

# 4 STEP GUIDE



breakoutbras  
Fitter Approved Intimates

## How to Find Your Correct Bra Size

### STEP 1 GATHER YOUR TOOLS

#### Soft breast tissue?

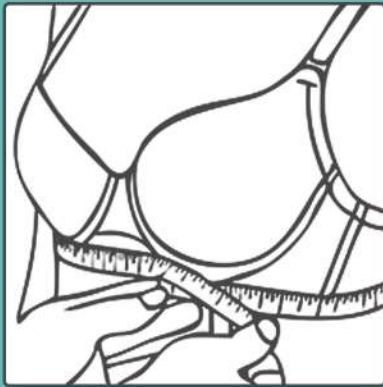
Measure while wearing a sleep bra.

#### Firm tissue?

Measure without a bra.

#### Not sure?

Measure both ways and meet in the middle!



### MEASURE YOUR RIBCAGE STEP 2

Your ribcage measurement is going to determine your band size.

Using soft measuring tape, measure right underneath your breasts, where your bra will comfortably sit. Keep the tape parallel to the ground and pull firmly. For maximum band support, exhale deeply to get the smallest band size possible. Remember, 80% of your bra's support should come from the band, and only 20% from the straps.

Round your measurement to the nearest inch. If your measurement is at or below the 1/2 inch mark, round down to preserve the elasticity of your bra. This will help to maximize the life of your garment.

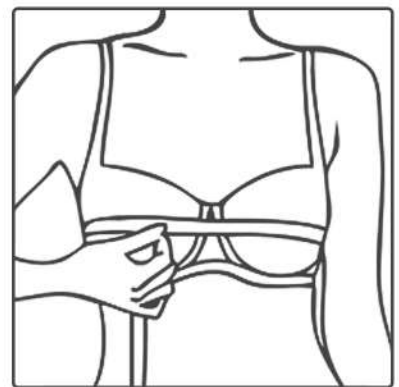
**NEVER ADD INCHES.**

### STEP 3 MEASURE YOUR BUSTLINE

Measure across your nipples at the widest part of your breasts. Make sure the measuring tape is parallel to the ground.

Never measure under your armpits or over the tops of your breasts.

Pull until the measuring tape is snug, but not tight. You will need enough room in the cup so that your breast tissue does not overflow. If you land between two numbers, round up.



### CALCULATE YOUR SIZE STEP 4

You're finished! Now all that's left is to calculate your correct bra size.

Subtract your band measurement (Step 2) from your bust measurement (Step 3), like this:

$$[\text{STEP 3}] - [\text{STEP 2}] = [\text{"DIFFERENCE IN INCHES" COLUMN}]$$

Then, use the chart to determine your size!



<b>DIFFERENCE IN INCHES</b>	<b>US CUP SIZE</b>	<b>UK CUP SIZE</b>
1	A	A
2	B	B
3	C	C
4	D	D
5	DD or E	DD
6	F	E
7	G	F
8	H	FF
9	I	G
10	J	GG
11	K	H
12	L	HH
13	M	J
14	N	JJ
15	O	K
16	P	KK