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Category: Bra Accessories

Subcategory: Bra Accessories

Tip: Bra Extenders Help Bras to Last Just A Little Longer

Sometimes, you find that you have bras that are a perfect fit in the cups, but feel snug around the band area. A bra accessory that can alleviate some of that discomfort is a bra extender. Purchasing a bra extender is a great idea if you have bras to replace or if your size changes, but have not yet had the time or the means to do so.

Tip: Bra Extenders Help Bras to Last Longer

You may have a favorite bra that you love to wear, but no longer fits as well as it did when you first purchased it. It may be a perfect fit in the cups, but feels snug around the band area. One bra accessory that can alleviate some of that discomfort is a bra extender. A bra extender is a great idea if you have bras that need to be replaced, but you haven't had a chance because of time or finances. This bra accessory will help extend the life of the bras in your existing collection until you are able to purchase replacements.

Category: Bra and Panties

Subcategory: Bra and Panties

Tip: Classic Panties Are Still Stylish

The beauty of wearing a new white pair of panties is that they look good under anything. You just can't wear a pair of black panties under a pair of light linen pants. Keeping white panties in your lingerie drawer is important, not just for style, but because they go with everything! You'll never find yourself wondering what you'll wear under a new skirt or pair of pants when you have a pair of white panties in the back of your underwear drawer. Or several pairs for that matter. While many women have found that colored or patterned panties are more interesting to pull out when getting dressed in the morning, white still remains the most popular panty color. If you prefer white panties, then by all means, wear them and be proud. Feeling good about what you put on when you get dressed in the morning - even if it's something no one will see but you - will determine how you present yourself to the world when you walk out your front door. When you feel great, people will notice and ask you what your secret is.

Tip: Important Undergarment Facts

When you pick out your next round of bra and panties, here are a couple things to keep

in mind: Are you still the same size you were the last time you bought panties that fit? Bodies change, and when they do your panty size may change as well. When you are wearing underwear that is too tight or too loose, they aren't going to make you feel good. Panties should be like a second skin, you should not notice they are there until you're taking them off. If you notice your underwear during the day, odds are you should check out a bigger or smaller size and see if you have changed sizes since the last time you checked. If you have, remember to get rid of your old underwear that is a different size. You don't want any surprises when you reach into your drawer in the morning and accidentally put on a pair of too-tight undies. Ouch! Have your bra size checked professionally. When you are in the mall, there are plenty of stores that would be happy to professionally measure you for your proper bra size on the spot. It's worth the few minutes of discomfort for the next bra you buy to be the right size. A comfortable bra is not difficult to find if you are wearing the right bra size. Let someone tell you what you need and after they do, try on a bra in that size and talk to the saleslady about fit and have her check the back and make sure it fits correctly. It will be well worth it.

Tip: When You Are The Center of Attention

Any special occasion can be made a little more special when you're wearing a panties and bra set. Sometimes football players have lucky socks, but a woman is far more likely to have a lucky set of lingerie. It could be the set you wore when you got married, and you may never wear it anymore but have it in the back of your dresser drawer, just because. Maybe it was the set you wore before you went into labor with your first child. These sets mean something important and can be worn later to remember that confidence you had during the last time you wore them. From a job interview to a PTA meeting to a volunteer organization, sometimes you are in a position where all eyes are on you. During these times, you need every ounce of confidence you can muster. If that's the case, what better way to remember you are a strong woman than to wear underwear you wore the last time you felt strong? Sure you know you can be confident if you have to, a bra and panty set is a security blanket, and you don't really need it. But in situations where you have to be the center of attention, wouldn't it make you feel better to have a lucky charm on your side like your best set of lingerie under your outfit?

Category: Bra Care

Subcategory: Bra Care

Tip: What is Best Way to Care For My Bra?

After spending the time and money to be fitted and searching for the perfect style, caring for your bra properly is important. Ideally, you should handwash your bra daily to lengthen its life and remove all dirt and oil from the bra fabric that accumulated during the day. If you prefer machine washing, wash bras on the delicate cycle and protect

them with a lingerie wash bag. Rotate among three or four of your best bras and wash each one daily after wear. This might seem like a lot of effort, however, if you invest time in caring for your bra and other intimate apparel, your collection will last much longer.

