



Wrong Bra Signs



Taking measurements is only the beginning, but nothing works better than your own experience. So, before buying a bra, we highly recommend you to try it on. The cups may be a different shape to what you're used to, the styles may make the bra sizes uneven — even among the same bra brand!

More info about [Bra Size Calculator India](#).

Check out this list — if you experience one or more of these signs, you're probably wearing the wrong size bra, or it is wrongly adjusted.

- **Red marks on the skin — either from straps or underwires.** The first case means that either the straps are pulled too tight or the band of the bra doesn't support your bust

enough. If an underwire pokes your skin, the cup is way too small.

- **Breasts spill from the bra** — the cup is too small.
- **The cup sticks out** — either the cup is too big, or this is not your bra type.
- **The band moves up on your back** — the band is too loose. To offer support, the band needs to sit in one fixed position just under your bust.
- **The band feels tight** — it's either the band is too tight, or the cup is too small. Try going a cup up first.
- **You suffer from the back pain or the neck pain** — red flag! Your bra is not supporting your breasts at all. Try to adjust it as much as you can, but there is a 99% chance you'll need to buy a new one. Try our calculator first, or get a professional bra fitting in order to be as satisfied as possible with your purchase!

<https://www.yourbrasizecalculator.com/india/>