



The Girls  
BRA SHOP

*real women. real bras. real beauty.*

*real women. real bras. real beauty.*

The team at The Girls™ are real women who want real bras and feel real beauty-ful. Like you, we have experienced how hard it is to get a bra that fits our body type and lifestyle while still being beautiful. Learn more about each us on our blog where we share a bit about ourselves and why we are with The Girls.

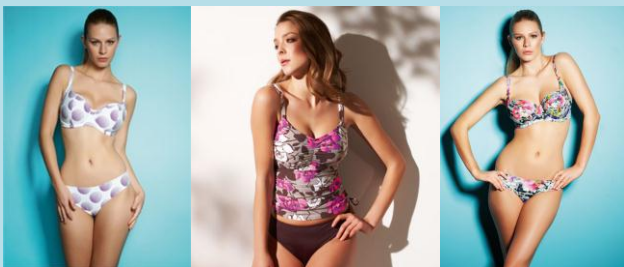
<http://thegirlsbrashop.blogspot.com/search/label/The%20Team>



It feels like winter will last forever—unless you're lucky enough to book a warm weather getaway. If you're tropic-bound start thinking about the essentials: bright prints, flirty bikinis and bold accessories are all you need. Don't forget to pack the sunscreen.

To see the full 2012 Swim Spring Collection go to:

<https://www.facebook.com/media/set/?set=a.10150467960757215.363742.87479837214&type=3>



**\$10 OFF**

Your next purchase of \$60 or more.  
Offer good through to March 31, 2012.



MINIMUM PURCHASE OF \$60 BEFORE TAXES IS REQUIRED. DISCOUNT APPLIES TO PURCHASES AFTER ALL DISCOUNTS HAVE BEEN APPLIED BUT BEFORE APPLICABLE TAXES. MAY NOT BE COMBINED WITH OTHER DISCOUNT OFFERS. NOT VALID FOR PURCHASE OF GIFT CARDS, ONLINE PURCHASES, OR PREVIOUS PURCHASES. NO CASH VALUE. LIMIT ONE COUPON PER CUSTOMER. REDEEMABLE AT THE GIRLS BRA SHOP INC. LOCATIONS. PLEASE PRESENT THIS COUPON TO RECEIVE DISCOUNT. VALID FROM 01/31/12 TO 03/31/12

Dee Dee's  
CLOSET

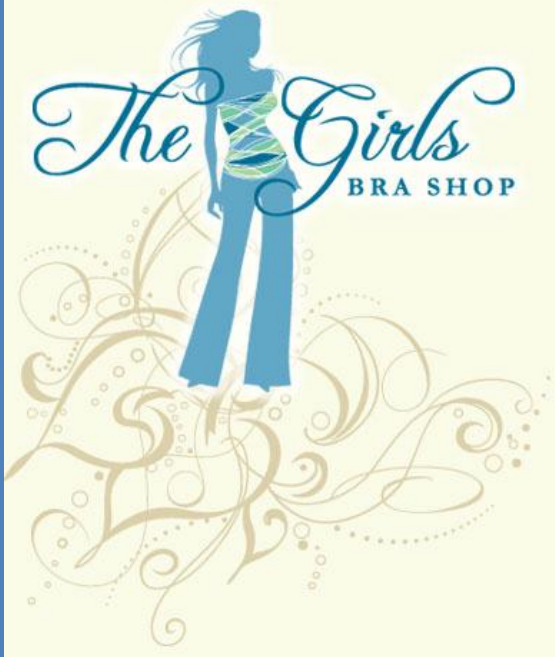
22 Hamlyn Rd. St. John's, NL Canada A1E 5X7

Tel: 709.745.6338 Toll Free: 1.877.719.6338

Email: [nfld@thegirlsbrashop.com](mailto:nfld@thegirlsbrashop.com)

[www.thegirlsbrashop.com](http://www.thegirlsbrashop.com)





## YOU WOULDN'T ORDER THE FLOWERS A WEEK BEFORE...

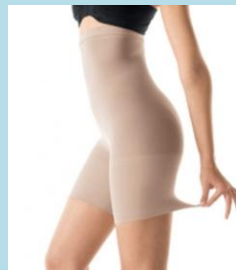
Too often we are finding Brides and bridal parties leaving a very critical part of their attire to the last minute. Thousands of dollars and many hours are spent on the bride's and bridesmaids' gowns and yet the foundational garments that are meant to make the dresses look good become an afterthought. Not everyone remembers to pay enough attention to what goes on underneath. In reality you should be finding the proper bra, corset, shapewear needed to work with your dress before forking over the cash. The right undergarments can make or break your dress.

*While we agree this dress is beautiful you have to ask yourself: "Can I find the right undergarment to make this dress work?"*



Remember, 50% of all women are larger than a D cup. Most strapless bras do not come in the larger cup sizes and while we do try to keep as many sizes in stock as possible sometimes they have to be ordered in. Special Ordering can take several weeks and should not be left to the last minute. In addition, many gowns are constructed in such a way that finding undergarments that fit and don't show above the dress is tricky at best.

A few essentials for under your gown,  
Below: NuBra, Spanx, and Omero Stay Ups.



Know your size – while the statistics say 80% of women are wearing the wrong size we are finding the percentage to be much higher. Knowing your size is an important factor in getting a beautiful fit on your wedding day. A poor fit shows through the dress, creating unsightly bulges. Take the time to be properly fit.

Finding the right, corset, bra, or other undergarments can be done right. Just don't assume that your usual ones will do the job, and start shopping early. What you wear under your dress can make a big difference in what it looks like on the outside, so getting it right is important if you want to look your best on your big day. Every outfit begins with a good foundation.

### WHAT'S NEW

Did you know that 70% of lumps are found through Self Breast Exams? That's why The Girls have started monthly email, Facebook, and Twitter reminders to check your girls. Follow us on Facebook and Twitter (@thegirlsbrashop) to receive your reminders and links to the latest research and information.

**Curve Shapewear by Elomi.** Finally shapewear that is designed specifically for curvy girls.

Don't forget **Ruby Tuesday.** Every Tuesday a product is deeply discounted. Want to know what the deal is each week? Join our Facebook page and follow us on Twitter (@thegirlsbrashop).

There are things you can do every day to reduce your risk. Follow our blog for information on nutrition, activities, and information on the latest screening methods to learn more about how you can take charge of your health.

<http://thegirlsbrashop.blogspot.com/search/label/Health>

**22 Hamlyn Rd. St. John's, NL Canada A1E 5X7**  
Tel: 709.745.6338 Toll Free: 1.877.719.6338

**Email: [nfld@thegirlsbrashop.com](mailto:nfld@thegirlsbrashop.com)**  
**[www.thegirlsbrashop.com](http://www.thegirlsbrashop.com)**