

Hey there, beautiful! 🌈 Before you dive in, a quick heads-up: this transcript is a super close-to-verbatim buddy from our podcast, but it's got its quirks! We didn't call the grammar cops on it, so you might bump into a typo or two. But hey, that just adds character, right? 😊 Embrace the wild side of language and enjoy the read! Happy exploring! 🚀



## Introduction and Background

**Carmen Hecox:** Hello Amanda Henson and welcome to Create the Best Me. I am so happy to have you on the show.

For the people that do not know you, could you please tell us a little bit about yourself and your product?

**Amanda Henson:** Yes, I am the founder of [LA Plantureuse](#) which started out of necessity for myself for full bust ladies out there, who just needed a intimate that was going to fit them properly and give them comfort and confidence all day long.

**Carmen Hecox:** So, you designed, bras for larger busted women. Is that correct?

**Amanda Henson:** Yes ma'am.

**Carmen Hecox:** Amanda, can you please share with the audience, I know you mentioned that you had a struggle, so can you tell us a little bit about when your struggle began and how it affected you?

## The Inspiration Behind La Plantureuse

**Amanda Henson:** Yes, I was about 12 years old, I was wearing sizes D double D, and it just kept progressing from there. I had breast cancer scares throughout the process, and just everything going on until my adulthood, it was a big challenge because they did not make bras to fit me properly.

They were very bland for a young woman and everything growing up. I wanted to have something that was pretty and made me feel great about myself. And honestly, when I put them on it, was unflattering. So, I decided, after my husband and I talked, he told me, why don't you just make your own?

Because I kept complaining about it for years, especially after having my children. So, I decided, why not? So, three years ago we ended up making La Plantureuse and building a brand and a product out of it.

**Carmen Hecox:** So, tell me, did you ever struggle, finding your size and the cut that provided you the support that you needed?

**Amanda Henson:** That's a really good one because a lot of people don't realize that, whenever you wear something like wired or wireless or you wear different shapes like plunge and t-shirt, bras, they're all cut differently. So, for me it was very hard to come by as far as my size. Because every company and brand is different whenever it comes to the cut and the actual fit of them.

So, I've actually went to like Victoria's Secret to departments, stores like Dillard's, Macy's, things like that and I tried different ones and failed each time. It wasn't until after having my breast cancer scare that I went to wireless. And then with the wireless, the support ended up, just disappearing.

There was none. It was just all comfort, but no support.

### **The Unique Appeal of La Plantureuse Products**

**Carmen Hecox:** So, tell me, cuz I know that you and I had talked about this when, during our planning process, believe it or not, there are a lot of women out there that really don't have any knowledge about the way a bra should fit. Or like, on your website you have, Bra 101. Because you've done your extended research, can you provide the listeners and viewers an understanding of the mechanics of a bra, for example, what the band should do and what the shoulder bands do.

**Amanda Henson:** Uh, yes with it. A lot of people don't realize that the band is 80% of your support. So, whenever we start going and we construct it to where the band is very thin, you were breaking that 80%. You're not giving it everything and being able to hold you well. So, then we're shifting that weight to the straps, which are only 20% of the support.

And then the other portions of everything is the construction and the material, material and all that helps the stretch, and whenever you have a larger bust, you don't want something that's gonna be super stretchy. And then whenever you have padding, it's hard to mold padding to a fuller bust.

So those are all the things that you have to take into account when you're actually constructing a bra. Because you want it to conform to you because you've got enough problems with your bust being, large. You don't wanna have to deal with the gaping or falling out. And those are the things that we are addressing.

**Carmen Hecox:** And I know that, like for myself, I'm not as big as some women are, but I know that, an issue that I have is to where I almost feel like sometimes, I'm being pulled forward. How does your bra address that issue you almost feel like you're rounding your shoulders, or the weight is pulling you forward.

**Amanda Henson:** When you actually put ours on, it is front closure. So, what happens is you're putting it on like a vest. So, when you do that and then you adjust your straps, you are pulling your shoulders forward and you're able to stand up because it gives you that lift and that support that you need. You know where whenever you go around, a lot of times they want you to bend over and then hook it in the back.

