

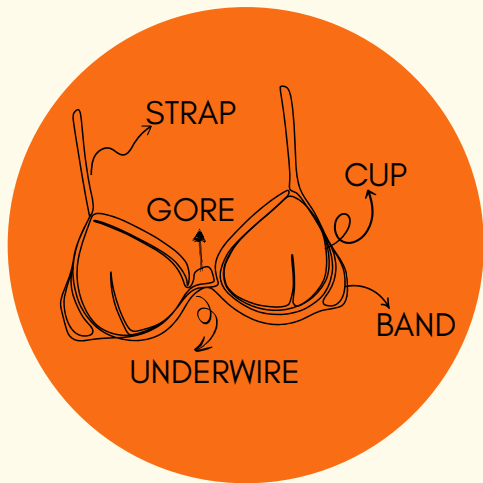


Bands & Cups

What You'll need



Use a soft measuring tape in inches.
Do NOT use steel measuring tape.
Know your Worth! You are not a
piece of furniture.



Current best fitting bra
Wired bra : great. ✓
Non-padded bras : preferred. ✓
Sports bras : nope ✗



Mirror : Not just to admire yourself,
but to also help you through the process



Simple Steps for the perfect fit



1 Stand in front of the mirror. Wear your best fitting bra.

2 Use your palms to lift your breasts.

3 Under bust measurement: Take the tape around your body at the base of your breasts, at the natural crease.

4 Full bust measurement: Take the tape around the fullest part of your bust where there's maximum volume. It may or may not lie at the level of areola.

5

Under Bust Measurement	Full Bust Measurement



Do's & Don'ts

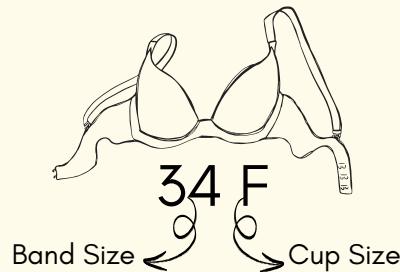


- The measuring tape should fit snugly.
- Tape should be parallel to the ground at same height.
- Your arms should be relaxed at your side.



- Not too loose or too tight.
- Don't squishing your breasts or hold your breath.

What is band?
Band is the part that goes around the ribcage.
Band size is expressed in even numbers 30, 32, 34 etc.



What is cup?
Part of the bra Where your breasts sit.
Cup sizes are expressed in alphabets: D, E, F, etc.

How to calculate the Band size and Cup size

Use the measurements taken in Step 5. To calculate the size as follows :

Band size

Band size is almost always same as your under bust measurement.
If your under bust measurement is odd, round up or down to the nearest even number.
This is your BAND SIZE.

Cup size

Cup size is the difference between the full bust and the under bust measurements.
To keep it simple for you, use the table below to first find your band size. Then locate your full bust measurement in the table corresponding to your band size, to find your closest cup size.



Reference Charts

Band Size

27-28

FB (Inches)

32 33 34 35 36 37 38 39 40 41 42 43

Cup Size

D DD E F FF G GG H HH J JJ K

Band Size

29-30

FB (Inches)

34 35 36 37 38 39 40 41 42 43 44 45

Cup Size

D DD E F FF G GG H HH J JJ K

Band Size

31-32

FB (Inches)

36 37 38 39 40 41 42 43 44 45 46 47

Cup Size

D DD E F FF G GG H HH J JJ K

Band Size

33-34

FB (Inches)

38 39 40 41 42 43 44 45 46 47 48 49

Cup Size

D DD E F FF G GG H HH J JJ K

Band Size

35-36

FB (Inches)

40 41 42 43 44 45 46 47 48 49 50 51

Cup Size

D DD E F FF G GG H HH J JJ K

Band Size	37-38											
FB (Inches)	42	43	44	45	46	47	48	49	50	51	52	53
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Band Size	39-40											
FB (Inches)	44	45	46	47	48	49	50	51	52	53	54	55
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Band Size	41-42											
FB (Inches)	46	47	48	49	50	51	52	53	54	55	56	57
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Band Size	43-44											
FB (Inches)	48	49	50	51	52	53	54	55	56	57	58	59
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Band Size	45-46											
FB (Inches)	50	51	52	53	54	55	56	57	58	59	60	61
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Band Size	47-48											
FB (Inches)	52	53	54	55	56	57	58	59	60	61	62	63
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Band Size	49-50											
FB (Inches)	54	55	56	57	58	59	60	61	62	63	64	65
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Band Size	51-52											
FB (Inches)	56	57	58	59	60	61	62	63	64	65	66	67
Cup Size	D	DD	E	F	FF	G	GG	H	HH	J	JJ	K

Measurements are just a starting point. There is no one size fits all formula in bras.

Finding the right bra size is an art and science.

Finding it difficult to find your size? Reach out to us for a consultation.

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