



secrets from your sister

• BRA FITTING BOUTIQUE •

best kept secrets...

Hop, skip and a well supported JUMP! Spring 2009

We did it!

This April *secrets from your sister* celebrates ten years in the incredible industry of lingerie. There has been so much support from all of you who have watched us grow, learn and develop as a company. We value all of the time you have spent with us while we find our way in the world.

It's fun to look back and at all the families we have seen develop, all the women who have come in at different points in their journey and shared with us a part of their lives. To see how times change so much in such a short period never fails to astound. Seeing how time flies makes us remember to live life to the fullest, to learn and to enjoy every moment. Secrets from your sister will continue to learn and grow with your help and we will have a great time doing it!

Thank You!

10 years firm- our special offer for you!

The warm weather is teasing its way into our lives and we start removing those outer layers that have disguised much of our bodies all winter long. We notice that a few essentials need upgrading. Dressing always begins with the first layer to your body, lingerie. When you have solid undergarment everything that goes on top has a really good chance of looking amazing. Until My 8th, 2009 please take advantage of these special offers:

Buy one basic bra and get 20% off a fashion bra.

Buy two fashion bras and get 20% off each bra.

Basic bra - a bra that can be re-ordered.

Fashion bra - a bra that is a one shot only bra, is normally a colour or pattern and cannot be re-ordered.

*Ask in store for details

Small bosoms : meet The Little Bra Company

Somebody heard your prayers. The Little Bra Company has launched a pretty sassy line of bras made for those of us who can never find just the right amount of bosom to fill the cups. Come in and give Lucia, our starter bra a try and see what you think. For the tiny backs 28-36, cups A-B, cut to suit the smaller lady.

How to help your country in an economic downturn

If you can, spend YOUR money with businesses that employ hard working people in your country. Our country needs our support to be successful. Working together has historically proven to be successful time and time again. Feel proud and play a part in stimulating the economy - your efforts will make an impact!

wise mom

From meeting many mothers who have shared excellent anecdotes, tips and insight - wisdom that any woman could benefit from, we are developing a referral section on our website. This is to help women find contacts for services needed for conception, pregnancy and birth.

Was there a service or person who made a significant impact for you during your pre-pregnancy, pregnancy or post-pregnancy? Share your secrets with us and help make another woman's experience the best it can be.

Please email:

mom@secretsfromyoursister.com

tips of the trade:

TIPS OF THE TRADE:

More tips on making the most of your dollar well spent...

You need the support of a good bra. It affects your health, your posture and how you see yourself. Here are some quick tips on making that investment last.

Invest in quality: It lasts for a reason. More thought and testing has happened to ensure this.

Wash your bras in Soak: Cleaning your bras every one to three wears will help them last longer.

Rotate your bras: By mixing up how often you wear each bra, you will receive a longer lifespan. Having a minimum of two to four well fitting bras is recommended.

Match your bra to your clothing: Wear dark colours over dark bras and light colours over light bras - keep your bras the colour they were when you bought them. Clothing leaks dye - bras love to rub against your shirts.

Wear a sports bra to exercise: An everyday bra is NOT a sports bra - it is not meant to withstand the intense sweat and impact that a sports bra does. Your breasts and shoulders will thank you!

Voluptuous

New developments headed our way!

You'll love the two new bras from Elomi. Cleo, a great bra in a soft, almost seamless material, comes in two cuts! One low full cup with a side panel that offers a great lift and shape and a new bandless cup that is a gift from the bra faeries! The new Energizer sports bra is in and wow, does it ever fit like a charm! There will be a lot more backs to 44 and cups to HH and J!

celebration!

You asked for it and you got it!
In a few months Soak will be making the Celebration scent in the 14oz 'Value' size! There will be an all day 'celebration' when it arrives!

TIGHTS to talk about...

Treat yourself to a compliment. Garnish those spring shy legs with head turning hosiery! A simple outfit accessorized with unique hosiery will always receive notice. It's still a bit chilly so when you don a skirt, decorate your legs in a little something sexy! Ask for *Trasparenze*, *Filidoro*, *Bleu Forêt* or *Voila* for a superior quality addition to your wardrobe.

Mondays at Yonge

No more sleeping in for our little sister on Mondays! Starting Monday April 6th our Yonge Street boutique will be wide eyed and bushy tailed, ready to serve your needs from 12-6.

Yonge Store Hours:

Sunday - Monday 12-6
Tuesday - Friday 11-7
Saturday 10-6

Bloor Store Hours:

Monday - Friday 11-7
Saturday 10-6
Sunday 12-6

Naughty knickers...

If silk chemises are your passion *Frances Smily*, a fantastic designer, creates beautiful, feminine lingerie. It may be for bridal, for fun around the house or simply just to treat yourself. Sensual? Definitely!

Elegant? Certainly! Classy? Bien sûr! Ask your fit mistress to see the '*Ouvert*' panties if you are looking for a bit more...je ne sais quoi...

The award goes to...

SMALLER LADIES MAY LOVE...

Princesse Tam Tam, *Pleasure State*, *Simone Perele* and *Betsey Johnson* for bright colours, fun prints, delicate laces and great cuts. It's spring, the choices are limitless! These brands best suit women who fit cups A-DD, 32-36 backs.

BRIGHTEST-BOLDEST:

Betsey Johnson's Lipsticlicious fuschia demi cup

Most feminine:

Pleasure State Aphrodite in powder pink

Most unique print:

Princesse Tam Tam for her wireless *Prose*

BIGGEST Boost EVER:

Jezebel's Kissing Cleavage in its new seamless sweet 'cherry' print

FUN FOR THE FULLER BOSOM...

Empreinte, *Prima Donna*, *Freya*, *Fanatsie* and *Chantelle* bring bold colours for the daring and fresh colours and prints for the spring lass. Shapes that are comfortable for everyday can be fun too! Ladies, who fit DD-H will do well to come in try on these styles to bring them into spring. Backs available 28-44.

Lowest, most supportive PLUNGE bra:

Empreinte Thalia in HOT red!

Staff Favourites:

Prima Donna Madison and *Freya* Pollyanna

Best print with a PUNCH:

Freya Retro Plunge in lime green check!

Most comfortable:

Freya Emily and *Dotty* wireless (or nursing for the new moms) in antique pink or black with DOTS!

THE EVEN FULLER SISTER WILL MOST CERTAINLY BE HAPPY WITH...

Goddess, *Aviana* and *Elomi* who have surpassed all expectations this spring. Starting with better sizes, find backs 34-46, cups E-J. Wanting to look and feel great? There is certainly a match here for you!

Most successful fit all around:

Kiera by *Goddess* in fawn or chocolate

Best wireless that REALLY fits well:

Aviana's basic jacquard wireless in candlelight and black.

Sauciest colour:

Panache Tango in bright sky blue

Longest awaited for innovation:

Elomi Energizer active bra