Category: Bra Strap

Subcategory: Bra Strap

Tip: Shoulder Pads Ease Discomfort

One of the ways to ease the discomfort bra straps sometimes cause is to purchase shoulder pads that go under and above the strap area. Shoulder pads provide comfort and allow for a smooth silhouette around your shoulder area. This gives you a cleaner, more professional look.

Tip: Stop Snapping Your Straps

Bra straps are either something you don't notice at all or cannot stop noticing! Straps fall, shift, pull, move, twist, and flip. Sometimes it seems your bra straps get more of a workout than you do! How can you wear a bra without having to suffer through dancing, snapping straps? Go strapless - If nothing seems to work for you when it comes to finding comfortable bra straps, toss them and go with a strapless bra. There are many supportive options out there, including the Wonderbra line that can give you both comfort and support for your everyday bra wear. Buy bras with strap technology - From our Bali padded straps to the Hanes All Over Comfort Bra with Strap Technology, a bra is available specifically designed not to slip off of your shoulders. You are not the only one with this problem, and Hanes is committed to creating a bra that fits you the way you deserve. Convertible bra straps - A convertible bra is one that can be worn the regular way, or switched up so you have cross-straps in back. Cross straps never fall because they can't. If you need to make sure your bra straps don't shift an inch, crossing your bra straps in the back is a perfect solution for your bra strap needs. You can still have the ooh la la! - You might think a push-up bra like the Wonderbra has tighter straps than a normal bra. That is not the case. The Wonderbra push-up or new push-in bra both have straps that do not dig in more than a bra strap normally does. As long as you make sure you size yourself correctly (or have yourself sized by a professional) you will be able to wear a Wonderbra with no problems in the shoulder area. You can even go entirely strapless with your Wonderbra style, just for the sheer comfort of having no straps.

Category: Bra Structure and Design

Subcategory: Bra Structure and Design

Tip: Love Your Lace!

Lace is a fantastic fabric. It can be demure and innocent, professional and classy, or sexy and sleek. Whatever you are looking for in your bra, lace can be incorporated and not ruin the overall look. You don't wear the same bra to work as you do when you're going out with the girls, so why not make sure your lacy bras match your moods the way your other clothing does? Lace on a full coverage bra cup is a perfect choice for work clothing. When you're going out at night, you want to leave work far behind. A demi with a lace border can give you just the boost you need to leave the house feeling confident and in the mood to have a fun night. No matter what lacy bra you choose, when you buy Hanes you know your lace will lay correctly and not bunch or pill beneath your shirts. The comfort of Hanes' lace is something you will be thrilled to wear. Those itchy lace bras are a thing of the past, and you can have all the lace you want without worrying about fit, quality, or style. Your most difficult decision will be choosing what color works best against your outfit.

Tip: Seams Get Bad Rap

Although seamless bras are very popular at the moment, there is a purpose behind bra designs with seams. These bras are cut and sewn, which provides a special structure for extra support. The seams of the bra allow for precise shaping of the bra and restrict the amount of the stretching the bra can do. While seamless bras may look better under certain clothing, bras with seams often last longer and sometimes offer better long-term support than their seamless counterparts offer.

Category: Cami Bra

Subcategory: Cami Bra

Tip: Choose a Cami With Full Support

Wear camis as part of a weekend outfit or as a first layer underneath a suit. Camis are great in all seasons. For the ultimate clean look, choose a cami that has a built-in bra. You won't have to worry about bra straps showing, because you won't have to wear a separate bra.

Tip: What Is A Cami Bra?

A cami bra is a stretch of banding that goes across the chest, and is often built into camisoles. A cami bra provides support and features elastic that runs beneath both breasts. Cami bras can offer the convenience of not having to wear a bulky bra under a

thin piece of material or sheer shirt.

