

# How to get into your new bra:

1. First, to get into the support system properly, open both cups. You may hook the bra in front or in back just like usual. It may help to bend forward while hooking, allowing the breasts to fall forward through the cup openings. Center the front of the bra with the breasts extending through the cups, put the shoulder straps up & adjust.

2. Cup 1 hand under the breast & lift up while tugging the camberband straight with the other hand. Check to make sure the Camberband is right under the breast & against the rib cage, not too high, not too low.

3. With 1 hand holding where the cup & side of the bra meet, put the other hand through the cup opening, into the side area of the bra, all the way to the knuckles. Pull the tissue up and forward into the cup while setting the side of the cup against the body to prevent any tissue from sliding back. Leaning forward to let gravity assist may help. Rule of thumb: IF IT MOVES > MOVE IT!

4. Pull the camberband straight again with the fingertips while the other hand brings the cup up to the band so the bra is flat under the breast before letting go of the band and bringing the cup up and around the breast to buckle it. Again- leaning forward while straightening the tissue/cups then standing up as you bring the cups up to buckle, may help.

5. Lean forward again &, holding between the cups, Shake/Shimmy your shoulders to settle breast tissue firmly in to place.

### For Your Personal Use:

Today you were fit in the following Bras

Style \_\_\_\_\_ Size \_\_\_\_\_

Style \_\_\_\_\_ Size \_\_\_\_\_

We recommend that you consider

being refit after 1 year(or 6 months AFTER you stop Breastfeeding). If you lose/gain weight you may need to get refit sooner. If you become pregnant you should be refit when your current bra becomes uncomfortable.

Remember we also carry EXTENSIONS for the cup of the bra that can increase it by 1-2 sizes. Please let us know if you feel that you need them- why be uncomfortable?

We also recommend having at least 3 bras. One to wash, 1 to wear, and an extra "just in case".

**IF YOU HAVE ANY PROBLEMS OR QUESTIONS PLEASE CALL:**

Cathy Dougherty

**OmaBra**

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## YOUR NEW

### CUSTOM-FIT BRA

Congratulations on improving your

health, beauty, comfort & support with a professionally fit bra.

These bras are entirely different from "Off-the-Shelf" bras. Standard bras are built in a straight line, designed to ride high on the back which, physics tells you, shifts the breast weight to the front, hanging it, drooping, from the shoulders. This is where many women's back problems begin.

Your new bra is curved in an arc so that it SITS WAY DOWN IN BACK, transferring breast weight to your back for support. The bra's back should ALWAYS be lower than the front to maintain support.

You will immediately see posture changes from not having your shoulders weighted down. Within months you will note changes in your breasts, as they begin to firm up, look, & feel different. Your breasts didn't get where they were overnight, but proper bras will begin to turn back the clock & you will be pleased with the results.

## Washing Instructions for Your New Bra:

How you clean your garments is extremely important to how it looks & lasts! Your bra will last longer and retain it's like-new look if washed after every wearing. This removes body oils and prevents staining buildup.

1. OPTIONAL: Before wearing, you may soak your bra in a strong fabric softener for 2 or more hours to remove the manufacturer's fabric starch.

2. Hand washing with a good lingerie soap is recommended. Machine washing also works well. Use of a lingerie bag will prevent snagging in the machine.

3. Hang your bra to dry from the "eye" end, straightening the support band. Using the dryer will prematurely AGE your bra causing it to wear out faster & loose its shape over time. **THE MOST IMPORTANT THING** is to NEVER put the bra on unless it is COMPLETELY dry! Damp elastic does not stretch- it BREAKS! We recommend 24 hours hanging time to ensure dryness. Ironing is NOT recommended.