



Need Help With Sizing?

We have helpful hints for finding your bra size, “sister size” or converting your international size into Australian sizing.

How To Measure Your Cup Size

The only thing you need is a measuring tape and your body! You will need to measure both your Band Size (the Under Bust measurement explained below) and your Cup Size (the Over Bust measurement explained below).

Step 1. Under Bust / Band Size Measurement:

- Always use a soft measuring tape
- Measure without wearing a bra, your rib cage - the area immediately below your bust (just under your boobs)
- Ensure the tape is firm and straight
- This measurement is the Under Bust or Body Measurement (generally corresponds with your clothing size if you wear the right size bra). Check which measurement your rib cage corresponds with in our chart below!

Step 2. Over Bust / Cup Size Measurement:

- Always use a soft measuring tape
- Measure either wearing a non-padded bra or no bra
- Measure the fullest part of your bust with the tape positioned around your back at your band level (where the bottom of the bra band sits)
- Do not hold the tape too tight as this will flatten the measurement
- This measurement is your cup size measurement. Align it with the cup size in the below table, making sure your Under Bust and Over Bust measurements align.

Step 3. What is your bra size?

- Using our chart, align your Under Bust measurement with your Cup Size (Over Bust) measurement. This is your bust size.
- For example, if your Under Bust measurement is 80 cm then you're a size 14 in the band size and if your Over Bust measurement is 107 cm then your cup size is a 14G!
- Surprised? Most people are! Many women are actually wearing the wrong sized bra and simply don't know this. This is because when someone wears a 14DD and has a little bit of cup spillage, they tend to go up a size in Under Bust (i.e. from a 14DD-16DD) when they should probably be going up in a cup size (i.e. 14DD - 14E)!

BODY SIZE (AU)	8	10	12	14	16
UNDER BUST	62-67 cm	67-72 cm	72-77 cm	77-82 cm	82-87 cm
Cup DD	85-87 cm	90-92 cm	95-97 cm	100-102 cm	105-107 cm
Cup E	87-89 cm	92-94 cm	97-99 cm	102-104 cm	107-109 cm
Cup F	89-91 cm	94-96 cm	99-101 cm	104-106 cm	109-111 cm
Cup G	91-93 cm	96-98 cm	101-103 cm	106-108 cm	111-113 cm
Cup H	93-95 cm	98-100 cm	103-105 cm	108-110 cm	113-115 cm

FIND YOUR "SISTER-SIZE". IF WE DON'T STOCK - OR HAVE RUN OUT OF - YOUR SIZE, THEN FIND YOUR SISTER-SIZE!

For want of a better definition, a "Sister-Size" in bra-speak is essentially the same volume of boob in a cup, even when you have a different band (back) size.

If you can't see your bra size then you can simply find the Sister-Size with a smaller or larger band size and get that top instead! This works best with tie back tops.

For example, if you are a bra size 10FF, then you could fit the cup in our 8G or 12F!

	Band Size (8)	Band Size (10)	Band Size (12)	Band Size (14)	Band Size (16)
Cup Size	8DD	10D			
Cup Size	8E	10DD	12D		
Cup Size	8F	10E	12DD	14D	
Cup Size	8FF	10F	12E	14DD	16D
Cup Size	8G	10FF	12F	14E	16DD
Cup Size	8GG	10G	12FF	14F	16E
Cup Size	8H	10GG	12G	14FF	16F
		10H	12GG	14G	16FF
			12H	14GG	16G
				14H	16GG
					16H

CONVERTING YOUR INTERNATONAL SIZE INTO AN AUSTRALIAN SIZE

AU	UK	USA	EU
8DD	30DD	30DD/E	65E
8E	30E	30DDD/F	65F
8F	30F	30G	65G
8G	30G	30I	65J
8H	30H	30K	65L
10DD	32DD	32DD/E	70E
10E	32E	32DDD/F	70F
10F	32F	32G	70G
10G	32G	32I	70J
10H	32H	32K	70L
12DD	34DD	34DD/E	75E
12E	34E	34DDD/F	75F
12F	34F	34G	75G
12G	34G	34I	75J
12H	34H	34K	75L
14DD	36DD	36DD/E	80E
14E	36E	36DDD/F	80F
14F	36F	36G	80G
14G	36G	36I	80J
14H	36H	36K	80L
16DD	38DD	38DD/E	85E
16E	38E	38DDD/F	85F
16F	38F	38G	85G
16G	38G	38I	85J
16H	38H	38K	85L

HOW TO MEASURE YOUR SIZE FOR SWIMWEAR BRIEFS

In our humble opinion, the most important measurement to get right is the hip measurement listed below. If you nail this measurement then your swimwear won't heavily cut into your backside!

Marvell Lane has used the most common measurements in Australia on which to base our swimwear brief designs, this way if you're generally used to buying a size 16 (or a size 8) then you know what you're going to get!

To measure properly, you will need a measuring tape and make sure you're not wearing any bulky clothing.

- Waist Measurement:** Loop the measuring tape firmly around the smallest part of your waist to get your waist measurement.
- Hip Measurement:** Loop the measuring tape firmly around the largest part of your hips. This is your hip measurement (most important measurement).
- You know your body shape best, if you carry your weight around your middle section and not in your legs then perhaps you should consider this measurement if you want to buy our Keira bikini brief. If you tend to be smaller in the waist than in the hips, then make sure you use your hip measurement to determine which size to buy. *Remember: You know your body and shape better than anyone.*

Size	8	10	12	14	16
Waist (cm)	64.5	67	72	77	82
Hip (cm)	94.5	97	102	107	112

PLEASE USE THE BELOW CHART TO CONVERT YOUR INTERNATIONAL BIKINI BOTTOM SIZE INTO AUSTRALIAN SIZING.

AU/NZ	UK	USA	EU
8	8	4	36
10	10	6	38
12	12	8	40
14	14	10	42
16	16	12	44