Category: Determining Your Bra Size

Subcategory: Determining Your Bra Size

Tip: The Importance of Having a Proper Bra Fit

Wearing the wrong bra size can result in unsightly bumps, bulges, backaches, neck strain, headaches, rashes and more. When your bra does not support your breasts, they pull at the tissue in your chest. This tissue pulls from the chest wall and under your arm, resulting in neck strain. Muscles pulled in your shoulders from drooping breasts cause headaches because of reduced blood flow to the head.

The extra weight from your breast area also puts more pressure on your back. Avoid these problems by using a bra size calculator to get the correct bra fit.

A proper bra fitting takes the strain off your chest wall, shoulders, neck, back, and allows you to breathe and sustain proper blood flow throughout your body.

Category: Full Figure Bras

Subcategory: Full Figure Bras

Tip: Be Kind to Yourself

If you are full figured and thinking about shopping for bras, you need to make sure you are shopping for the right bra. **Type of Bra** When it comes to the type of bra you want, focus on what you want it to look like under your clothing. A full support bra can be very comfortable, but you will know it is there. A soft underwire bra can be nice, but if it isn't the right size you will find your bustline hanging over the underwire rather than being supported by it. For running to the store or doing errands a soft bra is fine, but if you are going in to work, you don't want to look unprofessional by wearing a bra that doesn't support you at all. Don't distract the office by bouncing your way to your desk. Different situations require different levels of support. Be prepared by having the right bra for the right occasion. **Bra Size** When you measure yourself for your proper bra size, don't go crazy with the cloth measuring tape. Digging it into your skin won't make your bra fit better. Make sure it's taut but not cutting into your skin when you measure around your ribcage. When measuring the bustline, don't measure where your nipples are -- measure where the largest point of your breasts are. It can be great to have a bra on to do the measurement, but make sure it isn't a minimizing bra or a bra that's a cup size

too small or you won't be getting an accurate measurement. If available, have a person trained in bra sizing measure you at a local store. Sometimes the best way to find a great bra is to try some different sizes on once you've used the measuring to get a ballpark idea of what you need.

Tip: Don't Stretch Cooper's Ligaments!

Support is the key when buying bras for plus size women. If you do not provide proper breast support, you will not only likely stretch your Cooper's ligaments, which will cause strain on your neck and back, but you will also cause your breasts to sag faster. Sometimes, plus-size women have heavy breasts to begin with; add the absence of proper support and the chance they will sag doubles. Wear a plus-size bra that holds you breasts in the middle of your chest and firmly in place to prevent bouncing during the day.

Tip: Glamorise® Bras Ideal Brand for Plus Size Women

Looking for beauty, comfort and support in bras just for plus size women? Glamorise® bras are specifically designed for fuller figures and have special features for your comfort. The best part is that you can choose from a range of styles and functions — from a sexy plunging lace underwire to a cottony stretch leisure bra to an active support workout bra to a back-supporting posture bra. Glamorise even offers hard-to-find A & B cup bras for band sizes 38-58.

Tip: Keep Your Straps Under Control

If you want to keep your straps under control, a great option is the racerback bras for full figured women by Hanes. The T-shaped back of the bra that curves down the center of your back is most often seen in a sports bra, but can also be found in regular bra options as well. Racerback bras look fantastic under a sleeveless shirt, because the straps don't peek out or show, leaving you with a clean look and great support without showing your bra off to the world when you leave the house. The racerback comes in both a seamless and seamed style, and can be found in underwire or soft cup. With a sectioned bra, each section of the bra (most commonly two or three sections) is seamed and stitched independently so there is solid support as opposed to soft support. When you want to keep your breasts contained and in one place with no movement, a racerback sectioned bra would be your best bet by far. Just make sure to try on your sectioned racerback under the shirt you're going to be wearing it with. The support can be substantial, and if you've been wearing bras that squish and let you sag, your shirt may fit a little differently when your bust is being supported.

