Using the same guidelines as above, it is very easy to hold a bra against your chest wall to determine if the underwire will extend to your side bones. When the bra is on, make sure that the underwire holds all of your breast tissue and extends from your one side to the other. It is important to note that it should not stick out in the front and cause a shelf to appear under a sweater. If your breasts are extremely large and the bra pokes out in the front, you might want to try a non-underwire bra or a larger cup size.

My breasts are in the wrong place and never seem to fit into the cups.

If this happens, take a good look at the bra. Chances are that you need a different size. Remember it is not whether the bra hooks in the back, but rather, whether it is wide enough in front. I had a customer who

looked like she would wear a 32. She was very thin. However as thin as she was, she had broad shoulders and a broad chest. She left the store with a 36. Because the 36 ended up being very loose, we sewed tucks on the sides to make it tighter. She would never; however, be able to wear a 32 because the cups in size 32 would be much too close together.

The bra closes in the back in the center set of hooks, so it must fit.

Remember, it is not whether or not a bra hooks. A bra must fit properly. Many people believe that a bra must hook in the center set of hooks. This may not always be the case. Sometimes, the bra will be hooked on the loosest set of hooks. This is fine, because bras rarely shrink; however, they do stretch and when this happens, you have the center set of hooks to move to. The reverse case would be hooking the bra in the tightest set of hooks. This may also not be the worst case scenario. Many times, because the bra is not stretched at this point, you may be able to wear the bra for the lifetime of the bra with no problem.

My bra fits fine; however, by the end of the day, it digs into me.

A bra should fit around your chest wall like a comfortable rubber band. Many women complain that their breasts are too low and they shorten the straps. The general rule is that a bra cannot be lifted in the front higher than where your breasts emerge from your chest wall. The back should be at the exact same level. If you look at your bra from the side, the back and front should be parallel. When you hike the straps too much, what happens? The bra cannot go up in the front and, as a result, the back rides up and it starts to dig in the front.