



Estelle Plunge  
Balcony Bra in  
Ivory, \$84.95  
(6-16, up to  
a J Cup), and  
Estelle Briefs,  
\$54.95 (XS-XL).



Jolie Plunge  
Balcony Bra  
in Raspberry,  
\$84.95 (6-16,  
up to a J Cup),  
and Shorts in  
Raspberry,  
\$64.95 (XS-XL).

FUN, FASHIONABLE FREYA OFFERS LINGERIE THAT LOOKS GORGEOUS AND FITS PERFECTLY, IN SIZES RANGING FROM B TO J CUP

## THE PERFECT FIT

*The right-fitting bra will give you a smoother, sleeker silhouette, so you'll want to pay attention to this part...*

**BACK SIZE:** This is the most important measurement. The under-band should fit firmly around your rib cage and sit parallel at the front and back. If your bra feels loose and/or rides up at the back, it's too big.

**CUP SIZE:** Your bust should be fully contained within the bra wires, sitting flat on the chest wall at the centre front as well as making sure that no part of the wire is on the breast tissue as this can lead to discomfort. You may find that you will need to go up several cups sizes especially if you have gone down in the back size.

**STRAPS:** You should adjust your straps every time you put on your bra to ensure it is not too loose or too tight. Our bodies are constantly changing so it is worth getting professionally fitted each time you buy a new bra.

# freya

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To enter, have yourself professionally fitted at a Freya stockist, spend \$100 or more on Freya Lingerie during June, enter your barcode at [30daysofhealthandwellbeing.com.au](http://30daysofhealthandwellbeing.com.au), and tell us in 25 words or less why you love your new Freya bra.

30  
DAYS  
of health  
& wellbeing

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