

# Women's Fashion

## Local Business Helps Women Look and Feel Their Best



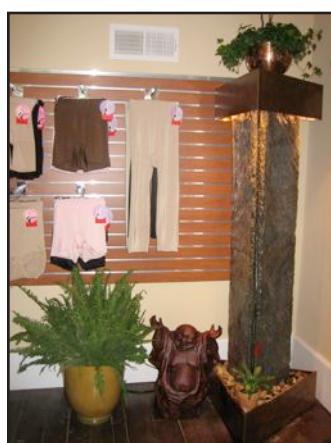
By: Owners - Debbie Stachowski and Marie Weaver

Just about every woman has experienced the frustration of shopping for a bra.....the aggravation of not being able to find a bra that fits after spending hours in a fitting room trying on bra after bra. Wearing a correctly fitted bra is about your health. An ill-fitting bra can cause headaches and back and shoulder pain, along with poor circulation and posture, issues all related to breast health.

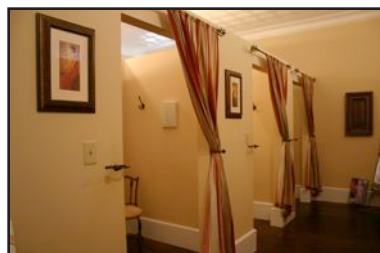
a better shape and silhouette. The right supports means the breasts are lifted and level, and the bust is centered within the body frame – which means less strain on your back and shoulders, for a better posture. The proper position of the breast is



midway between the shoulder and elbow. Your Perfect Fit carries a large selection of French, German, and other European designers, in over 100 sizes – cup sizes AA to K and band sizes 30 to 46. Plus swimwear, bra accessories, shape wear and



Your Perfect Fit is a premier bra-fitting specialty boutique located on the diamond in historic Boalsburg Village, 5 minutes from State College. Prior to the opening in August 2007, Owners - Debbie Stachowski and Marie Weaver (Mother-Daughter) spent a year preparing a business plan, attending classes, training in Alabama and



sleep wear. The boutique offers an array of aromatherapy and pampering products for your bath, body, skin, and home. It's a proven fact, looking better will help you feel better, with that in mind Stachowski and Weaver are always searching for new products that do just that.

completed instruction training by American Breast Care for Mastectomy Fitting.

New items available at Your Perfect Fit:

- *Fitflop*, it's the flip-flop with the gym built-in
- *Miraclesuits*, look 10lbs. thinner
- *Yummy Tummy*, fashionable tops that secretly slim your midsection
- *JellyBath*, foot soak that exfoliates with vitamin C and black tea while providing relaxing aromatherapy.



**Your Perfect Fit**

*The Right Bra With The Perfect Fit.*

*Wearing a correctly fitted bra improves your figure by making you look taller and thinner.*

101 West Main Street  
Boalsburg, PA 16827  
814-466-7470  
[www.yourperfectfitboutique.com](http://www.yourperfectfitboutique.com)

Your Perfect Fit offers a one-on-one professional consultation that can take anywhere from 30 to 60 minutes. Everyone's body is different, and every brand fits differently. Sizes vary from one style, color and manufacturer to another. The whole body changes with a professional bra fitting – you look 10 pounds thinner and your clothes fit better. A properly fitted bra will ensure a slimmer and shapelier profile along with

Stachowski and Weaver offer all this and more in a comfortable atmosphere with relaxing music and personal attention. The result is a fashionable bra that gives incredible support, shape, and .....Your Perfect Fit.

**For more information and purchasing- Your Perfect Fit gift cards please visit**  
[www.yourperfectfitboutique.com](http://www.yourperfectfitboutique.com)

**What's New**

**It's the flip-flop with the gym built-in.**

Developed by Dr David Cook at the Center for Human Performance at LSBU in London, **FitFlops** feature patent-pending **microwobbleboard™** technology that works your leg and bottom muscles more while you wear them, making it easier for you to stay in shape

Available at . . .  
*Your Perfect Fit!*



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

FitFlops work your leg muscles more while you wear them, so you get a workout while you walk. FitFlops have also been reported to:

- Improve posture
- Provide relief from back pain, plantar fasciitis, heel spurs and aching legs.