

Gala Lingerie

SIZING TABLES

Size Matters!

Choosing the right size is vital for bras and lingerie. Unfortunately there is no international standard, which can be confusing. On the Cake Lingerie website, we use sizing relevant to your region. To calculate other regional sizing equivalents, simply use the tables provided in this guide.

If you are unsure about your cup or band size, we offer some helpful advice on how to measure yourself (inches and centimeters) and how to use those measurements to find your perfect size.

BAND SIZES

AU / NZ	UK	EUROPE	FRANCE	USA / CA
8	30	65	80	30
10	32	70	85	32
12	34	75	90	34
14	36	80	95	36
16	38	85	100	38
18	40	90	105	40
20	42	95	110	42

CUP SIZES

AU / NZ	UK	EUROPE	FRANCE	USA / CA
A	A	A	A	A
B	B	B	B	B
C	C	C	C	C
D	D	D	D	D
DD	DD	E	E	E (DD)
E	E	F	F	F (DDD)
F	F	G	G	G
FF	FF	H	H	H
G	G	I	I	I
GG	GG	J	J	J
H	H	K	K	K
HH	HH	L	L	L
J	J	M	M	M

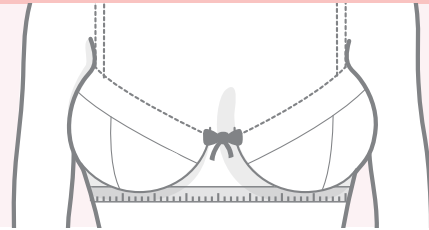
SLEEPWEAR SIZES

AU / NZ	UK	EUROPE	FRANCE	USA / CA
S	10	38	36	6
M	12	40	38	8
L	14	42	40	10
XL	16	44	42	12
XXL	18	46	44	14

Find your Bra Size - Inches

01: BAND SIZE

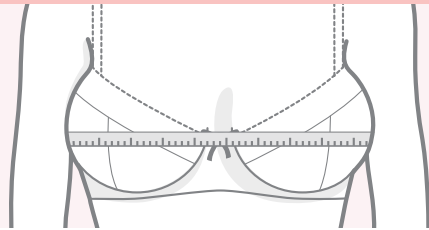
Measure on the under-bust to determine your band size



Inches	24.8 – 26.3	26.7 – 28.3	28.7 – 30.3	30.7 – 32.2	32.6 – 34.2	34.6 – 36.2	36.6 – 38.1	38.5 – 40.1
Band Size US/UK	30	32	34	36	38	40	42	44
Band Size AU/NZ	8	10	12	14	16	18	20	22

02: CUP SIZE

Measure along your over-bust whilst wearing a non-padded bra, then find your measurement in the range below, to your corresponding cup size:

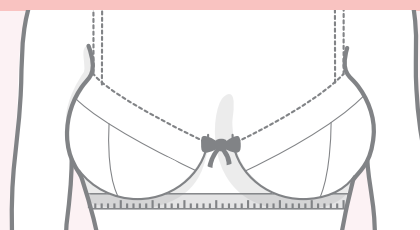


US/EU	UK/AU	30/8	32/10	34/12	36/14	38/16	40/18	42/20	44/22
A	A	30.3 - 31.1	32.3 - 33.0	34.2 - 35.0	36.2 - 37.0	38.1 - 38.9	40.1 - 40.9	42.1 - 42.9	44.0 - 44.8
B	B	31.1 - 31.8	33.0 - 33.8	35.0 - 35.8	37.0 - 37.7	38.9 - 39.7	40.9 - 41.7	42.9 - 43.7	44.8 - 45.6
C	C	31.8 - 32.6	33.8 - 34.6	35.8 - 36.6	37.7 - 38.5	39.7 - 40.5	41.7 - 42.5	43.7 - 44.4	45.6 - 46.4
D	D	32.6 - 33.4	34.6 - 35.4	36.6 - 37.4	38.5 - 39.3	40.5 - 41.3	42.5 - 43.3	44.4 - 45.2	46.4 - 47.2
E (DD)	DD	33.4 - 34.2	35.4 - 36.2	37.4 - 38.1	39.3 - 40.1	41.3 - 42.1	43.3 - 44.0	45.2 - 46.0	47.2 - 48.0
F (DDD)	E	34.2 - 35.0	36.2 - 37.0	38.1 - 38.9	40.1 - 40.9	42.1 - 42.9	44.0 - 44.8	46.0 - 46.8	48.0 - 48.8
G	F	35.0 - 35.8	37.0 - 37.7	38.9 - 39.7	40.9 - 41.7	42.9 - 43.7	44.8 - 45.6	46.8 - 47.6	48.8 - 49.6
H	FF	35.8 - 36.6	37.7 - 38.5	39.7 - 40.4	41.7 - 42.5	43.7 - 44.4	45.6 - 46.4	47.6 - 48.4	49.6 - 50.3
I	G	36.6 - 37.4	38.5 - 39.3	40.4 - 41.3	42.5 - 43.3	44.4 - 45.2	46.4 - 47.2	48.4 - 49.2	50.3 - 51.1
J	GG	37.4 - 38.1	39.3 - 40.1	41.3 - 42.1	43.3 - 44.0	45.2 - 46.0	47.2 - 48.0	49.2 - 50.0	51.1 - 51.9
K	H	38.1 - 38.9	40.1 - 40.9	42.1 - 42.9	44.0 - 44.8	46.0 - 46.8	48.0 - 48.8	50.0 - 50.7	51.9 - 52.7
L	HH	38.9 - 39.7	40.9 - 41.7	42.9 - 43.7	44.8 - 45.6	46.8 - 47.6	48.8 - 49.6	50.7 - 51.5	52.7 - 53.5
M	J	39.7 - 40.5	41.7 - 42.5	43.7 - 44.4	45.6 - 46.4	47.6 - 48.4	49.6 - 50.3	51.5 - 52.3	53.5 - 54.3