Well, a lot of people like myself can't actually do that. So, whenever you do that, you're twisting it around, which is breaking the elastic. There's a lot of particles and everything that go into Elastic and every time we stretch it, it breaks a little bit of fiber every time. So those are the things that we're doing whenever we're constantly stretching it and not putting it on, in just one direction.

So, this way it makes it easier for you to put on. It allows you to pull that. The straps are wider, so that way you have that support, it takes care that 20%. And the back is actually larger. So, it hugs you and gives you that 80% of that support.

**Carmen Hecox:** So, is your bra sort of designed like a sports bra? But you latch it in the front?

**Amanda Henson:** Um, it does have a look like we've been compared to Shefit and there's a couple other brands out there. But the thing about it is, it is not. It does not compress you to where you're bound down. What it is, it allows you to fit into that cup and fit the way you're supposed to without smushing you or anything.

So, um, a lot of them they'll have the adjustment where we just have adjusters, like regular bras, and so whenever you put it on, you're not having to worry about, okay, well let me make it where they don't bounce or anything, because that's not

what it's about. It's comfort throughout the day. You can wear it with whatever, whenever.

And the great thing about it is it has a auto lock zipper. So, if you wanted to have a little bit of a plunge, you can, if you wanted to show a little bit more cleavage, you can, it gives that opportunity to do that.

**Carmen Hecox:** Oh, so that's cool. So, if you're wearing something a little bit lower cut you don't have to worry about having to adjust your blouse cuz most of us don't want our bra to show. Yours allows you to wear it at a lower cut, continue to receive the support that you are looking for, but at the same time, still be a little girly or feel comfortable having a little bit of cleavage show.

**Amanda Henson:** Yes, we designed it with auto lock zipper. Because of me being a nursing mother, I wanted something that was gonna be easy one-handed, while I had baby in the other hand. And honestly, it's been the best bra that I've had so far, and I have had nursing bras with my oldest two. And honestly nothing compared because we addressed those issues like, the back pain and the shoulder pain.

And I don't have to go visit like a chiropractor or anything anymore because of that. Because we addressed those issues, and we made it more accessible. So, when you're wearing this, you can wear it for, during your pregnancy. You can wear it if you're not pregnant at all, you wear it for nursing.

It's all of those things you could wear at any stage of life that you're in. I've had women as old as 60 years old, get it and said it was the best bra that they ever had.

**Carmen Hecox:** You know, I was gonna ask about that. How does a woman's bust size change as a reach midlife? And how does your design cater to them?

**Amanda Henson:** With women who are like in menopause, what it does is it allows your breasts to grow, because you're losing the milk guts and everything. They ended up sagging some and you get kind of more of the under boob and everything. Well, with ours, whenever you put it on forward, it actually pulls all that under boob everything forward and allows you to sit into the cup.

So, a lot of these women, not only are they seeing a shift in their boob weight, their breast sizes are growing larger and everything, then they can fit comfortably. Because I call it the skiing. Like when you ski, you don't want to feel that. So,

when you put ours on, you don't feel that. Where the other ones, when you put them on, they typically duck underneath your arms because that's all-fat tissue that moves around.

And like with my mom, that was one of the biggest issues she had was they shifted. So, then she would be putting herself in a pushup bra, which she would fall out of because it wasn't designed for her. So now she actually wears our bra a hundred percent of the time and got rid of all her old bras just for ours.

**Carmen Hecox:** I know you had mentioned as you're going through menopause, your breasts start to lose the milk ducts, and so your breasts do start to change as far as shape. And so, what you're saying is that as your breasts are changing in shape, your bra continues to hold the breast tissue where it should be in front, as opposed to letting it seep out the sides and stuff or become uncomfortable and off the sides.

**Amanda Henson:** Yes. It keeps you from having what we call a side boob. You don't want it to just shift. Where a lot of these, if you put yourself into like a wired or you put yourself in some of these, it tends to just kind of shift. And you don't want it to shift, you want it to come forward and ours allows you to sit, you know, in the front and everything and sit forward and not have to worry about that.

