



# LET'S TALK

*about Bras and Panties!*

## A PARENT'S GUIDE FOR FEMALE DANCERS

### *Underwear 101*

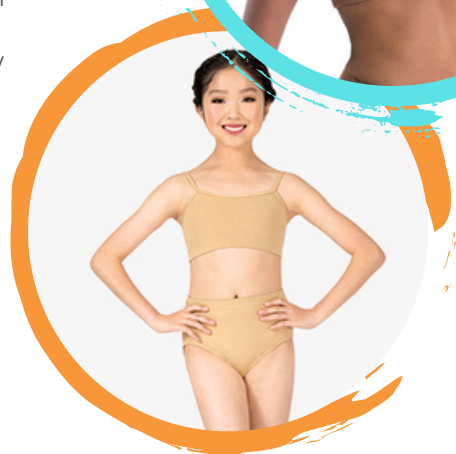
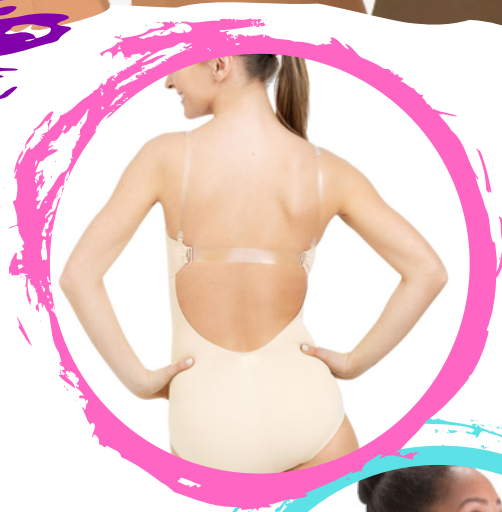
While buying briefs, beware of the visible panty line (VPL). Smooth lines are important for a neat, professional appearance. Also, underwear, if worn, should be nude-colored and not show under costumes. Very young ballet students often wear regular panties underneath their tights and leotards while older students often use thong-type panties for a smooth look.

### *What about bras?*

Some dresses include built-in cups inside a leotard, but you may still prefer to wear something underneath (that doesn't show through, of course). Built-in bra shelving for extra coverage and support usually is enough for smaller-chested women. If that is not enough support, you always want to match the bra to the same style of leotard. It is always best practice to match your skin tone when choosing a bra.

### *When should a dancer start wearing a bra in dance?*

There is not a set age when a dancer should start wearing a bra under her leotard. Most dancers choose to start wearing bras for modesty, bounce control, and compression. Wearing appropriate undergarments is essential to ensure there are no costume malfunctions and that your performance is considered tasteful.



**DO BALLERINAS WEAR BRAS?**



**AN ARTICLE ABOUT CHOOSING THE RIGHT UNDERGARMENTS:**