Tip: Take Steps To Make Sure Underwire Bras Fit Correctly

A plus size bra with an underwire can help to give extra support to large breasts. If an underwire bra does not fit correctly, the result can be discomfort and indentations in your skin from the underwire. There are, however, solutions to this problem. Molded cups or a band of fabric at the base of the cups add support to the underwire. The correct fit of an underwire bra will result in a more comfortable fit. Get a professional bra fitting to make sure your measurements are correct. This small step will make plus size bras with underwire more comfortable for fuller figures.

Tip: Your Bra Can Make Your Outfit

The right kind of plus size bra provides a smooth, slimming look for just about any outfit. This is particularly important when it comes to well-made clothing that is tailor-made for your body. If you are wearing an ill-fitting bra, chances are it is ruining the overall effect you are trying to achieve with some of your favorite outfits. For example, if you have large, wide breasts that extend under your arms, consider changing to a bra that has more side support on the sides to help push breast tissue forward. This will give you some lift and help your shirts and blouses fit and look much better.

Category: Mastectomy Bras

Subcategory: Mastectomy Bras

Tip: Some Mastectomy Products Come With Built-In Forms

Some mastectomy products come with built-in forms. This makes the process of purchasing mastectomy clothing, particularly mastectomy bras, as painless as possible. The Perma-Form mastectomy bra, with built-in form, aims to help restore body balance. The cups are fiber-filled, which gives good shape and support. This bra gives you a choice between a right, left or bilateral form with properly balance forms to give you as natural a look as possible.

Tip: Take Your Time Getting Fit For Good Mastectomy Bra

The process of choosing a good mastectomy bra is often a difficult one. Manufacturers are creating more styles and colors all the time to make the process easier. Most mastectomy bras have a pocket in the cup area to hold a prosthesis, which simulates the shape of a natural breast. A well-designed mastectomy bra will help to make the prosthesis look natural and will provide comfort around the scarring area. Take your time getting the right fit --- and make sure comfort is a major factor in any mastectomy bra purchase.

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Category: Nursing Bras

Subcategory: Nursing Bras

Tip: Avoid Nursing Bras That Expose the Entire Breast

Don't invest in nursing bra that opens in the front completely, exposing the entire breast. After breastfeeding, wrestling your breast back into the bra while juggling your newborn can prove to be a difficult task. Look for a nursing bra that has a one-handed release and only exposes a portion of the breast for breastfeeding. For example, the Comfort style Medela Nursing Bra offers full coverage, a one-handed cup release and comes in beige, black or white. This is a great brand to buy if you want convenience at the forefront of nursing bra design.

Tip: Maternity Bras Are Hard to Fit

A maternity bra is a hard piece of lingerie to purchase in an accurate size. This is because during pregnancy, your breasts are constantly changing in size, texture, contour, etc. Your body is likely to change through each trimester, so do not purchase more than a couple of bras for each stage. Purchase a maternity bra for the size you are now. A common misconception says that you should purchase a maternity bra that gives you room to grow. Instead, proper support of your breasts is always important, especially during pregnancy. Choose a maternity bra style with wide, cushioned straps and stretchiness in the band. The Playtex® Expectant Moments Bra is the perfect transition bra. Purchase it late in pregnancy as its roomy cups can easily accommodate

changes in breast size, while still offering full and upright support. This Playtex® lingerie features a nursing flap, accessible with one hand. A soft cotton bra complete with multiple back settings, the Playtex Expectant Moments Bra is a perfect fit for expectant and new mothers.

Tip: Nursing Bras

When you are looking for the best nursing bra, some things to consider are fit, style, and ease of use. Also, if this isn't your first time around the pregnancy block, keep in mind how much your breasts grew during your last pregnancy. You need a nursing bra big enough to accommodate your post-delivery chest size, so a bra with more clasps in the back will be a great option for your changing body. Ease of nursing is always priority one when shopping for a nursing bra. The one-hand release of the Playtex® Expectant Moments® Nursing Bra makes it easy to nurse, wherever you are. Also, since the band under your breast stays in place when you take the panel down, your breast is in a position that makes it easier for baby to latch on and nurse. Make sure all your nursing bras are comfortable to be in for extended periods of time. If a bra is too supportive or tight, it can cause clogged milk glands from excessive pressure. Also, double check that your nursing pads fit in the place provided in the bra pocket. Last but not least, make sure the outside fabric of your nursing bra is soft. Your baby's head will be laying against it, and you want your little one to be comfortable.

