

# Panache<sup>®</sup>

1. **Finding Your Band Size.** Measurements should be taken while wearing a bra. The measuring tape should be held snug but not tight while measuring. Begin by wearing your best fitting bra - unpadded and not a minimiser or sports bra. Measure around the back under the Arm Pits across top part of bust, which gives you your band size.

E.G. 38" USA which is equal to Size 16 (Refer chart below)

.USA	32	34	36	38	40	42	44	46	48	50	52	54
AUST	10	12	14	16	18	20	22	24	26	28	30	32

1. **Finding Your Cup Size.** - Measure around the high point or fullest point of the bust line while wearing a bra.
2. If you measure 43 Inches subtract this from your band measurement for.
3. Example Band Size e.g. 38" - 43" = 5 Inches = DD Cup Size (refer chart below).

Difference	Standard Cup Size
0"-1/2" (1.3cm)	AA
1/2"-1" (2.6cm)	A
2" (5.1cm)	B
3" (7.6cm)	C
4" (10.2cm)	D
5" (12.7cm)	DD
6" (15.2cm)	E
7" (17.8cm)	F
8" (20.3cm)	FF
9" (22.9cm)	G
10" (25.4cm)	H
11" (27.5cm)	I
12" (30.1cm)	J