health

WHAT TO BUY

The 12 Most Comfortable Bras of 2023

The Knix Revolution Bra is our overall pick because it's very comfortable, is wire-free, and is supportive without being uncomfortable.

By Daley Quinn • Updated on February 6, 2023

We independently research, test, review, and recommend the best products—learn more about our process. If you buy something through our links, we may earn a commission.

HEALTH / MARCUS MILLAN

Regardless of your breast size, finding a great bra that's comfortable and actually fits well can sometimes be challenging. Bodies and breasts come in all shapes and sizes, and what might work for one person may not be optimal for another.

Reviewed & Approved

The Knix Revolution Bra has been awarded the most comfortable bra because it's incredibly soft, does a fantastic job of supporting breasts of all shapes and sizes, and is recommended by bra experts. Another bra we adore is the Boody Shaper Bra because it's really affordable, is ethically made, and works great as a loungewear bra for a relaxing day.

According to Kimmay Caldwell, an undergarment educator and bra coach at Hurray Kimmay, it's very important to actually try on a bra before you purchase it. "You want to avoid asking a bra fitter (in stores) to 'size you,' and then expect every bra in that size to fit," she explains. "Bras are like jeans, and it's possible to wear many different sizes in different bras, depending on the brand, materials used, country in which it was made, and the design."

You need to know what, exactly, makes a bra a good fit for you. "It's important to know the signs to look for that [the bra is] fitting properly (nothing digging in, billowing out, band not riding up the back, underwire not riding up in the front, etc.), and you'll have the most success," explains Jené Luciani Sena, a bra fitting expert and author of *The Bra Book*. "You want to avoid not trying things on, and not looking critically at it or seeing how you *feel* in it. You also can jump up and down and do a bounce test to see if it's supporting you properly."

In order to narrow down the most comfortable bras, we researched the best-selling and highly-rated bras on the market and spoke to multiple bra-fitting experts and plastic surgeons for their tips and best recommendations.

Our Top Picks

BEST OVERALL:
Knix Revolution Bra at Knix

BEST BUDGET:
Boody Shaper Bra at Amazon

BEST WIRELESS:
Harper Wilde The Bliss Bralette at Nordstrom

BEST FOR LARGER BUSTS:
Chantelle Comfort Underwire Bra at Chantelle.com

BEST PLUS SIZE:
Elomi Spacer Underwire Bra at Zappos

BEST STRAPLESS:
ThirdLove 24/7 Classic Strapless Bra at Thirdlove.com

BEST SPORTS BRA:
SHEFIT Low Impact Sports Bra at Shefit.com

MOST SUPPORTIVE:
Bali Wirefree Bra at Amazon

BEST PUSH-UP:

Honeylove CrossOver Bra at Nordstrom

BEST FOR SENIORS:

Spanx Bra-llelujah Full Coverage Bra at Amazon

Best Overall: Knix Revolution Bra

PHOTO: KNIX

Why We Like It: It feels like butter and is highly recommended by bra experts.

It's Worth Noting: It's only available on their website.

The Knix Revolution Bra lives up to its name well—this pick is pretty revolutionary when it comes to comfort. The Revolution Bra is made with nylon and lycra, and does a fantastic job of supporting all shapes and sizes of breasts while being incredibly comfortable, too.

Sena is a big fan of the Revolution Bra. "Knix has done hundreds of hours of wear testing and literally went to the ends of the earth to find the softest, buttery microfiber ever," she says. "This a really comfortable choice for women—plus, they have a really great selection of sizes to accommodate a lot of women."

This pick comes in 24 sizes (XS-XXXL++) and 14 colors and patterns. Although the Revolution Bra is beloved by many, it's not the easiest to get. You can only purchase it on their website or in one of their three US locations.

Price at time of publication: $58

Product Details:

- **Fabric:** Nylon, Xtra Life Lycra
- **Wire-Free:** Yes
- **Sizes:** 30A - 44H

Best Budget: Boody Shaper Bra

PHOTO: AMAZON

Why We Like It: It's very affordable and is consciously made.

It's Worth Noting: It doesn't come in cup sizes.

If you love a bra with no lining and no underwire, this pick is for you. The Boody Shaper Bra is made with viscose made from bamboo, nylon, and spandex for a bra that doesn't really feel like a bra. We love how lightweight and breathable the fabric is, while still adding some shape to your breasts.

