



Foundations



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Thank you for signing up to our News Letter.

We hope that you find this document useful and once you've read through it and checked your bras, we'd love it if you popped in - either to refresh what's already fitting and working for you, or indeed to get what you so desperately need! It should only take about 10 minutes! When you do, make sure that you bring this download (digitally or in paper form) with you and we'll not only supply you with great service and great products, you'll receive a free gift

Wearing the right bra can change everything. You'll look great in - and out - of your clothes. Also, the health benefits of wearing a correctly fitting bra are huge. Make sure you pop in and get fitted to see the difference, you won't be disappointed. In the interim, we've given you a quick master class to check your bras at home...

The "**Understated Underband**" is where the majority of the support of your bra should come from. This should be horizontal across your back and feel firm but not uncomfortable. The underband should not ride up your back.

The "**Crucial Cups**" should not give you any "Bounce Back" meaning they should encase your whole breast and if you gently push the wire nearest to your armpit, there should be no bounce, meaning no unsightly bulges. The wire should sit neatly against your skin, flat in the middle right through to the underarm.

The "**Supportive Straps**" should do exactly that, but only a little. They should not slip off your shoulders and should support but not dig in, remember the majority of the support comes from your underband.



Washing

We, along with the manufacturers, advise that all underwired garments are hand washed. Machine washing can shrink the delicate fabrics and can also misshape the wires, even causing them to pop through. This can also lead to considerable and costly damage to your machine.

Using warm – not hot water as this will grey your whites – add a drop of Soak or gentle hand wash to your bowl to wash delicates or swimwear by hand. Do not use fabric conditioner as this breaks down lycra and always rinse swimwear in cold water after use.

Drying

Dry your lingerie and swimwear away from direct heat, as this can again damage those delicate fabrics, embroidery, lycra and lace.