Find your Bra Size - Centimeters

01: BAND SIZE

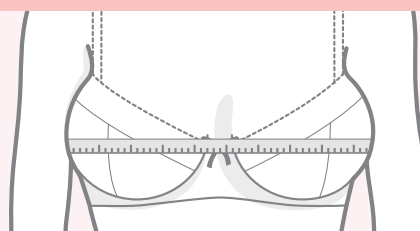
Measure on the under-bust to determine your band size



Centimetres	63-67	68-72	73-77	78-82	83-87	88-92	93-97	98-102
Band Size US/UK	30	32	34	36	38	40	42	44
Band Size AU/NZ	8	10	12	14	16	18	20	22

02: CUP SIZE

Measure along your over-bust whilst wearing a non-padded bra, then find your measurement in the range below, to your corresponding cup size:



US/EU	UK/AU	30/8	32/10	34/12	36/14	38/16	40/18	42/20	44/22
A	A	77-79	82-84	87-89	92-94	97-99	102-104	107-109	112-114
B	B	79-81	84-86	89-91	94-96	99-101	104-106	109-111	114-116
C	C	81-83	86-88	91-93	96-98	101-103	106-108	111-113	116-118
D	D	83-85	88-90	93-95	98-100	103-105	108-110	113-115	118-120
E (DD)	DD	85-87	90-92	95-97	100-102	105-107	110-112	115-117	120-122
F (DDD)	E	87-89	92-94	97-99	102-104	107-109	112-114	117-119	122-124
G	F	89-91	94-96	99-101	104-106	109-111	114-116	119-121	124-126
H	FF	91-93	96-98	101-103	106-108	111-113	116-118	121-123	126-128
I	G	93-95	98-100	103-105	108-110	113-115	118-120	123-125	128-130
J	GG	95-97	100-102	105-107	110-112	115-117	120-122	125-127	130-132
K	H	97-99	102-104	107-109	112-114	117-119	122-124	127-129	132-134
L	HH	99-101	104-106	109-111	114-116	119-121	124-126	129-131	134-136
M	J	101-103	106-108	111-113	116-118	121-123	126-128	131-133	136-138

Seamless Bras - Sizing Table

BRA BAND SIZE			CUP SIZE							
AUS/NZ	US/UK/CAN	EU/FR	SIZE UK/AU SIZE US/EU	B	C	D	DD	E	F	FF
				B	C	D	E	F	G	H
10	32	70/85		S	S	S	S	S	M	M
12	34	75/90		S	S	M	M	M	M	L
14	36	80/95		M	M	M	L	L	L	L
16	38	85/100		M	L	L	L	L	XL	XL
18	40	90/105		L	L	XL	XL	XL	XL	-
20	42	95/110		XL	XL	XL	XL	XL	-	-

Yoga Bras - Sizing Table

BRA BAND SIZE			CUP SIZE					
AUS/NZ	US/UK/CAN	EU/FR	SIZE UK/AU SIZE US/EU	A	B	C	D	DD
				A	B	C	D	E
8	30	65/80		XS	XS	XS	S	S
10	32	70/85		XS	XS	S	S	M
12	34	75/90		S	S	M	M	L
14	36	80/95		M	M	L	L	XL
16	38	85/100		-	L	L	XL	XL
18	40	90/105		-	XL	XL	XL	-

Briefs, Pants & Shorts - Sizing Table

SIZE:	HIP MEASUREMENT		DRESS SIZE				
	CM	INCHES	UK / AU / NZ	USA / CAN	EU	ITALY	FRANCE
SMALL	92-97	36-38	10	6	38	42	36
MEDIUM	97-102	38-40	12	8	40	44	38
LARGE	102-107	40-42	14	10	42	46	40
X LARGE	107-112	42-44	16	12	44	48	42
XX LARGE	112-117	44-46	18	14	46	50	44

Sleepwear - Chemises, Camisoles & Robes - Sizing Table

SIZE:	BRA BAND SIZE			CUP SIZE	
	AU / NZ	USA / UK / CAN	EU/FR	AU / NZ / UK	US / CAN / EU
SMALL	10	32	70/85	B - FF	B - H
MEDIUM	12	34	75/90	B - FF	B - H
LARGE	14	36	80/95	B - F	B - G
X LARGE	16	38	85/100	B - F	B - G
XX LARGE	18	40	90/105	B - F	B - G