The Boody Shaper Bra comes in nine colors and five sizes. While we love the low price point on this pick (it's only $20), we think this might be a difficult option for anyone who has small breasts with a larger band width. Because this pick doesn't come in cup sizes, you will have to go with whatever your normal top size is (from XS-XL). Additionally, because this bra doesn't have the underwire or lining of a more traditional bra, some folks with larger breasts might not find this pick very supportive.

Price at time of publication: $20

Product Details:

- **Fabric:** Bamboo viscose, nylon, spandex
- **Wire-Free:** Yes
- **Sizes:** XS - XL

Best Wireless: Harper Wilde The Bliss Bralette

PHOTO: NORDSTROM

Why We Like It: It feels like you're not wearing a bra.

It's Worth Noting: It runs a bit small.

The best kind of bras are the ones where you forget you're wearing one. This pick from Harper Wilde is one of those. It's called "The Bliss" for a reason. It's a favorite bralette amongst those with larger chests, as it does a great job of supporting.

The Bliss is recommended by Caldwell. "This stretchy bra has a longer, wider band than most, which lovingly cradles the body and feels like a gentle hug," she explains. "It can adapt to your shape and work with your body because of the stretch in its smooth, soft material and more coverage along the back, band, and straps. There's no digging in or bunching—this one offers casual support and comes in XS-4XL."

Based on other reviews, it seems like this bra runs a bit small. If you're unsure, consider sizing up for a more comfy fit.

Price at time of publication: $45

Product Details:

- **Fabric:** Nylon, spandex
- **Wire-Free:** Yes
- **Sizes:** XS - XXL

Best for Larger Busts: Chantelle Norah Comfort Underwire Bra

PHOTO: CHANTELLE

Why We Like It: It's ideal for those with larger busts, and ranges in size from C-I.

It's Worth Noting: This bra doesn't come in sizes AA-B.

Ladies with larger breasts, this one's for you! This pick from Chantelle comes in cup sizes C-I, and features an underwire and mesh lining. We love that it comes in eight colors and a whopping 30 sizes.

Caldwell recommends this pick to her clients with larger busts. "If you want comfort and an underwire, this is your bra," she says. "This one is a bra-fitter favorite because of the good fit, lovely support, and extra soft feel."

Caldwell also likes that this pick is adaptable to most bust shapes. "Because of the hybrid construction and stretch fabrics in this bra, it is great if your body is changing shapes—like many of us in the pandemic," she says. "The knit fabric and stretch lace has yummy softness and comfort around the band and straps."

The Chantelle Norah Comfort Underwire Bra is super supportive for those with larger breasts, but isn't a great option for those with smaller breasts. The starting size of this bra is size C, so it won't fit folks who are normally a AA-B cup.

Price at time of publication: $74

Product Details:

- **Fabric:** Polyamide, elastane
- **Wire-Free:** No
- **Sizes:** 30DD - 42DD

Best Plus Size: Elomi Charley Full Figure Spacer Underwire Bra

PHOTO: NORDSTROM

Why We Like It: It comes in 45 sizes and it offers great support for plus size women.

It's Worth Noting: This pick is not great for those with smaller busts.

The Elomi Charley Full Figure Spacer Underwire Bra was designed with plus-size folks in mind. This pick comes in a whopping 45 sizes and four colors, and does a fantastic job of shaping breasts without any overspill.

We appreciate that the straps are on the thicker side to add extra support. The bra is made with nylon, polyester, and elastane, and features spacer foam cups.

Although this isn't the sexiest-looking bra out there, it definitely does a great job of supporting larger breasts and fitting a larger bust. If you have smaller breasts, this pick is not for you. Additionally, it's on the pricier side of $76 per bra.

Price at time of publication: $76

Product Details:

- **Fabric:** Nylon, polyester, elastane
- **Wire-Free:** No
- **Sizes:** 34G - 46FF

Best Strapless: ThirdLove 24/7 Classic Strapless Bra

PHOTO: THIRDLOVE

Why We Like It: It never falls down but manages to stay comfy all day.

It's Worth Noting: It only comes in two colors.

Most strapless bras on the market would not be considered comfortable. That's not the case with the ThirdLove 24/7 Classic Strapless Bra. This pick does a great job of not only supporting your breasts throughout the day, but also managing to stay comfortable and relaxed while you wear it.

The bra is made of nylon and spandex, and features supportive foam cups. Additionally, the ThirdLove 24/7 Classic Strapless Bra has silicone edges along the bra, preventing it from ever falling down. We appreciate that it's not too tight and has the option to use straps when you want to.