It gives you more of a smoother look on your side so you're not falling out. In turn it helps smooth back, and it gives you that more polished look. It is a full coverage, so you don't have to worry about if you jump around, then it's not popping out the top. You're not popping out the side, the bottom, and a lot of those issues that arise whenever you're wearing certain brass that don't actually fit to your body.

**Carmen Hecox:** So, I know you briefly spoke about this. I don't know if you have a little bit more to add. How does the right bra impact a woman's health, especially in midlife?

**Amanda Henson:** With that, you actually feel a lot more confident because with your undergarments, they're the foundation to your outfit. That's one less thing that you want to worry about when you are getting ready to go out, during the day shopping, out with friends or at night.

You don't wanna have to worry about that at all. So that's why comfort is so important. And then having that support and not having to worry about those

issues. You have enough to worry about at that time. Like if you're in menopause or anything, that's a whole another issue.

And then not only that, it's breathable for those hot flashes. And we are continuing to fix the issues, changing out the linings, making them more breathable for those who are in menopause. Because we understand that just as pregnant women and all, and just a quick, you could start sweating.

We understand that it is miserable, and that's one less thing that you want to worry about is when you take your bra off, it is soaking wet, or you feel just nasty.

Where this actually is antimicrobial, it's moisture wicking, it's all of those properties to help you stay cool.

**Carmen Hecox:** And that's really important cuz I know that, like for me, I am going through menopause and so I do get hot flashes. And when I do wear a sports bra, that is a complaint that I have about those bras is that they're hot. And I feel uncomfortable because I'm going through a hot flash and then I have this garment that just makes me feel like I'm just, I'm overheating. So, that's really good that you guys thought about that and are addressing that potential issue as well.

**Amanda Henson:** With being full bust and everything, again, it's a lot of weight. So, with a lot of weight comes, a lot of creases and those things. And that was one of the biggest issues, that we didn't want people to have is the sweating. One of the things that us women absolutely hate is the yeast infections that come underneath your breast as well.

And those things are addressed with having the proper, garment and the proper construction.

**Carmen Hecox:** And what about comfort? Is your bra pretty comfortable?

**Amanda Henson:** Yes. We have had several people tell us that it's so comfortable they forgot to take it off, that they would just sleep in it.

**Carmen Hecox:** Really? Wow, that's neat cuz I know that a lot of women out there, including myself, are anxious to just, take a shower, take it off, and just rest. So that's really nice.

**Amanda Henson:** Yeah, this year is one that you're not ready to get home and rip it off. Cuz every woman has that issue when they're ready to get home, they want to take that off and that be the first thing that they take off. We have yet to hear anybody say that they were ready to rip it off.

So, it was very awesome to hear, that these women are not only liking it, but they're loving it to the point that we've had several come back and get every color that we have.

**Carmen Hecox:** Wow, and so right now you are only an online store, is that correct?

**Amanda Henson:** Yes, right now we are only online, through our website. We are three years old, so we're working on getting our name out there and getting to all those ladies who need our help. Who needs something and who cry out that they want something that is comfortable, that is supportive, that makes them feel confident when they put it on. So, we're reaching those ladies right now.

**Carmen Hecox:** So, when you say you're reaching those ladies, what is the smallest size that you carry?

**Amanda Henson:** So, we have more of like a mix and match size. And what I mean by that is you can choose your band and then choose your bust. Where we're kind of use of all of the sister sizes this is not. This allows you, if you are a 32 and you need a bigger cup, something like a G H I, all the way to an M.

You can choose that. We allowed you that ability to choose that. Because we understand that just because you have a full bust doesn't mean that your band size is gonna be just a regular band size or larger. That sometimes you ladies are smaller in the band and need a bigger cup size. So, we allow that so that way you don't have to go and search all over trying to find one.

We make it very easy for you not only to get that comfort and support, but to also get that size that you've been longing for.

