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Why Sizing Lingerie is So Important

Have you ever wondered how to size your lingerie? Lingerie sizes seem fairly simple to most people. However, when someone selects the wrong sized lingerie, it can not only be uncomfortable, but it can cause clothing to fit improperly. Learning how to fit both your bra and panties can resolve any improper shopping choices.

Common Bra Fitting Mistakes

One of the most common mistakes women make when fitting themselves for a bra is not the cup size, but the band size. Most women select a size that is too large. The fit should be tight, but you should still be able to get a few fingers comfortably under the band in the back of the bra. When you choose a fit that is too large, your bra is not offering the proper support for your chest.

The cup size is also important when working to gain the perfect bra fitting. Your bra size should be large enough where your breasts are not spilling out of the top or the sides of the bra. And, if you are wearing an underwire bra, the wires should not be pinching into your skin under your arms. If this is the case, you can actually create not only an uncomfortable sensation, but long term scarring.

Panty Fitting

Properly fitted panties take into consideration both waist and hip measurement. When possible, take the time to determine what your actual measurements are, as the fit will be more accurate if this step is completed. Your waist is measured by wrapping a tape around the narrowest section of your mid area, typically in the natural fold or crease of your skin. Your hip measurement is the largest portion of your body. Both measurements together create the guideline for searching for the perfect panty fit.

Some other things to consider are the waistband fit- it should be snug, but not too tight. There should not be any excess fabric in the crotch of the panty, and the fabric should fit snugly against the body. And assuming you are not wearing a thong, the buttocks of the panties should fit snugly along the natural contour of your body.

Panty Lines

While many women prefer the comfort of traditional, full coverage panties or underwear, they are still often concerned with the appearance of panty lines when wearing fitted clothing. The best way to remove the appearance of panty lines is to choose a thong. Or in the event that these are uncomfortable, wearing a slip under skirts can help to eliminate those lines, while maintaining the level of comfort you are looking for.

Shopping for properly fitting lingerie is actually simple and easy to accomplish. Spend time learning what your proper sizes are by either requesting a fitting from a lingerie specialist, or fit yourself at home by taking measurements of your body. Once you know what your measurements are, you are sure to find the perfect fit every time!

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