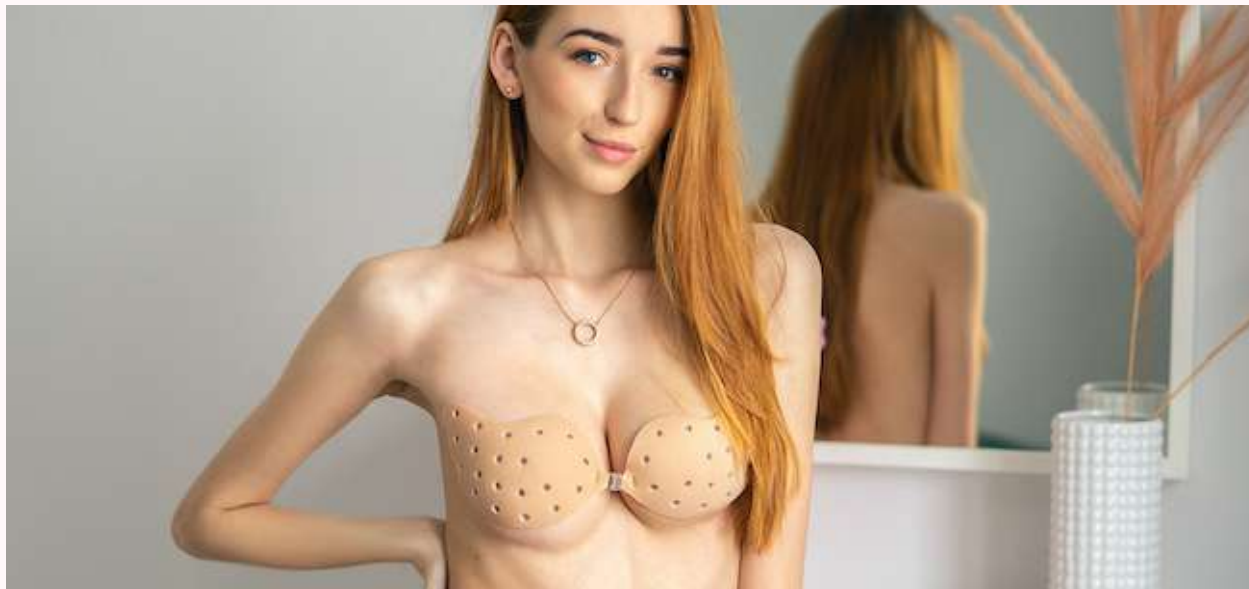


bilbette®

USER GUIDE

STICK-ON BRAS

A modern brand specializing in lingerie solutions for special tasks and more!



ABOUT US



BRA-FITTING

For years, we have been experts in the lingerie industry, we are internationally qualified in bra-fitting, we hold trademarks and dermatological certificates for all our glue-based body products. Our bras had been tested and worn by many women of various shapes and sizes, which allowed us to design the best solutions possible.

Our underwear just works - we have dressed women for years. As a brand run by women, we understand the needs of other women best.

#bilbetteoriginal

Are you wondering what kind of underwear solution to choose for a wedding, date, prom or another great event? You will find all the information needed in this guide.

THE RIGHT SIZE



When buying a self-supporting bra, it is important to know your breast size well. Merely labeling the cup A, B, C or S, M, L doesn't mean anything if you don't know the circumference of your under-bust

There are two rules in bra fitting:

- The size of the cup increases with the size of the circumference (example on the next page).
- All breasts are different - it is not only about the asymmetry between one pair of breasts, but about the fact that each bust will be different in every woman in shape, volume of the fat tissue, position and spacing on the chest etc.

When putting on a bra with glue, we shouldn't expect that they will give us a complete different look or that it will lift the bust better, than a classic bra with a solid band.

Our technology allows us to provide customers with the best, world-class lingerie solutions, but unfortunately not everything will be a perfect match in every case!



FITTING FOR A BRA



THE NAME OF THE CUP DOESN'T MEAN MUCH

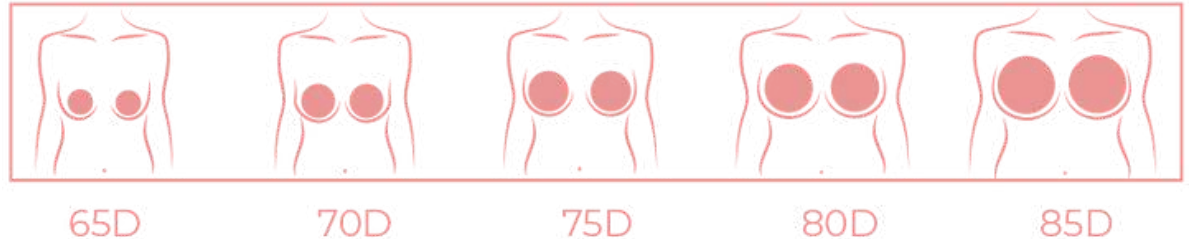
Often customers ask what size of a self-supporting bra to order when they normally buy classic bras in, as an example, size 'D'. As can be seen below, the 'D' cup can be very small in small band, or very large in larger bands.

