

# Guide to Bra Cup Inserts

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## All of Our Bra Cup Inserts Are:

- Colors: black, white, or beige/nude
- Sizes: small, medium, or large
- Sold by the pair
- Seamless
- Molded
- Tricot covered
- Poly filled
- Surged around the edge

## 3 Styles of Bra Cups:



Round

This all-purpose cup is made for creating a smooth, defined shape. Women who need a little extra room at the top of the cup, without sacrificing any lift should wear a round cup.



Teardrop

This cup can be used in many different styles of lingerie or garments because of its shape. This shape is ideal for those not looking for extra lift, but to simply give the garment a contoured look. Teardrops are the best fit for halter style tops, placing the pointed end at the top.



Push-Up

The pushup cup is most popular. It has extra volume at the bottom of the cup in order to push the breast up and make it appear about 1-2 cup sizes larger. It is slightly tapered at both ends of the cup.

## Tips for Placing Bra Cups:

- It is usually best to have the garment on when you pin the bra cups in place. This helps to ensure the best comfort and shape.
- If you are looking to create more center cleavage, use either a teardrop or pushup cup and tilt the outside of the cups slightly upwards.

**Banasch's Inc.**

[www.banaschs.com](http://www.banaschs.com) | 800-543-0355