The color range on this bra is very minimal—it only comes in your basic bra shades, nude and black. Also, it's a pretty expensive bra at $72. Thankfully, it's well-made and durable, so it should last.

Price at time of publication: $72

Product Details:

- **Fabric:** Nylon, spandex
- **Wire-Free:** No
- **Sizes:** 32AA - 44H

Best Sports Bra: SHEFIT Low Impact Sports Bra

PHOTO: SHEFIT

Why We Like It: It's recommended by plastic surgeons and offers major support.

It's Worth Noting: It's not the cutest-looking bra.

Sometimes, working out with larger breasts can be a pain—both literally and figuratively. The SHEFIT Low Impact Sports Bra uses "body-mapping technology" to hug your skin without uncomfortable chafing. It comes in five colors and 10 sizes.

> "For patients who have undergone aesthetic breast procedures, I emphasize the importance of maintaining breast shape and position with a

bra that is both comfortable and supportive," explains Adam R. Kolker, MD, a double board-certified aesthetic and reconstructive plastic surgeon and Associate Clinical Professor at the Icahn School of Medicine at Mount Sinai in New York City. "I most often recommend a combination bra that incorporates compression and encapsulation."

Compression bras are designed to hold the breasts snugly to the body, providing support and minimizing movement. Encapsulation bras separate the breasts into cups, providing extra support, shaping, and molding. "By combining these two, the best of both worlds can be achieved—compression keeps everything in place, while encapsulation aids in support and shaping," explains Dr. Kolker. "One of the most comfortable and supportive bras that achieves these goals is the line by SHEFIT. The Shefit Low Impact bra is extremely supportive and quite comfortable."

Price at time of publication: $65

Product Details:

- **Fabric:** Nylon, spandex, polyester
- **Wire-Free:** Yes
- **Sizes:** XS-6Luxe

Most Supportive: Bali Comfort Revolution Wirefree Bra

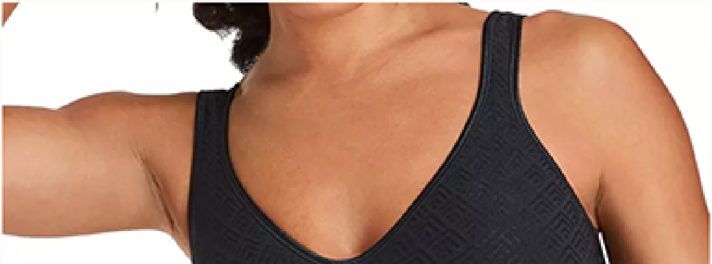

PHOTO: BALI BRAS

Why We Like It: It's a wire-free bra that's still supportive and comfy.

It's Worth Noting: It doesn't come in cup sizes.

The Bali Bra Comfort Revolution ComfortFlex Fit Wirefree Bra is surprisingly much more supportive than it may seem. Although this pick is wire-free, it does a solid job of supporting breasts while offering a smooth shape too.

Sena loves the look and feel of this bra. "This is one of my personal favorites—it's a great upgrade for women who are used to wearing a sports bra or something like that every day, and want a more flattering bra," she explains. "It has built-in foam pads, it gives breasts a really nice shape, and it has that sports bra-like feel for women who prefer that."

We love that this bra comes in a wide array of colors, but the sizing options aren't vast. This pick comes in seven sizes, from XS-3XL.

Price at time of publication: $26

Product Details:

- **Fabric:** Nylon, spandex
- **Wire-Free:** Yes
- **Sizes:** XS-3XL

Best Push-Up: Honeylove CrossOver Wireless Bra

PHOTO: NORDSTROM

Why We Like It: It has wire-free support but still gives that push-up effect.

It's Worth Noting: It's on the pricier side.

It's not easy to find a push-up bra that's also comfortable, too. Thankfully, the Honeylove CrossOver Wireless Bra is the best of both worlds. This pick is amazingly wire-free and has a sexy peek-a-boo mesh to add some allure.

Sena likes to recommend Honeylove to her clients. "This is a wire-free bra that has a super flattering shaping effect to it and smoothing around the band," she explains. "It's comfortable and pretty, which makes it a win-win in my book!"

While we love the look and feel of this option, we're not in love with the high price tag. The Honeylove CrossOver Wireless Bra costs $69, but should last through many washes and wear.

Price at time of publication: $69

Product Details:

- **Fabric:** Nylon, spandex
- **Wire-Free:** Yes
- **Sizes:** XS-3X

Best for Seniors: Spanx Bra-llelujah Full Coverage Bra

PHOTO: SPANX

Why We Like It: A front clasp makes this an easy pick for seniors.

