HOW TO MEASURE

For best results, remove your bra or wear your best fitting bra (preferably not a padded or molded cup bra).

Band Size: With a soft tape, measure directly underneath your breasts. The tape should be parallel to the floor and close against your body. Hold it snug and take this measurement. This is your band size.

(If you have an odd-numbered measurement, round up to an even number.)

Cup Size: Measure around the fullest part of your bust without pulling the tape too tightly. Subtract your band measurement from your full bust measurement and use the Cup Size Chart to find your cup size.

Underwires: Use the underwire chart on page vv to find the wire that corresponds with your bra size.

SI7F NOTES

This bra is designed to have a firm fit in the band, which is the most important puzzle piece in a bra that lifts and supports. As a result, your suggested size may have a smaller band and larger cup than you normally wear.

CUP SIZE CHART							
	DIFFERENCE	1/2-1"	2"	3"	4"	t5"	6"
	CUP	А	В	С	D	DD	E
	DIFFERENCE	7"	8"	9"	10"	11"	
	CUP	F	FF	G	GG	Н	