



EVERYDAY £18, Sloggi

Soft padding, seamless cups, a rounded shape and a low-plunge neckline make this the perfect bra to wear underneath T-shirts.



SHOW OFF £20, La Senza

If you're wearing a revealing top, then turn your bra into a decorative feature. This hot pink number will definitely get you noticed!



BOOST £20, La Senza

The shape of this underwired and padded balconette bra gives a great uplift, which the vertical-striped design appears to add to.



MULTIWAY £25, Marks & Spencer

A strapless bra is an essential item in every woman's wardrobe. This multiway bra offers excellent support however it's worn.



BIG BOOBS £48, Fayreform

This bra cleverly encases the bust, creating a good cleavage without looking tarty. It's ideal for wearing under a top with a scooped neckline.



EXERCISE £28, Royce at Bravissimo

This impact-free sports bra is practical and stylish. It gives the support you need while working out and looks good, too.

Get a lift with the perfect bra

Make the most of your breast assets with a bra that correctly fits on every occasion

PHOTOGRAPHS BY TONY WARD, COMPILED BY NATALIE READ, PICTURES BY BIGPICTURES/PHOTO.COM, REK, WITH THANKS TO SUE LODGER, CONSULTANT TO TRIUMPH, SLOGGI, WALISERE AND HOM



SUPPORT

£14, Debenhams

Larger-sized bras can often look heavy and structured yet this bra is delicate and supportive, making it ideal for larger cup sizes.



SMALL BOOBS

£16, Caprice

Available at Debenhams, this low-plunge bra with great enhancers gives a good shape to smaller breasts.



MINIMISER

£20, Marks & Spencer

The dark colour, flattering structure and embroidery all help attract attention away from a heavy bust.

FASHION

£21, Caprice

Caprice wears a pretty ribbon-slot padded plunge bra from her own lingerie range, available at www.figleaves.com. It also comes in black.

STOCKISTS Bravissimo www.bravissimo.com · Debenhams 08445 616161 · Figleaves www.figleaves.com · Fayreform 020 7478 0280 · La Senza 0800 783 2968 · Marks & Spencer 0845 302 1234 · Sloggi www.justsloggi.co.uk

Star bra tragedies



Minnie Driver

Some women are not made to go bra-less. If you've got a low-cut top or dress, don't leave it till the last minute to see if you have a suitable bra.

Floppy!



Kerry Katona

Kerry's made a common mistake here - she's underestimated her cup size. Her boobs are crushed, ruining her cleavage line.

Squeezy!



Charlotte Church

Remember, if your weight changes, your boobs are often the first place it shows. Perhaps that's why Charlotte's blouse is gaping open in the middle.

Droopy!

Sunday's top tips

- 1 Don't assume you'll always be the same size. Changes in diet, exercise and age can all alter your breasts.
- 2 A badly fitting bra can cause back and shoulder pain.
- 3 Bra sizes vary between brands so try before you buy.
- 4 Good lingerie departments should have trained bra fitters and their advice is free. Use them!