Category: Shapewear

Subcategory: Shapewear

Tip: As Seasons Change, So Does Your Shape

As you get older, you don't always throw away or donate the clothing that doesn't quite fit anymore. Jeans that want to button but just can't seem to manage are taking up precious drawer space, and you don't want to go out and buy a whole new wardrobe. If you get a few pairs of control briefs, you can enjoy those "almost" jeans again, because shapewear helps tuck in a couple of inches and that will allow you to get into the clothing you have been missing for a while now. Even better, shapewear doesn't just take off a couple inches; it takes the curves you have naturally and makes them look smoother, so you don't look lumpy under those jeans. Feeling smooth will bring a smile to your face and a spring to your step, making your jeans look even better since they are being worn by a woman that feels confident and put together. Wear those back-of-the-drawer jeans again and feel years younger, just by wearing a control brief panty and fitting into those old clothes again. Your smile will be brighter and you will be able to spend the money you thought you were going to have to spend on new jeans somewhere else. Consider buying a few new pairs of control panties to compliment your confident smile.

Tip: Feeling Good in Control Briefs

Control briefs come in different styles, and knowing what you're looking for can help you buy a pair of control briefs that are both comfortable and effective. This will have you feeling beautiful no matter where you're going, because you feel secure all the way down to your foundation. The first thing you need to know is what, exactly, you're looking to get under control. Are you looking for a tummy tuck or a thigh tamer? Women's shapewear focuses on what you'll be wearing over your foundation garments. Your body shapewear for a dress will be different from the seamless shapewear you need for a pair of slacks. Hanes always keeps women's bodies in mind when they design a new piece of shapewear, making sure it will not only be comfortable to wear but help you feel fantastic, whatever you're wearing. Once you know what kind of clothing your control briefs are going under, you can decide which type suits your outfit best. Firm Control - If you're looking for control briefs that are going to help you suck it in and keep it there, Hanes Her Way has shaping panties, bodysuits, and even bodyslayers that extend down to right above the knee, so no matter what you need there's a control brief that can keep you looking great in your outfit. Firm control can take a couple inches off of your body as well as keep lines and creases and bulges completely under control. Medium Control - When you're not in the mood for everything to stay still like a statue, the shaping panties featuring medium control can give you that confidence boost you're after without making you feel like your nether regions are in a jail cell. This way you can move easily and freely, while staying panty line and bulge free. Light Control - Women's body suit shapewear and even full figure shapewear come in a light control version for everyday wear. Comfortable but effective, light control will keep your silhouette smooth and your curves where they belong. Just a hint of extra support can go a long way when you're going out for dinner or out with the girls for a night on the town.

Tip: Looking for a Little Flair for Your Derriere?

While everyone loves gravity for keeping them on the ground, it's less than kind to women's bodies. When you want to get a little boost in your bootie, look no further than the Crown-ette® Rear Lift Brief. It's a full brief with a thin layer of foam around the bottom that will give you a little boost and put your bum where you remember it being. This can give you a confidence boost in jeans or a pantsuit, or for going out with a friend or a hot date with your spouse. If you're looking for even more of a boost, there is a full brief panty with insertable foam pads. The panty lifts and the foam pads shape and add oomph to your derriere. If you find that you're having trouble finding jeans that fit correctly without spandex, these panties can be the difference between slacks and a comfy pair of denim jeans. Or if you're wearing a dress and it's falling flat, you could add a little more flair to the back of your dress by wearing either the Rear Lift Brief or the Rear Lift Enhancing brief with foam inserts. Enhancing your bottom does not have to be tacky or over the top. Hanes makes it easy to add to your natural curves without feeling

silly. That way you feel comfortable while looking great.

