

*best you*

# Bust out of your *to look younger &*

Lori  
Luciani, 50

*Before*

## PROBLEM

"My bra creates armpit rolls that make my underarms appear bulky, especially in sleeveless tops"

*Now:  
Pudge-free!*

## Solution

### Nix pit pudge with mesh side panels

It's frustrating when pesky bulges of skin near the underarms ruin the appearance of a pretty sleeveless top. The likely culprit? Wearing a bra with a thin band that's probably too tight. "It squeezes breast tissue so it spills over the sides of a bra," says Jené Luciani, bra expert and author of *The Bra Book*. Her two-part remedy: First, go up one band size. Then pick a bra with side panels that are at least 3" in height (to contain more breast tissue) and made of layered mesh (for varying degrees of both light and firm compression along the sides) to smooth out any protruding skin, eradicating lumps.

"This bra's comfortable yet supportive crisscross mesh sides work like magic to smooth my bulges," attests Lori.

**One to try:** Wacoal, \$68 (Ultimate Side Smoother Underwire Bra, Wacoal-America.com; 30C-42DDD)





# bra rut... *thinner in minutes!*

**FIRST** readers shared  
their bra gripes—and we  
found genius solutions!

Cherie  
Corso, 52

*Before*

## PROBLEM

"My breasts  
tend to fall  
in opposite  
directions, and I  
have yet to find  
a bra that brings  
them together!"

*Now:  
Centered!*

## Solution

### Rein in east-west breasts with a stretchy balconette

Wide-set breasts tend to fall outward, leaving a wide gap where cleavage usually forms *and* adding torso-thickening width where they land. All it takes to pull breasts in and together? A balconette-style bra with some stretch, says Luciani. Stretchy fabrics made from a blend of nylon and spandex act like a sling to draw in breast tissue from the sides and push the bust in toward the center. And a balconette's sturdy 2"-thick panel of fabric beneath the cups has a shelf-like effect that props up the bosom to restore youthful cleavage. Plus, centering breasts visually trims inches from the midsection.

"I am shocked at how well the bra not only creates natural cleavage but shapes my breasts and gives me a nice lift to boot!" exclaims Cherie.

**One to try:** Bravado, \$49 (Pose Underwire Bra, BravadoDesigns.com; S-XL)





Nila  
Lazarus, 48

*Before*

## PROBLEM

"The band of my bra digs into my skin and creates the appearance of back fat—even after losing nearly 30 pounds!"

*Now:  
Smooth!*

## Solution

### Erase back fat with a tank bra

Surprisingly, the band of the bra does 80% of the work to support breasts as the bra relies on band tension in the back to lift the bosom up in front, says bra expert Elisabeth Dale, founder of TheBreastLife.com. The downside? "No matter what size you are, if the band rides up, or digs into skin, back rolls are inevitable." What can help: a tank-style bra. It's strategically designed with a bra made of molded cups to shape and support breasts in front, and sturdy shaping fabric that spans from shoulders to right above the waist in back, to distribute tension over a larger surface area and leave a roll-free surface in its wake. The result: 360 degrees of gorgeous!

"This bra is a win-win! It leaves my back looking so smooth without feeling constrictive or compromising any shape in front. I'm sold!" says Nila.

**One to try:** Shapeez, \$79 (The Shortee Back Smoothing Bra, Shapeez.com; 30A–46DDD)





Brittany  
Garth, 35

*Before*

## PROBLEM

"My bust spills out over my cups, creating the illusion that I have four boobs!"

*Now:  
Contained!*

## Solution

### End quad boob with triangular cups

Let's face it. Most of us don't have perfectly round breasts that fit easily into perfectly round cups. So when we try to "stuff" them into the rounded design, breast tissue gets pushed up and over for that quad-boob effect, says bra expert Jené Luciani. The genius solution: triangular-shaped cups! "The more angular design mimics the natural shape of breasts so they comfortably rest in the cups, while the fuller-coverage helps contain the entire breast from every angle." This leaves no room for them to flow over the tops.

"This bra fits my breasts perfectly. Plus, the pretty lace design doesn't show through my thin top!" says Brittany.

