

Treat Yourself To The Perfect Fit

(NAPSA)—One of the best indulgences a woman can give herself is taking the time to find lingerie that's beautiful, comfortable and, fits so well, you never feel like you're wearing it.

That's certainly true for bras, whether you wear an underwire, no wire or demi bra. Here are some fit questions answered by Soma's Fit Experts:

Q: Why does my bra band move up my back when I raise my arms?

A: Your band should ideally fit firmly on the center hook when new and your band should rest just below your shoulder blades with room for two fingers. You may need a smaller or tighter band.

Q: Why is the top of my bra cup cutting into my breast and creating lumps?

A: If your bra cups are tight and your bust is spilling over, you may need to increase your cup size or choose a style with greater coverage.

Q: Why does my bra gap rather than lie flat against my breast?

A: Gapping means the cups are too small.

Q: If one cup fits fine why does the other cup pucker?

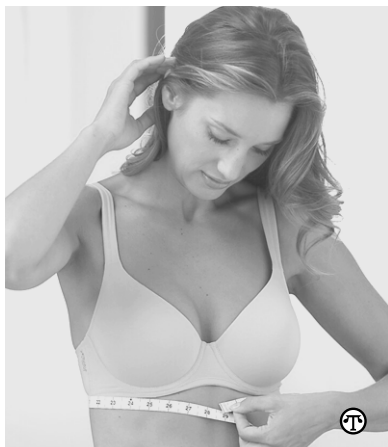
A: Almost all women have one breast that is larger than the other. Choose a bra made with stretch fabric. Or choose foam cups to balance the size difference.

Q: Why does my strap keep falling off my shoulders.

A: They may not be adjusted properly or have lost their elasticity over time. Adjust them or try a racer-back style if your shoulders are naturally sloped.

Q: Why does my underwire bra dig so much that it's uncomfortable to wear all day?

A: Try increasing your cup size or try a fuller bra with fuller cups. Also, check to make sure your



For all-day comfort, it pays to get advice from the experts.

band and straps are tight enough to provide the support you need.

Q: Why does my bra lack a smooth appearance?

A: You may need to decrease your cup size for a smoother silhouette and proper support.

Fit Experts

Women need regular fittings as their body undergoes continuous changes, due to dieting, having children or hormonal fluctuation. Soma by Chico's, an intimate apparel boutique, offers women continuous fit-expertise in-store, by phone and online.

Soma emphasizes beauty, comfort and high-quality construction. For example, Soma offers a variety of bras ranging from 32A to 42DDD, made without seams to be exceptionally smooth under all clothing. The microfiber yarns used are soft and cool, quick to dry and wick moisture away from the body.

The company offers a wide variety of bras, panties, shape wear, sleepwear, relaxation wear and active wear. For more tips or to access the perfect-fit guide, visit www.soma.com.