Tip: Make Your Dress A Success

When you're going out on the town or even going out for lunch with a friend, sometimes a dress is the only outfit you want to leave the house in. Even the most casual summer dress can make you feel great as you walk through the sunshine to your destination or to your car. Enjoying dresses is not a bad thing. More and more women are looking back to the dress for an easy outfit that doesn't need to be matched to anything besides shoes and accessories. A dress can be tossed over the head and suddenly wardrobe issues are a thing of the past! So, how do you make sure you look your best when you're wearing your easiest outfits? From a simple Barely There Comfortable Curves® All-in-One shaper to the firm support of the Bali® Double Support™ All-in-One there's a dress shaper that will make you look fantastic no matter what dress style you're wearing. The all-in-one styling will keep your dress from showing panty or bra seams or lines, as well as keep you from having to wear a separate bra. With an all-in-one undergarment and a simple dress, you can be dressed and ready to go in five minutes, instead of choosing panties, choosing a bra, choosing pants, and choosing a shirt. The time saved is added to how good you look and how great you feel wearing a dress out of the house.

Tip: Your Workday Requires Confidence

A staff meeting can be an important time for you. Your career can be made if you stand out from the crowd and show you know what you're doing. Unfortunately, if you're wearing comfortable clothing that sags and is baggy, your outfit might make you seem sloppy when you are really the most put-together woman in the room. Combating this impression that you don't care can be taken care of starting with a new pair of shaping panties. When your panties fit and support you, clothes will look better on, and you will be more confident in both your clothing and how you present yourself to others. Most of looking good is firmly rooted in how you feel about yourself, and wearing clothing that fits better is going to give your self esteem a great boost. That way when you go into a meeting to present your ideas, or even if you're commenting on someone else's presentation, you can not only sound like the smartest person in the room, your outfit will be smartest in the room as well. People will take notice and feel something about you has changed. Only you can determine if you want to tell them what your secret is.

Category: Special Occasion Lingerie

Subcategory: Special Occasion Lingerie

Tip: Go Nude

Nude colored bras are a great fall-back if you are unsure what color bra to wear under a lightly colored shirt. They come in a variety of styles and cuts and help to create a smooth seamless shape. Nude is the surefire way to avoid wearing the wrong color bra under your shirt or blouse. When choosing a bra to wear under a light-colored or sheer shirt, pick a bra close to your skin tone. That will help the bra show up less than if you picked pure white.

Tip: Happy Birthday to You

Your birthday is a special day, even if you would rather pretend it didn't exist. A great way to celebrate your birthday is to go a little wild. An easy way to feel daring without being too drastic is to get some fun panties you normally wouldn't buy. Maybe a pair of boy short panties or a thong. No one has to know unless you tell them that you've gone a little crazy in the lingerie aisle. Doing something daring you normally wouldn't is a great way to see things a little differently. First your panties, then, who knows? You could write a short story or a poem that you have been thinking about. Volunteer some time at the animal shelter. Something you want to do but just haven't gotten around to yet. Take the promise of a new day and turn it into something special. Getting out of a rut can make you feel like the most beautiful person in the world, and you can add a little new-panty-swagger to your walk. It's your life. Have fun with it.

Tip: Ring in the New Year with New Panties

A great way to ring in the New Year is with new plans, a great attitude, and awesome panties. Sure, that sounds a little biased, but your panties really do affect your confidence levels. No one sees them, but you know they are there and women's underwear are sorely neglected when it comes to wardrobe updates. One of the best ways to make sure you are refreshing your panty wardrobe at least once a year (you can work your way up to a regular replacement schedule) is by using the new year as a reason to go out and get some new panties. You could even go out early on New Year's Eve and buy a special pair to "ring in" the New Year. When you do things that are special and just for you, it will remind you that you are special. Knowing you are special is what gives you that glow of confidence that makes women beautiful. Feeling amazing is important, and taking a little time to buy some new underwear can make you feel amazing. Take some time out for you and do some panty shopping -- you are very much worth it.