**Carmen Hecox:** And for some people, cuz like I said, there are a lot of women out there that don't even know what size they really are. They just kind of grab something and put it on. How would someone go about understanding what their

true band size is and what their true cup size should be? Because you've done tons of research, so I consider you an expert.

**Amanda Henson:** We do offer a measuring kit. So, if you go to our website, we offer a free measuring kit so that way we can help you out. Not only that, we go above and beyond. If you need a virtual fitting, you get it with myself. We work to get your proper fit. Because so many women are uneducated on the measuring. We're trying to reach out to everyone and say, hey, let's get you measured.

Even if that, at least you know, and you are confident when you go into a store, you know what to look for. You know how your breasts and everything, the size and all the shape, you know, those things. So, when you do that, we educate you on that. So that way, you know. And there's also companies out there who will do virtual fittings as well. So, definitely we encourage seeking out those.

Make sure you take advantage of that. And before ordering any bras from any company that you measure, and that way you know your size, you know your body and you're not put in the incorrect sizes.

### **The Importance of Bra Fitting**

**Carmen Hecox:** How does someone go about understanding what their cup size should be? I know that we've talked about it where there's some people that have what you call spillage. I think that was the term that you had used before.

**Amanda Henson:** We have a standardized measuring. It's a place to start, is what a lot of us call it. And you wanna measure your band under bust and that allows you to get your band. Then you want to go across the fullest part of your breast and everything to get that size and that's your bust size.

So, when you're finding your cup, you wanna take that bust size and then that under bust size. So that full bust minus the under bust and then ours starts like if you're double D, it's like, five-inch difference. So, you wanna get the that difference, and it tells you the volume. Now it is not a hundred percent because every woman is different.

So, if you get a size that does it fit. That's why we encourage that you have [30 days to try it on for free](#). Take the tags off, try it, wear it, wash it, do all the things, test it



out. And then if it does not work for you, we can exchange it. We can get you a different size. We can work to get that size that you need.

Because we understand it is a big challenge that women face on a day-to-day basis is measuring. And it's because each brand, each company is different.

**Carmen Hecox:** And I know that you had talked about this before, that when you were doing your research and development for your bra, you went through a lot of, different, manufacturers or, companies that were putting it together, putting your design together. Can you talk a little bit about what you were looking for as far as quality?

**Amanda Henson:** For the quality, I looked for the stitching. Will it hold up? Is it gonna break if I wear it? If I'm active in it as a mom. On ours we have the backside having the zipper, you don't want it to rub. So, we wanted those things. Okay, is this going to be an irritation? Is it going to be hot? Am I going to be able to move or breathe in it?

We wanted specific things, so we were vetting manufacturers, very thoroughly. Because at first it was not an easy start. We did have a lot of issues due to the pandemic happening. Everybody was making gowns. So, when they looked at ours, they didn't wanna do it. A lot of people didn't realize that ours didn't include wires.

So, then they kept telling us, hey, you have to have a certain machine to make a bra. And we're like, no, you can make this. There's no wire that's included. This is all on the material and the design as far as comfort and support. And so, we had that issue. Then we had when we put it on, it didn't fit right.

We went back and forth through several samples trying to get it perfect. Not only that, it was the sizing, they thought we were absolutely insane. We got turned away by a lot of people just because of the sizing we wanted to offer.

**Carmen Hecox:** Because you wanted to offer to women that had this big need to find comfort in their size.

**Amanda Henson:** Yeah. So, it was very difficult, being told no so many times. It did feel as if we weren't gonna get anywhere. And then all kind of fell in place when we found the manufacturer we have now. And so, if I have a problem, if I

have a issue or anything, they make sure that they get it done for me right then and there.

They don't wait, they get it done. If I don't see something, but they do, they go ahead and fix it. One is testing out that lining to make it more breathable. Those are the things, those are the innovations that we continue, and we thrive for is because we want to give them different, we don't wanna give them the same thing because they can go out and buy what's already out there.

