

HOW TO FIT A BRA

FOLLOW THESE EASY STEPS TO GET THE PERFECT FIT

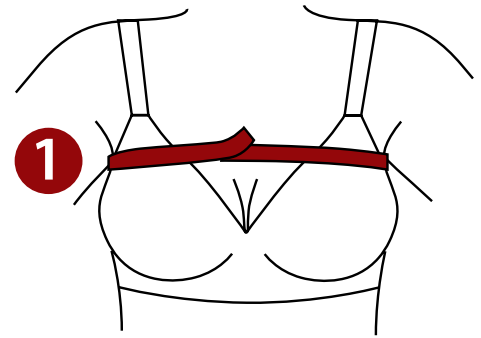
(you can get someone to help you)

STEP 1

MEASURE YOUR BAND SIZE

To start, find a bra that is comfortable and fits well. Measure (in inches) directly under the arms and over the top of your bust.

To convert US inches to Australian sizes, refer to the **BAND SIZE CONVERSION CHART** below

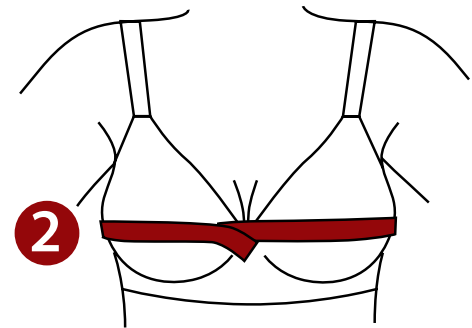


Measure under the arms for band size

STEP 2

MEASURE YOUR BUST SIZE

Measure around your bust at the fullest point. Then subtract your band size from your bust size. The difference between them (in inches) will be your cup size (see the **CUP SIZE** chart below)



Measure around the bust for bust size

HERE'S HOW IT WORKS

Take your band size in inches and convert to Australian sizes
i.e. 38 in = size 16

Take and your bust size.
i.e. 43 inches

Subtract Band Size from Bust size
e.g. 43 in - 38 in = 5 inches

Refer to the **CUP SIZE CHART**
5 inches = E cup

Therefore, your Australian bra size would be 16E

BAND SIZE: CONVERSION CHART

INCHES	34	36	38	40	42	44	46	48	50	52	54	56	58
BAND SIZE	12	14	16	18	20	22	24	26	28	30	32	34	36

CUP SIZE CHART

INCHES	5	6	7	8	9	10	11	12	13	14
CUP SIZE	B	C	D	DD	E	F	G	H	I	J

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