

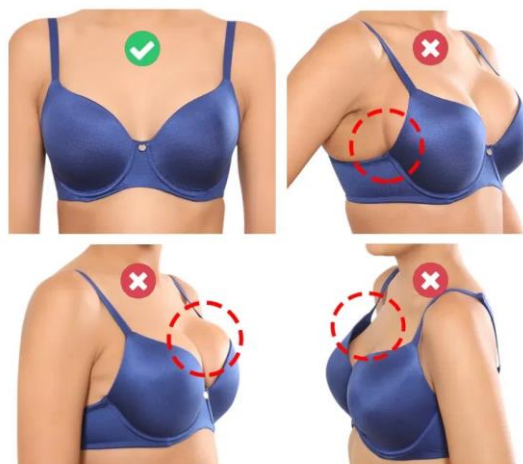


## **HOW TO MEASURE YOUR BRA SIZE**

### **When is a bra ill fitting?**

A few signs that you may not be wearing the right bra size:

- wrinkling in the cups
- underwire poking the sides of your breasts
- a band that rides up
- cup spillage
- shoulder pain
- bra straps are to lose and slipping of
- a bra that hikes up when you lift your arms.





## STEP 1 - DETERMINE THE BAND SIZE

While braless or wearing a non-padded bra, use a measuring tape to measure around your torso directly under your bust, where a bra band would sit. The tape should be level and very snug. Round to the nearest whole number. If the number is 83cm round it off to 82cm or 84cm.



## STEP 2 - TAKE THE BUST MEASUREMENT

Wrap the measuring tape somewhat loosely around the fullest part of your chest (at nipple level). Round to the nearest whole number.



## STEP 3 - CALCULATE THE CUP SIZE

Follow the chart below to determine your bra size.

**For example:**

- Band size (Step 1) was 66cm.
- Over bust measurement (step 2) was 84cm.
- The bra size (Step 3) will be a Size 30D.



## BRA SIZE CHART (IN CMS)



<b>SIZE 30</b>	<b>UNDER-BUST</b> 63 - 67
<b>SIZE 32</b>	<b>UNDER-BUST</b> 68 - 72
<b>SIZE 34</b>	<b>UNDER-BUST</b> 73 - 77
<b>SIZE 36</b>	<b>UNDER-BUST</b> 78 - 82
<b>SIZE 38</b>	<b>UNDER-BUST</b> 83 - 87
<b>SIZE 40</b>	<b>UNDER-BUST</b> 88 - 92
<b>SIZE 42</b>	<b>UNDER-BUST</b> 93 - 97
<b>SIZE 44</b>	<b>UNDER-BUST</b> 98 - 102
<b>SIZE 46</b>	<b>UNDER-BUST</b> 103 - 107

<b>OVER-BUST</b>	<b>CUP A</b> 77 - 78	<b>CUP B</b> 79 - 80	<b>CUP C</b> 81 - 82	<b>CUP D</b> 83 - 84	<b>CUP DD</b> 85 - 87	<b>CUP E</b> 88 - 91	<b>CUP F</b> 92 - 95	<b>CUP FF</b> 96 - 99	<b>CUP A</b> 100 - 103
<b>OVER-BUST</b>	<b>CUP A</b> 82 - 83	<b>CUP B</b> 84 - 85	<b>CUP C</b> 86 - 87	<b>CUP D</b> 88 - 89	<b>CUP DD</b> 90 - 93	<b>CUP E</b> 94 - 97	<b>CUP F</b> 98 - 100	<b>CUP FF</b> 101 - 104	<b>CUP A</b> 105 - 106
<b>OVER-BUST</b>	<b>CUP A</b> 87 - 88	<b>CUP B</b> 89 - 90	<b>CUP C</b> 91 - 92	<b>CUP D</b> 93 - 96	<b>CUP DD</b> 97 - 100	<b>CUP E</b> 101 - 104	<b>CUP F</b> 105 - 108	<b>CUP FF</b> 109 - 112	<b>CUP A</b> 113 - 114
<b>OVER-BUST</b>	<b>CUP A</b> 92 - 93	<b>CUP B</b> 94 - 95	<b>CUP C</b> 96 - 97	<b>CUP D</b> 98 - 101	<b>CUP DD</b> 102 - 105	<b>CUP E</b> 106 - 109	<b>CUP F</b> 110 - 113	<b>CUP FF</b> 114 - 117	<b>CUP A</b> 118 - 119
<b>OVER-BUST</b>	<b>CUP A</b> 97 - 98	<b>CUP B</b> 99 - 100	<b>CUP C</b> 101 - 102	<b>CUP D</b> 103 - 106	<b>CUP DD</b> 107 - 110	<b>CUP E</b> 111 - 114	<b>CUP F</b> 115 - 118	<b>CUP FF</b> 119 - 122	<b>CUP A</b> 123 - 124
<b>OVER-BUST</b>	<b>CUP A</b> 102 - 103	<b>CUP B</b> 104 - 105	<b>CUP C</b> 106 - 107	<b>CUP D</b> 108 - 111	<b>CUP DD</b> 112 - 115	<b>CUP E</b> 116 - 119	<b>CUP F</b> 120 - 123	<b>CUP FF</b> 124 - 127	<b>CUP A</b> 128 - 129
<b>OVER-BUST</b>	<b>CUP A</b> 107 - 108	<b>CUP B</b> 109 - 110	<b>CUP C</b> 111 - 112	<b>CUP D</b> 113 - 116	<b>CUP DD</b> 117 - 120	<b>CUP E</b> 121 - 124	<b>CUP F</b> 125 - 128	<b>CUP FF</b> 129 - 132	<b>CUP A</b> 133 - 134
<b>OVER-BUST</b>	<b>CUP A</b> 112 - 113	<b>CUP B</b> 114 - 115	<b>CUP C</b> 116 - 117	<b>CUP D</b> 118 - 121	<b>CUP DD</b> 122 - 125	<b>CUP E</b> 126 - 129	<b>CUP F</b> 130 - 133	<b>CUP FF</b> 134 - 137	<b>CUP A</b> 138 - 139
<b>OVER-BUST</b>	<b>CUP A</b> 117 - 118	<b>CUP B</b> 119 - 120	<b>CUP C</b> 121 - 122	<b>CUP D</b> 123 - 126	<b>CUP DD</b> 127 - 130	<b>CUP E</b> 131 - 134	<b>CUP F</b> 135 - 138	<b>CUP FF</b> 139 - 142	<b>CUP A</b> 143 - 144