If they don't want any change, that's okay. But those women who are truly seeking change and truly seeking something that's going to fit them, we're where you come. Because our focus is on the change. We want you to be confident, be comfortable, and be happy with what you do and what you get.

**Carmen Hecox:** Mm-hmm. Yeah, and I think that what's unique about you is that you are the biggest critic. You're the one that had a need that wasn't being addressed. So, you went out and built a product to fulfill your need and so you know exactly what you were looking for. And so, you can go back to the manufacturer and say, no, this is just like the big box store selling the product.

I went out and I created my own product because I needed this. And so, you maintained consistent at peeling away as, this is what I need, this is what I need. And you can go back and say, you're not fixing what I need. So, I think that's really good. that you're the person who is, in there, taking it back to the manufacturer before you actually take it out to the general public and let women test it or try it.

**Amanda Henson:** We actually offer, a tester program so I can test it all day long, but we want it on real women out there who are struggling. And so, we have adapted the tester program to where these women who are struggling, who really want to try something and everything, they come back and they give us their feedback.

If they go like, this isn't working out, I'm this size and we are scrambling to get that taken care of right away. Like, let's fix this before it goes out to production. So not only is it getting my point of view, but it's getting the point of view of other women out there who are struggling. Not just here in the US we've reached out to the UK, I've had testers in the UK, and it's the same thing I'm finding that this isn't just a problem here in the States, it's all over the world. It's people from

Philippines, Australia, Asia area. I've had people from Zimbabwe all tell me the exact same thing that I'm struggling with.

And when I first started this, it was, okay, well maybe I'm alone. I don't know. Let's see. And then I started talking to people and realized it was a lot bigger than me.

**Carmen Hecox:** Yeah so, I know that you talked about, you're not only helping women with a particular need, but you're also giving back to the community. Can you talk a little bit about that?

**Amanda Henson:** Yeah, so one of the things that I wanted to do was not only to help, full bust women, who can actually afford a bra, but those who are in need. So, I reached out to the Bra Recyclers, and La Plantureuse is an ambassador for them, the Bra Recyclers. Which gives back to the community. So, you go and if you have gently used bras, right now they also offer, like they call it an Undie Chest, which is new underwear as well.

So not only is it bras, but it's underwear as well. And you donate them to this foundation. And this foundation reaches out to women who, are in battered shelters who are running away from domestic violence. All of these women out there who are struggling to get up on their feet. It's one less thing that they have to worry about. And it also uncluttered our closet and makes us feel good when we can help other women.

**Carmen Hecox:** Yeah, I know that, when you're in a situation like the women that you've become an ambassador to help. Buying lingerie or underwear, bras. Is probably the last thing you think about because you're probably thinking more about putting a roof over your child's head or being safe or being in a safe environment, feeding yourself. Those are probably things that you think about are more important than buying a bra.

So, it's so nice to know that you're an ambassador with an organization who is saying, we got you, we'll take care of that need so that you can focus on the other stuff.

**Amanda Henson:** Yeah, cause ultimately La Plantureuse is here to help women all around. It doesn't matter, your status quo, it doesn't matter any of that. We want to make a difference, not only here in the United States, but in the world. And that's

originally what this was set out for. Whenever we wanted to do it, it wasn't just to satisfy me, it was to make a big difference for everyone out there. Because we are honestly stronger together and we can make things happen when we stand together.

And so that's why I make it a point to get up every day, being a mom of three and come and speak to you and your audience and everything, because I want everyone to know that there is an option out there. You don't have to settle.

**Carmen Hecox:** Yeah. And you're giving women their confidence back because that should be the last thing they're worried about. You're giving them comfort so they can feel confident. They shouldn't have to be worried about, I don't wanna wear this blouse cuz it doesn't make me look right.

You're providing a product out there that is going to allow women to wear anything confidently and feel good about themselves and worry about other things and not body image.

**Amanda Henson:** Self-love is something that I truly had to learn. I was very young. at the time I was developing, as far as my breasts. I also had hypothyroidism, and it caused an issue with my body image. And it was one that when things didn't fit me right, if they didn't feel right, I did not want to go out.

