



TIPS FOR REDUCING SIDE BULGE WHEN WEARING A BRA



Wear bras with wider wings to prevent side fat spillage.



Consider bras with broader straps and bands for maximum fat coverage.



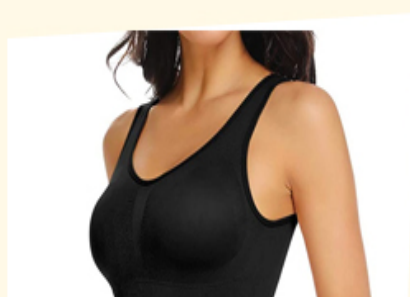
Go for bras with a narrow leotard back to reduce side and back fat bulges.



Straighten the bra's wings and tuck the side bulges into the bra.



Use strap traps or clips to convert your bra into a racerback bra, holding the bulges firmly.



Accompany your bra with a shaping camisole for a nuanced, smooth look.