

SIZE GUIDE (METRIC)

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 measurement in inches *is your band size* (see metric measurements on next page)

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 on the next page to find your cup size.

Underwires: Use the underwire chart on page 27 to find the wire that corresponds with your bra size.

SIZE 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.

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If in between measurements, round up to the nearest size.

CUP SIZE CHART

DIFFERENCE	1-2.5 cm	5 cm	7.6 cm	10.2 cm	12.7 cm	15.2 cm
CUP	A	B	C	D	DD	E
DIFFERENCE	17.8 cm	20.3 cm	22.9 cm	25.4 cm	28 cm	
CUP	F	FF	G	GG	H	

BAND SIZE (METRIC EQUIVALENT)

UNDERBUST	68-71 cm	76 cm	81.3 cm	86.4 cm	91.4 cm	96.5 cm
BAND SIZE	28	30	32	34	36	38
UNDERBUST	101.6 cm	106.7 cm				
BAND SIZE	40	42				