Category: Sports Bras

Subcategory: Sports Bras

Tip: Champion® Sports Bra Keeps Bounce in Check

Champion offers a wide range of sports tops, including America's most popular styles, like the bestselling Champion® Jogbra® Action-Tech® sport top. The Champion Seamless T-Back Sports Bra features Double Dry® fabric for moisture wicking and a full inner bra. The Champion Jogbra Inter-Shape™ Underwire Sports Bra has molded cups for natural shaping and mesh insets for ventilation. There are Champion bras just right for every level of sport, workout and play. That's why Champion® has become such a trusted brand among female athletes and active women everywhere.

Tip: Choose a Sports Bra Based on Your Activity Level

When picking a sports bra, start by considering the intensity level of your workout. The more active the workout, the more bounce control you need. Champion® makes bra choice easy by giving their sports bras a Motion Control Rating (MCR). If your favorite exercises are walking, skiing, bicycling, weight training or tennis, you need a bra with a medium MCR. If you run, play soccer, do aerobics, gymnastics, basketball, softball horseback riding or other highly active sports you'll get the support you need from a Champion bra with a High MCR. Fabric is also a consideration when choosing the right sports bra. Different fabrics work better for different activities. One defining factor for any sports bra fabric is how well it wicks away moisture. When investing in a good sports bra, it is important to consider the shape, fabric and comfort before you buy.

Tip: Choose a Sports Bra Based on Your Activity Level

Moisture-wicking fabric stops sweat from accumulating around your breast area. It is one of the most important considerations for any sports bra purchase, along with the level of motion control. The Champion Jogbra Full Support Sports bra features a special CoolMax lining, specifically designed to keep you dry, even when you are busy working up a sweat. This bra is an especially good fit for medium to large breasted women, since it provides high motion control for women up to size 40D.

Tip: Exercise Your Right to a Great Bra

When you are looking for a supportive, comfortable option and aren't worried about lift or shape the sports bra is the perfect option. If you are exercising, a sports bra is a must. Made to keep your breasts in place during even the most strenuous activity, the sports bra is something every woman should have in her underwear drawer. If you are walking around the block or taking a yoga class, you may feel that you are not doing a type of exercise that needs a sports bra. Any movement strains the breast ligaments and the bouncing that comes from walking quickly deserves the kind of support your regular bra will not provide. This leaves your breasts free to bounce. Not only does this bouncing damage the muscles in your breasts, if your breasts are large it can cause back, neck and shoulder pain from the repeated jarring that comes from walking. You spend time picking out the right shoes and the right outfit to exercise in, why wouldn't you take the same care with the bra you wear for exercise? There are several styles of

sports bra, one of the more popular choices being the racerback bras for not only their great fit, but their sporty look. Make sure you get sized when you pick out a sports bra. The goal is not to wear the tightest bra possible, because that can cause a whole different kind of pain that you don't need in addition to your exercise aches. Sports bras are designed to be comfortable and supportive.

Tip: Why Should I Wear a Sports Bra?

Most forms of exercise, even moderate activity, can put a strain on your breasts. That strain can often result in temporary pain and stretching of the Cooper's ligaments, which is the area of the chest containing the outer skin and connective tissues. Breasts do not have much internal support, which is why strain on them from strenuous activities, such as jogging, can cause saggy breasts. However, you can reduce the stress on your breasts by 78 percent. The way to achieve this is by wearing the correct sports bra during exercise or other sports and activities. Sports bras provide the extra support needed to avoid excessive bouncing of the breasts, which results in less stress and pain on your breasts. Designed to hold your breasts firmly in place, sports bras allow you a complete range of movement. Most sports bras come in fabrics designed to repel moisture from the skin. Sports bras come in a variety of styles and fabrics, so choose one based on your personal active routine.

Tip: Why Should I Wear a Sports Bra?

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Category: T-Shirt Bras

Subcategory: T-Shirt Bras

Tip: Barely There® Brand Really Feels Like Its Barely There

Particularly in the hot summer months, women are looking for a lightweight bra that is comfortable and works with just about any outfit. Light, smooth and seamless bras from Barely There® provide comfortable support throughout your daily activities.