It's Worth Noting: The sizing isn't expansive.

No matter what age you are, putting on a bra can sometimes be challenging. It's important for seniors to wear undergarments that are easy to fasten, and don't require any contortions to get on. The Spanx Bra-llelujah! Lightly Lined Full Coverage Bra is a great option for seniors because, not only is the fabric super soft and comfortable, but the bra fastens in the front, rather than the back.

The front closure makes it much easier for seniors to get this bra on stress-free. Plus, we love the thick straps for added support, and appreciate that they don't dig into your shoulders. The cons of this option, though, are that it doesn't come in too many sizes. The band size ranges from 32-40, and the cup sizes range from A-DDD.

Price at time of publication: $68

Product Details:

- **Fabric:** Cotton
- **Wire-Free:** No
- **Sizes:** 32A - 40DD

Best Underwire: Warner's Cloud 9 Underwire Bra

PHOTO: AMAZON

Why We Like It: It's a classic underwire bra that's incredibly comfortable and is full coverage.

It's Worth Noting: This bra does not come in an AA or A cup—it only comes in a B-DD cup.

Warner's is a widely-known undergarments brand that truly delivers when it comes to comfortable bras. The Warner's Cloud 9 Underwire Bra is not only beloved by many Warner's fans, but is also highly recommended by bra experts.

"The whole Warner's Cloud 9 collection is dreamy on the skin, with wrapped underwires and great adjustability in the band and straps for an awesome fit (which equals comfort)," explains Caldwell. "It has extra soft material that wraps around your body and bust with molded, slightly padded cups for modesty."

We appreciate that this pick features straps that are adjustable in the front, so you won't have to be doing any crazy contortions to get the fit just right. Unfortunately, this pick doesn't come in sizes for smaller-chested women (but check out the Pepper bra below).

Price at time of publication: $46

Product Details:

- **Fabric:** Polyester, elastane
- **Wire-Free:** No
- **Sizes:** 34B - 40D

Best for Smaller Busts: Pepper Classic All You Bra

PHOTO: PEPPER

Why We Like It: This bra is specifically designed for those with smaller busts.

It's Worth Noting: This pick does not come in any options larger than a B cup.

Not only is it difficult to find bras for larger-chested women, but it's also really difficult to find a proper-fitting bra for those with smaller busts, too. The Pepper Classic All You Bra was made for folks with smaller breasts and hugs the curves of your boobs beautifully. You won't have to worry about any gaps in between your boobs and the cup with this pick.

The Pepper Classic All You Bra comes in three different cup sizes (AA, A, and B) as well as six different band sizes (from 30-40). It features an underwire, soft fabric made of polyamide and elastane, and is lightly lined, too.

While we adore the fit of this bra for smaller busts, the fabric isn't as soft as some of the other picks on this list. Plus, it does include an underwire in the construction, so it won't be as "free-feeling" as a bra with no lining and no underwire. That being said, we like that this gives breasts a nice shape without having to deal with the annoying bra gap.

Price at time of publication: $55

Product Details:

- **Fabric:** Elastane, polyamide
- **Wire-Free:** No
- **Sizes:** 30AA - 40B

How We Selected

We researched many bras on the market to evaluate which ones were the most comfortable for specific needs. We looked for bras that featured very comfortable fabrics, had many sizes, and had different features depending on needs (such as a front clasp for seniors and an underwire for plus-size women).

We interviewed multiple experts for their recommendations on the most comfortable bras available. The experts we spoke to included:

- Kimmay Caldwell, an undergarment educator and bra coach at Hurray Kimmay
- Jené Luciani Sena, a bra fitting expert and author of *The Bra Book*
- Adam R. Kolker, MD, a double board-certified aesthetic and reconstructive plastic surgeon and Associate Clinical Professor at the Icahn School of Medicine at Mount Sinai in New York City
- Anna Steve, MD, a board-certified plastic surgeon and breast specialist at Neinstein Plastic Surgery in New York City

What to Know About Comfortable

Bras

Materials to Look for When Shopping for a Comfortable Bra

According to Caldwell, bras need to strike a balance between soft and durable. "Some of the coziest materials are a brushed knit band or sleek and silky nylon," she says. "These feel really soft and smooth against the skin."

Microfiber is a really comfortable choice for most women as it's soft and smooth and typically doesn't have seams. "Cotton is also comfy, but is not as breathable and maybe not as good for women who sweat," warns Sena.

