

Bare Essentials

Bunching, falling, snapping and sliding... your bra is not meant to do any of that. But many women tend to wear the wrong bra size. **Rhea Dhanbhora** gives you guidelines on how to get the right fit...

CHEAP IS NOT BEST

Stop buying those cheap, unbranded bras. The cheaper kind may be attractive because of the prices alone, but nothing is worth the damage you're doing to your breasts. Lingerie website www.strapsandstrings.com has an informative buyer's guide as well as a good return policy so that you are certain that you have the correct fit. Never ask other people to buy bras for you, trying them on really makes a difference. Make sure you head down to reputed lingerie labels such as LaSenza, Triumph or Marks and Spencer's for that well fitting, healthy bra!



A bra can literally make or break your look. From the flatteners in the 1920's called 'Flappers,' to the famous 1950's 'cone bras' and the feminist era of burning bras — bras have been through it all! Off late, they've become a fashion statement more than an essential undergarment. Whatever it may be, wearing the correct bra is extremely important.

DOES IT MATTER?

Wearing undergarments that don't right will not only look tacky and unappealing but they could also affect your health and posture. It's not a myth that the breast tissue is really sensitive and the wrong bra can affect its health. Which means the bra you choose is more than just about looking good. A bra which is too loose will cause back problems because it will allow your breasts to sag. Bruising, discomfort and blocked

milk ducts occur when the bra is tight and pinches constantly. Bad bras can stretch your muscles beyond repair, leaving you with saggy, unsightly shaped breasts for the rest of your life.

HOW TO BUY THE RIGHT KIND

The first thing you should know is how to measure your bra size. Women often buy bras according to how they look in them, regardless of the comfort or correct size. Most lingerie shops have professionals who can measure your size correctly but if you want to do it at home, here's how to go about it:

- Using a measuring tape, measure your rib cage under the bust in inches. Add four or five inches to bring it to an even number. (32", 34", 36", etc.) For example, 29-30" means you're size 34".
- Measure across the top of your bust without a bra on. Subtract the bra size measurement from this new measurement. The balance is your cup size. For example, if you get 35" and you subtract it from 34" you are left with 1".
- Cup sizes are as follows, 1" = B, 2" =

C, 3" = D, 4" = DD and so on.

WHAT TO LOOK FOR

- Make sure the fabric of the bra feels comfortable on your skin. Stretch fabrics give a better fit and more support, a non Lycra bra tends to get baggy after a while. Rigid lace can scratch and poke, especially in our climate. Cotton blends are soft and cool, letting your skin breathe.
- Seamless bras are the smoothest. If you must buy wired bras, make sure they are a perfect fit. If the wire is on your bust, it could lead to health problems.
- Make sure the bra straps are not too tight or too loose. If they're too tight they can cut into your skin and if they're too loose they won't give you adequate support.
- Apart from things that can harm you and your breasts, there's also personal comfort that you should look into. Don't buy a bra that you're not comfortable with. Try a top or dress over the bra to see if it enhances your shape as you want it to. At the end of the day, you're the boss when it comes to your body and what you put on it is up to you.



SIGNS YOU'VE GOT THE WRONG BRA

- The back strap rides up towards your shoulders.
- The cups don't sit right and ride up when you raise your arms.
- Your breasts are sagging over the sides of the bra.
- The underwire (in case of underwire bras) digs into your flesh.

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« 5 WAYS TO ROCK: JUMP SUITS

- 1. BEACH PARTY**
If you're in the mood for a brunch or even a beach party, a printed jump suit is just the right thing to wear. The floral prints or even the bold ones in bright shades look stylish and are perfect for a great party during the day.
- 2. NIGHT OUT**
If you want to go have fun at a party with your friends, opt for a tube jump suit. It looks sexy and stylish. See to it that you buy one in a solid colour and team it with bold accessories. A short, black jump suit is your best option.
- 3. CASUAL DAY**
If you're just out and about on a casual, afternoon, opt for a nice sleeveless jump suit in a light colour. The 3/4th length makes it look casual and when teamed with a pair of chappals, you're set for the day.
- 4. SHRUG IT**
If you want to wear a tube jump suit but you're too worried about your arms, worry not. Just team it up with a shrug. Shrug and accessories take the attention away from areas you'd like to avoid. And in any case, jump suits end up making you look thinner.
- 5. BELT IT UP**
Jump suits work great for both, a casual and party look. If you don't want to dress up much but still feel like adding that little style element to your already stylish attire, just use a big, gigantic belt. Belts are available in various colours and sizes and look great when worn with a jump suit.



>> Kirti Malhotra shows us how it's done

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« JUST OUT!



