

FASHION FOCUS

Over, Under And Around For A Better Fit

(NAPSA)—Finding lingerie that fits and flatters may be easier with a simple formula: over, under and around.

These are the three measurements women need to find a comfortable, form-flattering bra. Because women's bodies are constantly changing, you can't just assume the bra size that fit so well last time will work six months later.

Fortunately, three simple measurement steps from the bra fit experts at Soma Intimates can help determine your true size.

1. **Over:** Position the measuring tape on your back along the top of your bra band. Measure firmly under the arms and over the bust, just above where the breast tissue begins. Note the inches.

2. **Under:** Measure snugly around your rib cage, directly under your bust. Note the inches and round up to the closest half inch.

3. **Around:** Pulling firmly on the tape but without cutting into the bust, measure completely around your bust at the fullest point. Note the inches. Enter these measurements in the fitting guide at www.soma.com and the calculator will tell you your bra size.

The site also offers insight into some common problems that women have in finding a good fit and shows what the solution might be.

For example, if your underwire pokes, you may need a fuller cup size. If your bra gapes instead of lying flat against your chest, you may need a larger cup size.

Ideally, a new bra should fit firmly and close on the center



One of the nicest things you can do for yourself is to get a form-flattering bra that fits so comfortably you won't know you're wearing it.

hook when new. The band should rest just below your shoulder blades and have room for two fingers between the band and your side rib cage with no more than an inch of stretch.

To be really sure about your fit, you can get expert advice from fit experts at Soma Intimates, which has more than 60 stores nationwide. The company emphasizes beauty, comfort and high-quality construction. It has a variety of bras ranging from 32A to 42DDD, many made without seams to be exceptionally smooth under all clothing. The microfiber yarns used are soft and feel luxurious against the body.

The company offers a wide variety of bras, panties, shapewear, sleepwear, relaxation wear and activewear. Every bra undergoes a rigorous 70-point testing process to ensure it meets the brand's high standards.

For more information, visit www.soma.com.