ask anja, our fashion ed!

WWW.GIRLSINC.CO.ZA

How can I find out what my exact bra size is, without having to ask a sales lady at the mall – that's way too embarrassing! – kyla, 15

Anja: For a step-by-step guide, go to **www.playtex.co.za** and **www.girlsinc.co.za**. You can measure your exact bra size in the privacy of your own home, yourself.

WOMEN'SECRET

Q: I'm wearing a halter-neck dress to my sister's wedding? I can't seem to find a bra that doesn't show through. Please help! – nonhle, 19

Anja: You can find a great basics range at **Women'secret.** Try the no. 17 bra – even with a low-back dress or top, you won't have to worry about the straps showing in this bra.

TREASURE CHEST

Q: I have very large breasts and I'm always struggling to find a bra that fits – in a style I like. Why is it that you only find ugly underwear in the bigger sizes? – sunette, 17

Anja: Try **Treasure Chest** – they have sizes ranging from 34D to 42J and lots of pretty designs to match. Go to www.treasurechest.org.za or call them on 082-8954110.

ED'S PICK: NEW STYLES

THE BUILT-UP TRIANGLE SHAPED CUP:

Why it's so hot? This is the next generation push-up bra, a must-have to pair with that hot LBD.

Try: Triumph's Maximizer Diamante, R179.95

MATTE SHINE:

Why it's so hot? Ditch the flowers and lace and fuse smooth textures with glam sparkles to add a modern twist to regular boy shorts or your everyday T-shirt bra.

Try: Sloggi Shine, R169.95

VINTAGE DETAIL:

Why it's so hot? You get to revisit the 1920's – it's all about the detail: think embroidery and lace.

Try: Womens'secret, R355

celebs reveal all...

Try our stylist solutions so that you don't!

OH NO! PETRA NEMCOVA: be discreet, cover up!

STYLIST SOLUTION:

When wearing a low-cut dress, cover your nipples so that you don't have any embarrassing moments.

OH YES! TRY: Nipple covers at Women'secret, R75

OH NO! AUBREY O'DAY: give the push-ups a miss!

STYLIST SOLUTION:

When you have large breasts stay away from push-up bras, instead try a underwire bra without any padding.

OH YES! TRY: Treasure Chest bra, R275

OH NO! RUMER WILLIS: don't let it all hang out!

STYLIST SOLUTION:

Keep a low neckline or deep armholes in place with fashion tape. It sticks your dress to your skin, but doesn't hurt when you pull it off.

OH YES! TRY: Dreamshapers, La Senza, R199

OH NO! BROOKE HOGAN: leave a little to the imagination.

STYLIST SOLUTION:

You can still wear a bra with a low dress, just make sure that it has deep cut cups so the section in the middle doesn't show.

OH YES! TRY: Studio W. at Woolworths, R180

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