

## Calculating your BRA SIZE by MEASUREMENTS

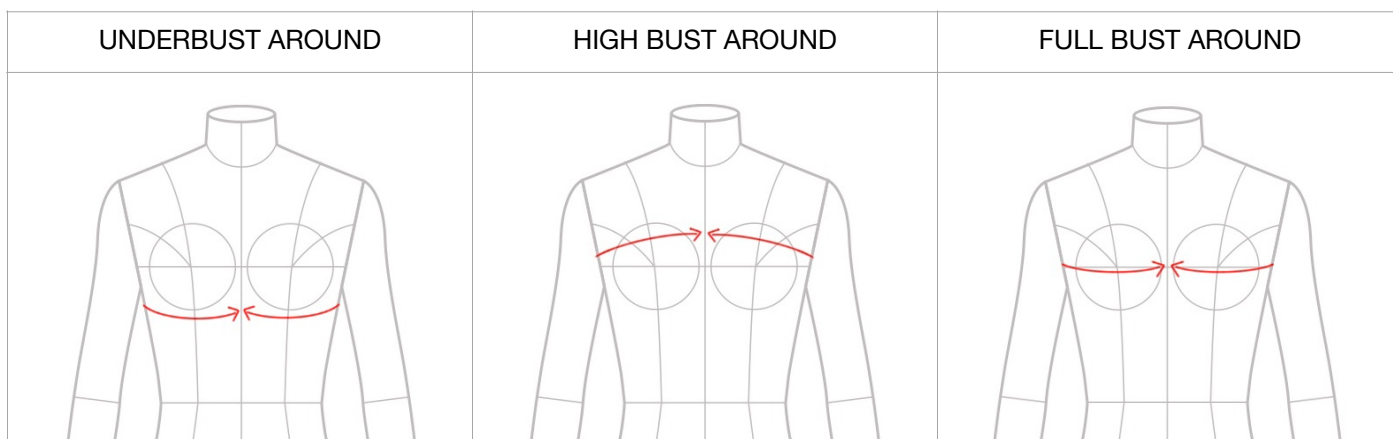
RIB CAGE UNDERBUST SIZE ( inch & cm)	BAND SIZE REFERENCE ( Usa & Eu)
27 - 28 1/2" - (68 - 73 cm)	32 - (70)
29 - 30 1/2" - (73 - 78 cm)	34 - (75)
31 - 32 1/2" - (78 - 83 cm)	36 - (80)
33 - 34 1/2" - (83 - 88 cm)	38 - (85)
35 - 36 1/2" - (88 - 93 cm)	40 - (90)
37 - 38 1/2" - (93 - 98 cm)	42 - (95)
39 - 40 1/2" - (98 - 103 cm)	44 - (100)
41 - 42 1/2" - (103 - 108 cm)	46 - (105)
43 - 44 1/2" - (108 - 113 cm)	48 - (110)
45 - 46 1/2" - (113 - 118 cm)	50 - (115)

Measure snugly around the ribcage, directly under the bust. Pull the tape snug but not too tight. If you fall between sizes, go up or down the nearest (if you measure 71cm go down 70, if you measure 73,5 go up to 75)

DIFFERENCE BETWEEN FULL BUST AND HIGH BUST (inch & cm)	CUP SIZE
The same or less your high bust	AAA
Up to 1/2" - (1.3 cm) difference	AA
Up to 1" - (2.5 cm) difference	A
Up to 2" - (5 cm) difference	B
Up to 3" - (7.5 cm) difference	C
Up to 4" - (10 cm) difference	D
Up to 5" - (12.5 cm) difference	DD - E
Up to 6" - (15 cm) difference	DDD - F
Up to 7" - (17.5 cm) difference	DDDD - G - FF
Up to 8" - (20 cm) difference	H - GG - FFF
Up to 9" - (22.5 cm) difference	I - HH
Up to 10" - (25 cm) difference	J - II
Up to 11" - (27.5 cm) difference	K - JJ
Up to 12" - (30 cm) difference	L - KK

High bust = Measure across the high bust area just below armhole, but above the bust.

Bust = Measure directly across the full past of the bust over the nipple area, keep the tape tighten enough to keep from sliding while wearing a bra that is supportive ,unpadded and out of a thin fabric



## Calculating your UNDIES SIZE by MEASUREMENTS

SIZES	XS	S	M	L	XL
WAIST inch	22 1/2 - 23 1/2	24 3/4 - 26	27 1/2 - 29	31 - 33	35 - 37
HIPS inch	32 1/2 - 34	35 1/2 - 37	38 1/2 - 40	41 1/2 - 43 1/2	45 - 47
WAIST cm	57 - 60	63 - 66	70 - 74	79 - 84	89 - 94
HIPS cm	82 - 86	90 - 94	96 - 102	106 - 110	115 - 120

WAIST AROUND

HIPS AROUND