Bras for Large Breasts vs Small Breasts

"When it comes to bras for large breasts vs. small breasts, each lends itself to different 'brablems'," explains Sena. "Larger-busted women need to focus on support and mitigating issues like strap dig-in and shoulder indents." Features like an underwire, wider straps, wider bands (90% of the support comes from the band), and cups that won't collapse are important.

"Small-busted women want comfort and often, bras that provide shaping," says Sena. "So features like cup inserts, bump-up pads, and flattering necklines are more important for them."

Over time, some women begin to have difficulties fitting bras. Some women feel like no matter what size of bra they wear, they are unable to fill the cups. "This is a common symptom of women seeking breast lift, who have significant loss of volume in the upper portion of the breast, combined with droop of the tissues," explains Anna Steve, MD, a board-certified plastic surgeon and breast specialist at Neinstein Plastic Surgery. "If you are having problems fitting bras or filling out bras, seeking a consultation for a breast lift might be worth considering."

Features to Look for in a Comfortable Bra

According to Caldwell, very young folks are constantly growing, so going wire-free with flexible cups is often a good idea to start. “That way, it can stretch and adapt to a growing body as it changes,” she says. “Once into your teen or adult body, it's very possible to wear firmer bras that offer a great deal of support and shape. As we age, our bodies become frailer, so the seniors I've fit in their 80s or 90s might especially want softer materials, wider straps that spread out support, and a slightly looser fit.”

Older people typically prefer features like pull-on styles or front-close, as mobility becomes an issue as you get older. Menopausal women often experience sore and sensitive breasts and might want softer fabrics like microfiber that are also cooling, according to Sena.

Your Questions, Answered

What type of bra is most comfortable?

The most comfortable bra is the one that fits you the best and is made with soft, comfortable materials. Our favorite is the Knix Revolution Bra because it feels like butter, has wireless support, and comes in an array of sizes.

What type of bra is healthiest?

The healthiest bra is one that doesn’t pinch your skin, features breathable fabric, is comfortable, and supports your breasts seamlessly.

Should a bra be worn every day?

According to Caldwell, wearing a bra is 100% up to each person. “The truth is, some folks find it more comfortable to wear a bra—a few reasons include: pain (it can be painful for some to go braless), hormones (those who are pregnant, on their cycle, or going through certain treatments may like the support of a bra over free-falling), nursing (nursing parents need support for comfort), or to avoid skin on skin contact and sweat," she explains. "These are just a few reasons why wearing a bra feels more comfortable for some." That said, going bra-free every day or every now and then is also a more free, comfortable feeling for a lot of people.

Sena believes that bras *should* be worn every day, no matter what cup size you have. "Even A-cups have shown in studies to bounce up and down the size of a paperclip when exercising or just general movement," she says. "You need to support sensitive breast tissue, not only for comfort, but also to help prevent sagging in the future. Of course, a lot of factors contribute to sagging—skin tone and elasticity, genetics, having children and breastfeeding, weight loss and gain—but you want to do whatever you can to keep it from happening, right?"

It's important to note that, while wearing a bra every day isn't required, the more you choose to wear a bra, the more you will counteract the effects of gravity on your breasts over time, according to Dr. Steve. "In turn, counteracting the effects of gravity can prevent droop over time," she explains.

In terms of how often you should wash your bras, Caldwell recommends every 3-4 wears, while Sena recommends after every wear. "I know there are varying theories on this, but I believe you should wash your bra after every wearing," she explains. "The dirt and oils in our skin break down the elasticity of the bra and make it wear out faster." Be sure to wash your bra in cool water with gentle detergent in a mesh garment bag, and *always* air dry. "The heat from the dryer is like kryptonite for your bra," warns Sena.

How many bras should I own?

Both Caldwell and Sena recommend having seven bras on rotation. "You should have 2-3 basic bras that go with 70% of your wardrobe, a strapless or convertible bra for certain outfits, a wire-free bra for lounging, travel, or sleep, a sports bra (or more if you work out often so you can rotate them), and a 'hurray' bra or something fun that makes you feel like a million bucks (that could be lace, a fun color, or something extra cozy)," suggests Caldwell.

Who We Are

Daley Quinn is a freelance journalist, specializing in beauty, fashion, and health. She has contributed to numerous publications, such as *Elle*, *Real Simple*, *Allure*, *The Cut*, *WWD*, and more. She researched many bras on the market to evaluate which ones were the most comfortable for specific needs. Additionally, she consulted multiple bra experts and plastic surgeons for their recommendations on the most comfortable bras on the market.