I looked in the mirror and cried many days because I was unhappy with what I seen in the mirror. And so, with our products, we want them to have a personality. So, no one ever feels that way. We want that whenever you put on La Plantureuse, you know that you are gonna feel amazing that day, that you are not gonna have to worry about it.

And that, that's one less thing that is in your mind.

**Carmen Hecox:** Mm-hmm. And so right now people can find you online. Purchase your product online. They can schedule an online fitting or, is that what you called it, an online fitting with you to try to figure out their size?

**Amanda Henson:** They can schedule a virtual fitting,

**Carmen Hecox:** Oh, a virtual fitting?

**Amanda Henson:** Is what we call it.

**Carmen Hecox:** And the colors that you have available right now.

**Amanda Henson:** I have pink, which is a very hot pink with a blue trim. We call it cotton candy. We have a purple with a black trim. It's a beautiful, it's almost kind of like plum, but we call it voodoo. And then we had a royal blue with a white trim. And again, we started out with like plain colors, like black and nude and all.

And they just were not as appealing at first as these were with these very, bright colors because we wanted to offer something that you can't go out and get them.

### **Future Plans for La Plantureuse**

**Carmen Hecox:** You have a design out and you have three colors available. What's in the future for La Plantureuse?

**Amanda Henson:** We are actually, at the drawing board and working on a wired front closure. Again, like I said, we do not like me personally for sure, do not like, hooking it in the back. So, our goal is to keep all our bras front closure. So, we are actually working on a wired. We are kind of in between a mesh or mesh and lace or lace, you know, to give that sex appeal, give that sexy feeling that when they put this on, not only does it fit, it looks amazing, it's something that you would see out on a runway somewhere.

We want them to have what they can't right now.

**Carmen Hecox:** Because the sizes are hard to come by, and so you're giving people the size and yet the intimacy of being a girl. So that's what's coming in the future?

**Amanda Henson:** Yes, that is what is in the future. We are also looking at other things like sets because that has been one of the concerns with the full bust is, okay, we can get this, but the bottoms are too big. Well, why not do it separate? Why not allow them that customized option of choosing. Because if I had that option, because I am bigger in the top, but I'm not as big at the bottom. So, my bottoms are not gonna be as big. So, it, we're not a one size fits all.

And that's really one of the biggest things, is allowing people to get exactly what they're looking for and not have that one size fits all, or that generic sizes. I don't wanna be put in the category of two x three x just because of my top. Because I'm not. And so that's why we want to allow that flexibility and give them that customization, so that way we can continue keeping that confidence up and continue that support, that comfort, and give them exactly what they want.

## **Bra Care Tips from an Expert**

**Carmen Hecox:** So, Amanda, tell me what is the proper way to care for your bra?

**Amanda Henson:** Well, whenever you care for your bra, you want to hand wash it. If you put it in the washing machine or the dryer, or you use like fabric softeners and stuff, those things break down the material that is used to construct your bra. So, hand washing is the best. If you read the labels, they will tell you mild detergent. They will tell you to hand wash, lay flat to dry.

And that is because you want to make sure that your garment lasts. The longevity of it gets you more wears. And so, you don't wanna break down the material that is used to construct it. Because that's why we have fraying of the straps, fraying of elastic bands. Closures don't wanna work are they get gummed up. You have fading.

Those are all things that are associated with washing it in the washing machine and in the dryer, and breaking it down, breaking that material down to where it doesn't fit properly.

**Carmen Hecox:** What about storing it? Is there a particular way that you should be storing your bra and to get more life out of it?

**Amanda Henson:** There are several different ways. Some ladies actually to keep from stretching out the straps. They will turn it upside down and hang it from its band instead of hanging it from the strap, because again, gravity is going to pull, so it's going to pull those straps down and you're gonna stretch it out and you don't wanna do that.

So, if you do hang it, you want to at least flip it over, hang it from its band so that way you're not, you know, allowing those straps to be stretched out you're allowing them to kind of come back together and everything. Allow the elastic to go back to

what's normal shape. But the best way to store it is to actually lay it flat, lay it in a drawer, have it to where it is at a normal resting place.