Tip: T-Shirt Bras Work With Every Body Type

There are a variety of great brands that offer t-shirt bras. For a prizewinner, try Playtex® Thank Goodness It Fits® Santoni Lightly Lined Wirefree Bra... voted America's best T-shirt bra by Shop, Etc. Magazine! The Bali® Lightly Lined No Poke Wire Underwire Bra has thin foam padding to add shaping and reduce show-through. Hanes®, known for its comfortable and soft t-shirt and underwear, also offers a great collection of bras. The Hanes Body Creations Seamless Underwire Bra with StretchForm has cup padding that actually shapes itself to you, for smooth, sexy curves. Barely There® Comfortable Curves bras offer you several choices in fabrics and linings. All are seamless, figure-flattering and ultra-smooth.

Tip: Visible Bra Lines Not Always Sexy

Just as visible panty lines are a no-no, visible bra lines are as well. Stick with a color that is close to your skin tone under light fabrics and sheer shirts. Do not wear lacy or heavily embellished bras with low-cut tops or blouses in a professional or otherwise conservative environment, as the design of your bra might be visible. A t-shirt bra works best in any of the above situations. Its seamless style and comfortable feel will make your clothing look smoother on your silhouette.

Category: Underwire vs. Softcup Bras

Subcategory: Underwire vs. Softcup Bras

Tip: Discount Lingerie Can Net You Quality Bras at Low Prices

You can often find bras on sale. Bali® is a well-known lingerie line, popular for its variety and quality garments. From underwire bras to built-in cami bras, finding discount lingerie from Bali is a true score for bargain shoppers. When you find good brands on sale, be sure to stock up! Or, find a source that lets you save every day on top brands. Check out onehanesplace.com for terrific discounts off retail prices on Bali, Playtex®, Wonderbra®, Barely There®, Hanes®, Champion® and more. Sign up for the onehanesplace.com e-mail program, and you'll find out immediately when your favorite brands are on sale with even deeper discounts.

Tip: Pregnant Women And Underwires

Pregnant women may choose soft cups during their pregnancy because the breasts are

constantly changing and often become sensitive and sore. An underwire bra can further irritate the outer breast tissue, causing discomfort. If you are not ready to purchase a special bra, then opt for a soft cup bra with extra support during this time of transition. Purchase special pregnancy or nursing bras for optimal comfort and functionality. Nursing bras feature convenient clips that make nursing easy and many open with one hand, allowing you a free hand to cradle the baby.

Tip: Stock Up on Bras That Fit Well

Finding a good fit in either underwire or soft cup bras is a never-ending challenge. Most experts recommend that when you find a bra that fits well and feels good, stock up! This way, if you are unable to find other bras to fit or if the manufacturer stops making that particular style or brand, you know that you have several bras that fit well. Then, you won't be in a pinch to immediately find a new brand to fit you as well the next time you have to shop for a new bra.

Tip: The Underwire Wars

Underwire versus softcup is a bra battle that will continue to span generations. Underwire bras are those that provide additional lift for your breasts and give great support. Softcup usually focuses on comfort and also gives lift and support, but in a less dramatic fashion. Size definitely matters when it comes down to the choice between the two; larger sizes benefit from the shaping quality of an underwire and smaller sizes often find wirefree to be more comfortable with better lift for their smaller breasts. Most people simply have a mix of underwire and soft cup bras and wear both depending on the outfit. A good rule of thumb to determine which one works for you is: B cups and up look better in underwire bras; A cups generally do better with soft cups, with the exception of cleavage baring outfits.

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Tip: Underwire Should Be Comfortable

For maximum comfort, Barely There® makes a Comfortable Curves® Foam Underwire Bra. This bra is seamless with a stretch foam lining. The wires are plush-backed and the underband is smooth and lightweight. The Comfortable Curves Foam Underwire bra also features knit-in stretch, which gives it considerable flexibility.

Tip: Why Your Bra Size Might Change

Many things in our lives lead to a change in bra size. Taking birth control pills, menopause, medications, a new exercise program, weight change, pregnancy and more can all affect the levels of hormones in your body. This can cause your breast size to change. If there is a huge change in size, you most likely need to get measured again. However, for small, temporary changes, simply adjust the straps on your bra or purchase a bra extender.