That is why we always define the full bra size by:

Number (circumference measurement) + Letter (cup measurement)

Breast size can change with the stages of a woman's life so rechecking the size from time to time is a good habit to develop.

If you do not know your size, please visit the online size calculator on our website. Once you know the correct size, you are ready to buy your chosen stick on bra! [CALCULATOR](#)



THE FACTS



- BODY

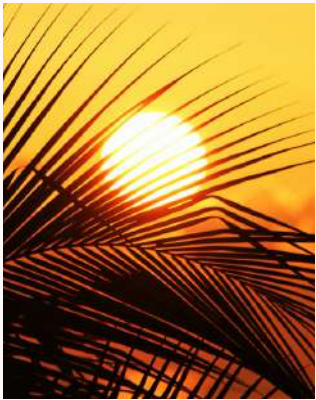
The biggest enemy of adhesive bras is oily skin. If you are in the habit of applying creams and lotions to your body, you may need to skip them for up to a few days before using the adhesive bra. Additionally, before putting on a bra, wipe the skin with cosmetic alcohol and let it dry completely.

- HYGIENE

Please note that lingerie products cannot be returned for hygiene reasons after opening the secure protective packaging. Open the package if you are satisfied with the chosen size and appearance of the bra before removing the seal.



HOT SUMMER



HOW TO KEEP YOUR BRA IN PLACE

It's a tough topic, because when the body sweats excessively on hot days or energetic parties like weddings, self-supporting bras can't always keep up.

Why?

The adhesive composition of these products is water-based, so when water meets water, it will slip!

What do we recommend?

- Point-sew the nylon bra to the inner part of the outfit,
- Make sure the self-supporting bra does not touch your body under the breasts, keep space, and stick it only on the surface of the breast,
- Take a spare bra with you,
- Use the Boob Tape, which is sweat & water proof. Not recommended in extreme heat



OUR RECOMMENDATIONS

- SMALL BREASTS

For smaller breasts (A, B, C in band up to 75) we recommend:

- Covering solutions: style BB09, BB22
- Covering with a lift: style BB20, BB21, BB24.
- Covering and collecting solutions with push up: BB01, BB10.

- MEDIUM BREASTS

Medium breasts can be defined as the D-F range in band up to 75. Here we offer styles: BB06, BB10, BB24, and Boob Tape model BB25.

- BIG BREASTS

Here we classify all larger sizes above medium busts. Our recommendations are styles: BB06, BB24, BB25.



BRAS

Technical information and instructions for the use of self-supporting bras.

STYLE BB01



ADHESIVE SUPER PUSH-UP BRA

Provides the effect of enlarging, gathering and firming the bust. It has high breathability and over 3cm push-up layers. Enlarges by 2 sizes.

The bra should be put on with loose string, gathering the breasts inside in. After sticking the cups, pull the string down. Use silicone straps to secure the bra if necessary. The long strap is used as a band, the shorter one is worn around the neck.

Instructions on body preparation on page 4, bra maintenance on page 16.

RECOMMENDED FOR:

Size A - 65A / B, 70A

Size B - 65C, 70B, 75A

Size C - 65D, 70C, 75B

Size D - 65E, 70D, 75C

STYLE BB06



SELF ADHESIVE MAXI LIFT BRA

Made of soft nylon fabric and colorless PET foil. It lifts small and medium breasts well and provides solid coverage to larger breasts.

This style can be cut to suit your creative needs. Often used to shape sagging breasts in conjunction with Boob Tape. Apply it by sticking the cup first, and then the lifting wing, slightly lifting it up.

Body preparation instruction on page 4, bra maintenance on page 16.

RECOMMENDED FOR:

Size S / M - 65 D / E, 70 C / D, 75 B / C, 80B, 85 A / B
 Size L / XL - 65 F / G, 70 E, 75 D / E, 80 C / D, 85 B / C



LARGE NIPPLE COVERS

Often used as a set with self-supporting bras or the Boob Tape. They have a strong dermatological adhesive.

