

Bralette Stretch Level Reference

| Stretch Level | Support Feel | Ideal Uses | Fit Checklist |
|---------------|----------------------------------|---|--|
| Light | Featherweight, barely-there feel | Sleep, lounging, gentle yoga, layering under loose tops | Band hugs softly without gaping; add pads if coverage collapses. |
| Medium | Balanced comfort + shape | Work-from-home, errands, casual outings | Band stays level when arms lift; straps adjustable for minor support. |
| Firm | Structured wireless lift | All-day wear, fuller bust support, under fitted outfits | Band feels snug but breathable; cups or longline hem stay flat seated. |

Tip: test each stretch level with a 10-jump drill, shoulder roll, and seated bend to note any shifting or rolling.