

Phone (518) 463-7774
Body & Face

Unisex

CARL LEMILY, R.E.
ELECTROLOGIST

PERMANENT HAIR REMOVAL
FACE SPECIALIST

Since 1950



226 Jefferson St. Albany N.Y. 12210

BREAST FORMS: A NATURAL NEED

Obviously we're not born with natural breasts, so we may need to consider some substitute. Breast forms, either home-made or commercial, are a natural for our population. Let's talk about the home-made variety first. Party balloons are a popular item and conveniently available. These can be filled with either water or bird seed. Whichever you choose, you can add some insurance by first putting one unfilled balloon inside the other unfilled balloon. Then fill the inner balloon to a comfortable level. Next, tie a knot on the inner balloon and insert it in the outer balloon. Now, tie the outer balloon. That's the best home-made method I've heard. Another home-made method would be to stuff your bra cups with socks or old stockings.

The commercial breast forms can either be store purchased or ordered through a catalog. Now, I tend to be conservative and bit reluctant dealing with sales people when it comes to purchasing intimate apparel. But recently through the help of many here at the Club, I've become more confident and accepting of myself. Now I ask my "female" persona what would a woman in my situation do? She would be practical and honest with the sales person - and frugal to boot! So I decided to call all around the Denver area to find out what was available and at what prices. (I must warn you though, that you can get into trouble if you listen to your "female" self. You might end up writing an article about what you learned! If you must learn, try not to let Lynn K. find out or she may ask you to write an article for the Newsletter.)

What kind of store would you go to? Well, I looked in the Yellow Pages under bras and found two lingerie stores, and then under breast prosthesis and found three orthopedic type stores. Also a couple of department stores carry breast forms.

So I called several places and stated that I'm looking for breast forms. "I'm a transsexual (a term the general public is familiar with) and I need assistance in purchasing breast forms. Would you be comfortable helping me?"

Of the seven stores I called six were receptive to having me come in and purchase the breast forms. Of the six stores I visited, four of the stores sales representatives encouraged me to try on their products and freely offered their opinions as to how the products fit my particular body shape and size.

When you go to a store expecting to spend \$100 to \$500 and you're getting help from the sales people be careful that they do not rush you into buying an inappropriate size. Some sales people may only be interested in a quick sale; however, I have found several to be quite courteous and professional, and who treated me with respect. They measured me for the correct bra size when I asked for their assistance. You will learn some good information about bras and proper fitting.

In each case before going to the store I let each sales clerk know I'd be dressed as a woman and could I come in to the store now or do I need to make an appointment to be fitted? The important points here are to be polite, considerate and businesslike. After all, if both the sales person and you feel comfortable the entire experience can be a very pleasant exchange.

There are various types of breast forms available ranging in price from \$6.00 a pair to \$520.00 per pair depending on quality and the store where you buy them. For the top of the line quality silicone products made by Comp and Airway, I found prices ranging from \$330.00 to \$520.00 for the same exact product, from different stores.

The silicone filled breast forms tend to be the most natural fitting, the proper weight and the best at following the movements of natural breasts. But of course they cost quite a bit. There are less expensive choices in the \$100.00 to \$160.00 per pair price range; but in spite of being the proper weight they tend to be too hard. Before buying these I'd suggest going the home-made route or buying the inexpensive \$6 to \$18 per pair foam breast forms available. These forms seem just as fine a product at a far better price.

An additional choice is to buy the forms via catalogs. I don't recommend this approach unless security is essential. If you do choose this method carefully measure your chest size just beneath your bra and around the fullest part of your bust and call the catalog people to get the best fit for yourself. A disadvantage to this is that you can't try before you buy and if the size is wrong you end up sending them back and tying up a lot of effort.

Wilma