**Carmen Hecox:** So, like a lot of times when you go into department stores, like, lingerie department stores like Victoria's Secret, you often will see where they have them laying, kind of, laying with the cups upward and they're kind of stacked. Is that kind of like the proper way to, to store care for your bra?

**Amanda Henson:** Uh, yes, whenever you do lay them, you don't want to, if they have wire, you do not wanna fold them in and out, because what you're doing is between wire and the padding. The padding especially, it will ripple after so long. So, you don't want it to do that. You want it to be in its normal setting. So, if it's outward, it needs to stay outward.

You don't wanna flip it in. You don't wanna sort it like that because again, it's all about the longevity. And then also whenever you fold it, you're causing the wires to push through the material. So, you don't wanna do that either. You want to get the most wear out of your under garment.

### **How Long Should a Bra Last?**

**Carmen Hecox:** How long should a bra typically last?

**Amanda Henson:** If it is made with high quality materials and everything, they typically last anywhere between six months to a year. But the way to get that longevity out of them is not to wear them back after back. If you wear one bra and you wear it the next day, you're not allowing the elastics to go back to a normal shape.

So, you want to alternate, you wanna have multiple bras and you want to alternate them.

**Carmen Hecox:** If I understand you correctly, so if I wore, let's say, my pink bra today then what, I let it rest for one day and maybe wear it the next day.

**Amanda Henson:** You wanna try to allow it to rest one to two days. So that way, again, the elastic can go back to its normal shape. So that way it's not stretched out. You don't break those fibers because if you've ever used like a hair tie and you

keep using it over and over again, you start seeing the bands pop, or it gets really, really stretched.

And that's what you're doing with that elastic band, with those shoulder straps that are elastic. And those are the things you don't wanna do is break all of those fibers in there because then it loses its elasticity. It won't come back to shape; it won't fit you as well. And then you get a little upset that you have a bra that doesn't fit you very well.

**Carmen Hecox:** And, and I remember, somebody, I can't remember if I read about this or someone told me this, that it's, as long as you didn't sweat, it's okay to wear that bra again without it being washed. Is that correct or incorrect?

**Amanda Henson:** I do personally, I do wear it more than once, unless I have really, really sweated. I typically wash my bras once a week, but I have several of them. So, they may get one wear out of that week. I have about five or six, due to being a bra company, I test them out, I put them through the, the test.

Now I do test the washing machine versus hand washing, so that way I can show the difference between the two. And I do have some that are stretched out that don't fit me very well. Because I've put them in the washing machine instead of hand washing them. I've even had a red bra bleed onto a purple bra, so now I have spots on it.

So, I have that experience to share it with people you don't want them to touch, even if they're slightly damp, because it doesn't matter what you do. The red bra will always bleed, though the material may not fade. It still bleeds.

### **Staying Connected with La Plantureuse**

**Carmen Hecox:** Mm-hmm. Yeah. Very true. Yeah. Okay. And so where can people learn more about you?

**Amanda Henson:** We have an Instagram, that you can look us up, on Instagram, if you go and do [/La Plantureuse LLC](#). We have Facebook, which is, [/La Plantureuse](#) you'll find us. We have a TikTok, which is at [La Plantureuse](#). All of those are good places to go and see more about it.



We're actually working on a behind the brand if you want to hear more about my story and then we have our website, which is [laplantageuse.com](http://laplantageuse.com), that you can go, you can [order](#), you can find those [measuring kits](#). You can contact us and when you [contact us](#), you contact me directly. So that way you don't have to go searching, all over. We have those things, made it readily accessible for you.

**Carmen Hecox:** Perfect. Amanda, thank you so much for coming on the show. I do appreciate your time and I know that the little ones are dying to have Mom back. I will make sure to include all of your links on my show notes. That way if people want to find out where they can, learn more about you, they can find all that information in the show notes.

Again, thank you so much for being on.

**Amanda Henson:** Thank you for having me. I appreciate it.