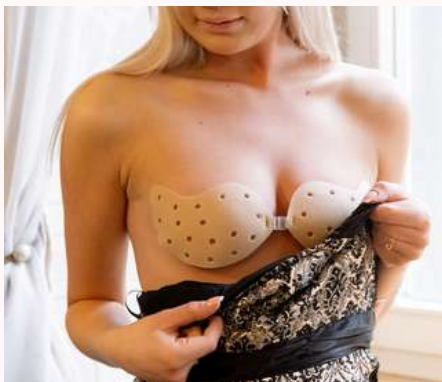
Made of soft cotton. They have good breathability and hold well. The diameter of 7.5 cm allows to cover large and small nipples. The nipple covers should be applied slowly and evenly to avoid wrinkling. Do not wear longer than 8h. In case of redness or itching, this product should be removed and not reused.

Single use only.

Body Preparation on page 4.

Recommended for all breast sizes.

STYLE BB10



BUTTERFLY SELF ADHESIVE PUSH UP BRA

This style provides a lifting effect, strongly collects the bust, is light in texture. It allows for a push up effect and is highly breathable.

Unclip the bra and put on the cups separately, at the same time collecting the breasts inside in. It is best to do this in front of the mirror so that both cups are applied equally over the two breasts. Once cups are stuck on, clip the bra.

Instructions on body preparation on page 4, bra maintenance on page 16.

RECOMMENDED FOR:

Size A - 65B / C, 70A / B, 75A

Size B - 65D, 70B / C, 75B, 80A

Size C - 65D / E, 70C / D, 75C, 80B

Size D - 65E / F, 70D / E, 75D, 80C, 85A / B

These 10 cm covers are perfect for smaller breasts. This style is reusable. Body preparation instruction on page 4, bra maintenance on page 16.

STYLE BB20

SILIKONOWY BIUSTONOSZ PODNOŚCZĄY BIUST FLOWER



STYLE BB21

SILIKONOWY BIUSTONOSZ PODNOŚCZĄY BIUST ROUND





MAGNETIC SILICONE NIPPLE COVERS

Often used together with self-supporting bras or the Boob Tape.

Made of soft silicone that perfectly covers the nipples. The glue holds tightly, and the entire product is barely noticeable on the body as it blends so well. The magnetic rim of the nipple covers is glue-less to allow them work better with every movement of the body.

The product is reusable.

Body preparation instruction on page 4, maintenance on page 16.

Recommended for all breast sizes.



BREAST PADS BUNNIES

Made of soft nylon fabric. They lift small and medium breasts well and give good coverage to larger breasts. Great breathability thanks to perforated cups.

This model can be cut to suit your creative needs. The XXL size is primarily used to create your own shape and size. Doesn't lift heavy breasts.

First stick the cup to the central part of the breast, and then slowly stick the ears by pulling them up.

Instructions on body preparation on page 4, bra maintenance on page 16.

RECOMMENDED FOR:

Size S - 65 A / B / C / D, 70 A / B / C / D, 75 A / B / C

Size M - 65 E / F / G, 70 E / F, 75 D / E, 80 C / D, 85 B / C

Size XXL - 65 H / I / J, 70 G / H, 75 G, 80 E / F, 85 D / E



LUXURY BOOB TAPE

It is our bestseller for lifting and shaping all breasts, especially the very large ones or breasts with high asymmetry. This product is sweat and water proof.

Perform a sensitivity test before use by applying the "patch test" to the collarbones area. Wear 24h. If irritation occurs, do not wear the product.

In the package you will find protective nipple covers, a 'test patch', a brochure, and a 5m of breast tape. Start with the preparation of the body - it must be oil free. Additional instructions can be found in a separate guide for breast tapes.

CARING FOR THE BRA



HOW TO CARE FOR A STICK ON BRA

- Keep the protective film under the silicone adhesive. It will be needed to secure the bra again.
- After removing the bra from the body, prepare a bowl with lukewarm water and a little ecological soap or natural liquid for washing delicate fabrics (we recommend Canadian brand Eucalan from our store).
- Gently wash and rinse with lukewarm water. If you use Eucalan, there is no need to rinse the bra.
- Allow to dry, glue side facing up.
- Re-stick the protective film.
- Store in a box or in the original packaging and do not place other items on top of it to prevent deformation.
- If need be, all our nylon bras can be ironed on the fabric side with protective film kept on the glue side.

THANK YOU

This user guide was prepared by a certified
Bilbette bra-fitter.

