

#LIFEHACKS

## Struggling with the wrong size?

The quest for the perfect bra size — a journey many of us embark upon with high hopes — only to be met with confusion in the lingerie aisle. We are about to unravel the mystery of selecting the right bra size, ensuring you are not only supported but also embracing comfort and confidence in every curve.

### Understand the basics

Get cosy with the ABCs of bra sizing — band and cup. The band wraps around your ribcage, providing the foundation of support, while the cup cradles and shapes the bust. Do not let these seemingly simple components fool you; they hold the key to finding your ideal match.

### Measure, measure, measure

Take those measurements seriously! Wrap

the measuring tape snugly around your ribcage, just below your bust, for the band size. For the cup size, measure around the fullest part of your bust. Remember, the numbers do not define you, they are merely your guides.

### Listen to your body

Your body knows best, so listen to its cues. If the straps are digging in or the band feels constricting, it's time to reassess. The right bra should feel like a gentle hug, not a wrestling match.

### Don't forget the fittings

Our bodies are dynamic, and so are our bra needs. Weight fluctuations, hormonal changes, and the sands of time can impact your size. Schedule regular fittings to keep

up with your ever-evolving shape.

### Invest in quality

Choose quality over quantity, always. A well-constructed bra may cost a bit more, but the comfort and durability are worth every penny. Think of it as a long-term relationship with your most intimate wardrobe companion.

Armed with these tips, you are now equipped to conquer the world of bra shopping with confidence and flair. Remember, finding the right bra size is not just about aesthetics — it's a celebration of your unique shape and a commitment to self-care.

By Maisha Tarannum Iqbal

Photo: Collected

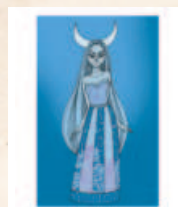


## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Your partner will improve your living situation. There will be hurdles on your way to success. Lay your cards on the table. Your lucky day this week will be Sunday.



### TAURUS (APR. 21-MAY 21)

Don't take unnecessary risks. Work with others to get the issue sorted. Decide what you want to do. Your lucky day this week will be Saturday.



### GEMINI (MAY 22-JUN. 21)

Pleasure trips will be favourable. Find ways to connect with established individuals. Don't blow situations out of proportion. Your lucky day this week will be Friday.



### CANCER (JUN. 22-JUL. 22)

Avoid any overindulgences. Improve your daily routines. Now is the right time for investments. Your lucky day this week will be Wednesday.



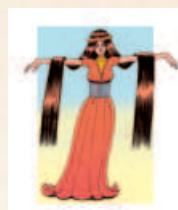
### LEO (JUL. 23-AUG. 22)

Don't lead anyone on. Work on ways to make extra money. Unexpected changes in friendships could occur. Your lucky day this week will be Wednesday.



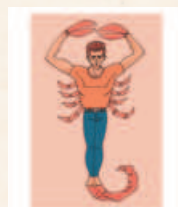
### VIRGO (AUG. 23-SEP. 23)

Prepare to fall short of your expectations. You can get ahead if you are smart. Take care of any health problems. Your lucky day this week will be Tuesday.



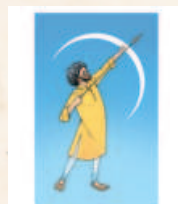
### LIBRA (SEP. 24-OCT. 23)

An older family member may be having problems. Your co-worker will betray you. Don't promise what you can't deliver. Your lucky day this week will be Tuesday.



### SCORPIO (OCT. 24-NOV. 21)

Minor accidents are likely this week. Sign up for courses that encourage self-confidence. Don't get involved in uncertain financial deals. Your lucky day this week will be Wednesday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Take charge in group functions. Don't be too hard on yourself. It's time to re-evaluate your own motives. Your lucky day this week will be Sunday.



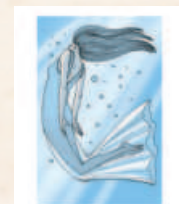
### CAPRICORN (DEC. 22-JAN. 20)

Don't rely on others to do your work. Complete your old hobbies. Your relationship will be in a critical spot this week. Your lucky day this week will be Sunday.



### AQUARIUS (JAN. 21-FEB. 19)

Visit loved ones. Think twice agreeing to anything. You will be extremely passionate this week. Your lucky day this week will be Friday.



### PISCES (FEB. 20-MAR. 20)

You might meet someone special this week. Follow the crowd and you might enjoy yourself. Travel will be extremely successful. Your lucky day this week will be Saturday.



সামগ্রী মূল্যে এখন ক্রয় করুন গ্রেড-১ সাবান

# অ্যান্ডালিনা

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/Sandalina