REMY LAURE BLACK MOOR MASK
Need some skin caressing? Try out Black Moor Mask introduced by Remy Laure. It will detoxify your skin from the heat, pollution and stress giving it a healthy radiant glow.
PRICE: ₹1,755 to ₹6,120

CLEAN AND CLEAR BLACKHEAD CLEARING SCRUB

Getting rid of blackheads is the most difficult task for most women. Clean and Clear launches a magical scrub that claims to clear out your blackheads in just 3 days leaving skin clean and soft. We can't wait to try it out.
PRICE: ₹80



ORIFLAME MILK AND HONEY GOLD SPARKLING HAND LOTION

Don't let the winters and harsh winds make your hands dry and rough. Try Oriflame's milk and honey hand lotion. It retains and adds moisture leaving skin smooth, soft and conditioned.
PRICE: ₹379



BODY SHOP ALOE EYE DEFENSE

Have dry, dull, puffy eyes? Try out Body Shop Aloe Eye Defense. It moisturises and protects skin around the eyes and helps reduce puffiness. It glides onto the skin leaving the eye area smooth, soft and calm. It's suitable for people who wear contact lenses too.
PRICE: ₹1,345



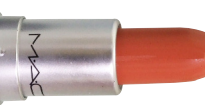
« THE 5 BEST: ITEMS TO BRIGHTEN UP YOUR DAY



1. CHANEL JOUVANCE CONTRASTE POWDER BLUSH
To make your cheeks look pink and rosy this season try Chanel's gorgeous blusher. Rose temptation is one of three of the hues in this collection that give your cheeks an instant complexion boost. It adds pop colour that's perfect for a lift on a dull wintry day.
PRICE: ₹2,350



2. MAYBELLINE EXPRESS FINISH NAILPOLISH
Quick, pop colours in 40-50 seconds! We're not kidding. Maybelline's range of Express finish nail polishes come in bright colours that will live up to your nails without burning a hole in your pocket or taking minutes out of your busy day.
PRICE: ₹175



3. M.A.C ORANGE BURST LIPSTICK
Orange is a bold colour but once it's on your lips there's nothing like it to beat away the winter blues. The M.A.C colour glides on smooth and won't make you look like a circus freak but will brighten up your lips.
PRICE: ₹990



4. ESTEE LAUDER PURE COLOUR GLOSS - PINK
If you're not bold enough for reds but want to add a little colour to your winter, try the pink pure colour gloss from Estee Lauder. It's a bright pink that can brighten your day without being loud.
PRICE: ₹1,210



5. LAKMÉ EYE QUARTETS, TANJORE RUSH AND SILK ROUTE
Both the Tanjore Rush and Silk Route eye palettes from Lakmé make your eyes burst with colour. From royal purple to emerald green and peacock blue, the box of four shades is sure to be your handy tool to a brighter winter.
PRICE: ₹425

« CELEBRITY BEAUTY SECRETS: JESSE RANDHAWA

Think you have what it takes to be a model? **Jesse Randhawa** gives **Janhvi Patel** a few tips on how to make it in the highly competitive industry..



Be honest with yourself: You should be real and honest about your capabilities, whether you have the face, attitude and body of a supermodel or not. You should not daydream as maybe you don't have the qualities of a model at all and are most suited for something else.

Focus is essential: Once you decide or understand that you have what it takes to be a model, you must focus on it and be determined to make it big. The universe conspires to make your dreams and aspirations come true.

Be your own person: Do not imitate the style of another model. This will only make you a mediocre model. God has made everyone unique and you must embrace your uniqueness and individuality because that will make you stand out and people will remember you.

Tone up: Listen to your body because your requirements are unique. You must have a customised diet and fitness plan.

« CELEB HIT OR MISS: JANHVI PATEL TELLS US WHICH CELEBS MANAGED TO PULL OFF COLOUR BLOCKING



HIT

SOPHIE CHOUDRY

There is nothing more contrasting than ebony and ivory. The studded belt accentuates her voluptuous frame. The shiny clutch and pumps are very classy. A bit of pink on the lips is the only colour she is wearing. What's not to like?



OUR PIC

BIPASHA BASU

We are delighted to see her wearing colour! It takes guts to wear such bold colours and Bipasha pulls off the look with the confidence of a supermodel. She has chosen the right shades of yellow and red and that works in her favour. The yellow is bright while the red is matt and deep. Her hair and makeup is perfect. We love it!



MISS

PAYAL ROHATGI

She looks utterly tacky. The yellow pumps are the only good thing on her. The indigo dress is too shiny and the bracelets and earrings are too Indian to gel with the Western dress. She looks as if she is trying too hard to impress. Her face does not have the softness to pull off the dress.



HIT

SHRADDHA KAPOOR

We love her vibrant casual look. Pairing a bright pink tee with jeans is normal but the funky orange shoes add a fun twist to the whole look. She is a pretty girl and looks great with only basic makeup on.



SHRADDHA DAS

She is a newbie on the fashion circuit. Yellow and blue is a good combination for colour blocking but the colour of her shoes is different from the colour of her clutch. Her dress should have had a better fit and her makeup should have been brighter. She looks plain.

MISS

Azhar Khan | HRM