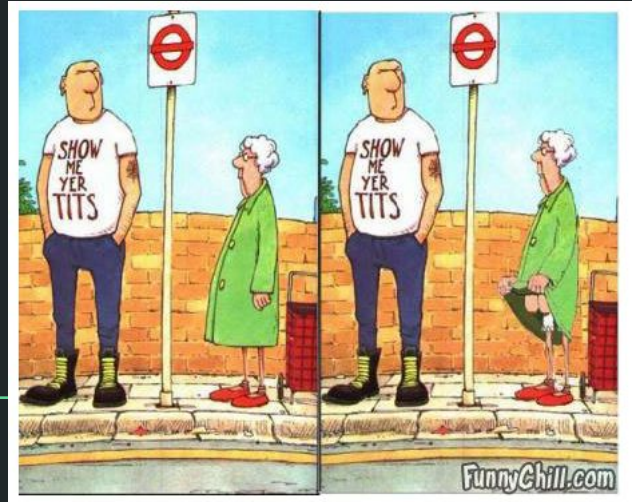


Aging, Pendulous Breasts

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bravo bella
custom bras



What's happening?!

Internally, the ligaments become stretched out over time.

Externally, the skin loses its elasticity. If we change size (thank you very much, hormones!), the skin does not shrink back to the size of the breast tissue.

Consideration #1: Fabrics

Myth: The more pendulous and less dense my breasts are, the stronger and more stable fabric I need.

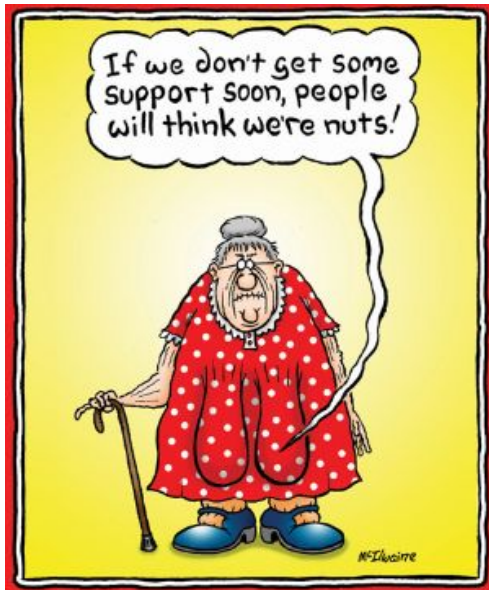
My experience is that softer breast tissue responds better to softer fabrics in the cups. This allows the cups to mold to the breast better. My go-to cup fabric for pendulous breasts is Super Simplex. Its soft with a very small amount of give, yet offers good support.



**" I DON'T THINK OF MY SKIN
AS SAGGY...I THINK OF IT
AS RELAXED-FIT!"**

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Consideration #2: Support Elements



The majority of the support of the bra comes from the band - this is where you can use more firm powernet to increase support.

You need to make sure your bra frame is narrow enough for your body structure so that it can do its job of gathering and encapsulating all the breast tissue

Consideration #3: Patterns and Wires

Speaking of encapsulation, it's generally better to use a pattern with wires which will help keep the breast tissue in place. The wires also give the breasts structure and shaping.

Cups with seams that can create a natural shape are preferable over foam cups where soft tissue can “puddle” in the bottom.



Consideration #4: Measuring



Probably the single most challenging aspect of aging breasts is trying to get any kind of accurate measurement...

it's kinda like trying to measure the volume of jello in a spandex container

Consideration #5: Measuring

Tips for success:

- Measure with your best fitting bra... HAHAHA!!!
 - If you had a “best fitting bra” you wouldn’t be making your own!
- Do a full body analysis
 - Take your underbust and full bust measurements wearing a bra with fabric cups that don’t compress or change the shape of your breast too much

Consideration #5: Measuring

Tips for success:

- Get the most accurate breast root trace possible
 - Do all breast root and underwire analysis
NAKED and BENDING OVER!!!
 - Use a washable marker to draw on your body where your breast root is - this will help you see where you are measuring
 - Use a moldable wire to “trace” along the breast root. You may need to do this multiple times and take an “average” of the shapes.

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Consideration #5: Measuring

Tips for success:

- Get the most accurate breast volume measurements possible
 - Wear a very thin t-shirt with no bra
 - Gather all the breast tissue into the t-shirt while **BENDING OVER**
 - Hold it there to get all your breast measurements (I measure all four quadrants)
 - Take the measurements multiple times and take an average

The moral of the story...

We deserve to have beautiful bras regardless of age or the state of our breasts because honestly, lifting up our breasts can actually have a tremendously positive effect on lifting our spirits as well!



There's so much more...

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