**One to try:** ThirdLove, \$75 (Foliage Plunge Bra, ThirdLove.com; 32A–42E)



## Your best specialty bra—found!

The latest innovations in bra designs have made it easy to address unique age-related concerns. Here, three problem-solving styles undergarment educator Kimmay Caldwell swears by

### Arthritis? Go for a front-close Velcro bra

Bras with a Velcro front-closure slip right over your shoulders like a vest and don't require precision to fasten them so you can get in and out with ease—making them great for anyone with mobility issues.

**Try:** Slick Chicks Women's Velcro Side Fastener Adaptive Bra (Target.com)



### Post breast surgery? Pick a compression bra

Whether from a lift, reduction or mastectomy, compression bras with firm, supportive fabrics like polyamide and elastane relieve strain on stitches and reduce swelling to speed healing.

**Try:** Leonisa Doctor-Recommended Post-Surgical Wireless Bra with Front Closure (Leonisa.com)



### Hot flashes? Try a temperature-control bra

Made from a patented technology developed by NASA, these bralettes regulate body temperature. The fabric stores your body heat when hot and releases it when you're cold. Perfect for thwarting waves of hot flashes.

**Try:** Yummie Audrey Unlined Bralette (Yummie.com)





Erika Olshin, 47

Before

## PROBLEM

"It's hard to find a padded bra that volumizes my smaller chest without creating an artificially plumper look"

Now:  
Pumped  
up!

## Solution

### Boost a deflated chest with graduated padding

Aging, baby-nursing and weight fluctuations all conspire to sap volume from breasts, causing our once-plump bosom to look more flat than fabulous. And while push-up bras seem like the perfect solution, some can be a bit *too* padded. The fix: bra cups with graduated padding. "Look for ones with built-in padding that's thicker along the bottom of cups and gets gradually thinner toward the top," says bra guru Jené Luciani. "This pushes breast tissue upward and inward to create more realistic-looking fullness."

"The padding really reinflates and reshapes my chest in such a natural way," shares Erika.

**One to try:** Vanity Fair, \$38 (Ego Boost Add-A-Size Push Up Bra, Kohls.com; 32A-38D)



## Give new life to your old bras!

You finally landed on the perfect bra for you! But, rather than let your old ones collect dust in the back of your drawer, try these smart tips to ensure they get a second chance

### Donate them!

Consider dropping off new or gently used bras in any size or style at an I Support the Girls donation site (find locations at [ISupportTheGirls.org](http://ISupportTheGirls.org)). This global nonprofit organization provides bras and menstrual hygiene products to women and girls who are dealing with homelessness, impoverishment and other types of distress.

### Recycle them!

At the Bra Recycling Agency (B.R.A.), they take your old bras and extract and sell underwire metals, donating the funds to breast cancer research, then transform the fabric into carpet padding and cushioning. Simply place your old bras in a large envelope, then text "bra" to 79274 for a free mailing label to send them out with ease!

### Upcycle them!

Have a top or dress you've been holding off on wearing because it's tricky to pair with a bra? Take an old bra, then cut the straps and fabric off until just the cups remain. Sew the cups into the inside of the garment for no-show support. Then use the straps to make a headband: Sew the ends together and hot-glue on extras like lace or jewels.



Andrea  
Ceasar, 56

*Before*

## PROBLEM

"Most bras aren't strong enough to support my heavy chest, so my boobs droop, making my middle look thick and causing pain in my chest, shoulders and back"

*Now:  
Lifted!*

## Solution

### Support a large, saggy bust with molded cups

Thanks to menopause, our once-firm breast tissue is replaced by heavier fat that weighs down our boobs for a saggy look. And for those of us with an already-full chest, it can be quite painful to boot. "Bras with full, molded cups are best for heavier breasts because their construction provides greater coverage and holds up the maximum weight," says bra expert Elisabeth Dale. Also, lax breasts easily conform to the cups' preformed shape, giving them a rounder, perkier appearance that counteracts droopiness. Even better? Once the bust is lifted up an inch or two, the waist comes out of hiding, slimming the entire upper body in an instant!

"I was skeptical that this frilly bra would stand a chance against my heavy breasts, but it actually hoisted them right up! It even managed to reduce my back and shoulder pain," exclaims Andrea.

**One to try:** Chantelle, \$78 (Rive Gauche Full Coverage Smooth Bra, Amazon.com; 32C–38F)

