



## Supporting Lingerie

Coming to the Coast this weekend is model-turned-lingerie spokeswoman Nicky Buckley. Sarah Jane Chalk gets the low-down on down-below and bras.

With a background in modelling lingerie and, of course, wearing it (she's had to get more wardrobe shelves custom built to cater to her lingerie holdings), Nicky has a passion for underwear. Backed by the CEO of Intimo lingerie Sue Whyte, Nicky has discovered that women want but also need lingerie that fits us and suits us too. "I think it's good to listen to experts and be guided by people who are trained in bra fitting," Nicky says. "Plenty of people think that they are one size and they're not. That's why women are wearing uncomfortable bras. Women forget to resize themselves – so refitting your lingerie is important. A bra that fits can make a hell of a difference to how your clothes look."

No stranger to resizing, Nicky explains that no matter your body type, having a professional guide you is crucial. "I've got three boys and when you go through pregnancy and after you finish feeding, more often than not the bust is decreased in size but then several years later it can come back again," she says. "Breasts are constantly changing and just

because you are one size doesn't mean you are that size in every bra style. I also think sizing is variable and too much importance is placed on whether you're a size eight or a 14 – I don't pay any attention to that. I find the size that does actually fit me."

CEO and fashion designer of Intimo, Sue Whyte says that 70 per cent of women are wearing the wrong size bra, which is not only uncomfortable and looks unflattering, it may cause health problems, especially for women with larger breasts. "The fact that I was a 34D when I was 16 and could only find my lingerie in the 'nana' department was probably the experience that started the whole thing off," she says. "The bras would sit right up under my armpits. I was working in the fashion industry at the time, mixing with all these groovy people with the wildest outfits and knowing that I had on my beige 'nana' bra underneath my outfit really dispelled my feeling as being a part of the industry."

Sue says the most important things for a bra are comfort and support, regardless

of the size. "Feminine and functional, lingerie should meet the fashion requirements of today's clothing and needs," she says. "Women need to establish what they are purchasing the bra for because a lot of women in the past expected a bra to work in every situation and that's not the case."

Sue and Nicky both warn that there are health risks associated with ill-



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fitting bras. "If you are pregnant or nursing then having the wrong fitting bra is going to interrupt the flow of the milk," Sue explains.

"Neck and back problems can result from an unsupportive bra as well. And for women who have had surgery due to breast cancer, if there's any scar tissue having a bra that's not correctly fitted can

create issues with the lymph nodes."

"There is a new bra out in the Intimo range for women who might have lost a breast and it's so pretty and feminine," Nicky adds. "It's not ugly and beige and it has beautiful matching pieces. It covers all sizes as well as styles and comfort. I think every woman should feel beautiful and special on the inside."