

BRA FITTING GUIDE

(A) Band Measurements

Measure all round the body underneath the bust, with an even tension i.e not too tight and not too slack.

If the number you measure is an even number add 4 inches.

If the number you measure is an odd number add 5 inches.

This gives you your band size.

For example

$32" + 4" = 36$ band size

$31" + 5" = 36$ band size

(B) Cup Size

Measure with the bra on, from the centre of the sternum around the fullest part of the breast to the centre of the spine.

Double this measurement to give you your cup size.

For example

$18" \times 2 = 36$ cup size = A cup

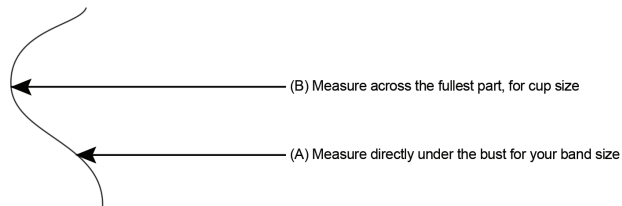
Bra Size

Now you have A & B measurements, subtract your band measurements from your cup size to give you your bra size.

For example:

36" band and 36" = 0 the size would be 36A

36" band and 37" = + 1 the size would be 36B



Difference in inches	Cup Fitting
-1	AA
0	A
+1	B
+2	C
+3	D
+4	DD
+5	E

For every +1 " you continue to go up a cup size
