

## Tired of trying to work out what size Bra you are?

### Here's some general information to help you look and feel the way you should.

Whether the bra is a sexy lace bra or a functional T-shirt bra, it can't give you the look you want if it doesn't fit properly.

Most women wear a bra that is too big in the band and too small in the cup.

- ✚ This means the bra isn't anchored on the body, so it can't provide the lift and cleavage that the woman is looking for.
- ✚ If the band isn't snug enough to anchor the cup and underwire on the body, then the bra can move on the body as a woman moves, requiring constant tugging and adjusting. Not sexy!
- ✚ If the cup is too small, than the wire is too narrow and sits on the tissue on the sides, which means that there is less tissue in the cup, less comfort, less projection, less va-voom.
- ✚ On a fuller woman, if the cup is even slightly too small, it pushes the apex of the breasts down, giving her a droopy, sagging, "smooched" look in clothes. This distorts her proportions, causing her torso to look shorter, her waist to disappear, and her clothes to fit improperly. It can even throw off her proportions so much that her legs will look shorter! I'm sure this is not the look she was going for!
- ✚ Even one of our sexiest or most expensive bras isn't going to look as amazing as it could if the breasts aren't centred in the cups, with all the tissue from the sides scooped forward to fill the cups. That's what the old "lean over and jiggle" technique that our mothers used to do is all about. It helps gravity center the breasts in the bra cups, filling the cup evenly, and putting the underwire where it belongs, following the perimeter of the breast tissue.

## How to determine your Bra size

### **Band Size:**

Measure around the rib cage just beneath the breasts and keep the tape snug and straight around the back.

Suggested band size based on back measurement:

25" - 27" suggest 30 band (size 8)

27" - 29" suggest 32 band (size 10)

29" - 32" suggest 34 band (size 12)

33" - 34" suggest 36 band (size 14)

To verify the band size, follow the directions for measuring "over the bust".

### **To measure over bust**

Band Size: With tape measure around upper bust, high on the back and under the arms, take a snug measurement. That number will be the band size. If it is an odd number, round up to the nearest even number.

### **Cup Size**

Cup Size: To find your cup size, measure gently around the body across the high point or fullest point of the bust line while wearing a bra. Subtract the band size from the cup measurement just taken. The difference will help you to find the right cup.

A difference of:

3" Larger indicates C cup

4" Larger indicates D cup

5" Larger indicates E cup

6" Larger indicates F cup

## 5 check points for proper fit

- ✚ Top of Cup should completely contain the breast.
- ✚ Underwire should clearly surround breast tissue on side and rest on the ribcage.
- ✚ Bra Band should hug firmly around body.
- ✚ Back of Bra should stay horizontal across back; if it rides up, band size may be too large.
- ✚ Centre front should lay flat, down against the breastbone.

The conversion chart below will help you work out your size in other makers from around the world. 85% of women are wearing the wrong size bra you need to check your size on a regular basis as our size changes with age and weight gain's and losses. By using the method above helps you keep check of your size during change. Oh and don't be shocked if you find you needed a smaller band with a bigger cup size or the other way around it happens.

<b>Australian Bra Size Conversion Chart</b>			
<b>AUSTRALIAN</b>	<b>EUROPEAN</b>	<b>US &amp; UK</b>	<b>FRENCH</b>
<b>10</b>	70	32	85
<b>12</b>	75	34	90
<b>14</b>	80	36	95
<b>16</b>	85	38	100
<b>18</b>	90	40	105
<b>20</b>	95	42	110
<b>22</b>	100	44	115
<b>24</b>	110	46	120

If you still can't work it out take your measurements and send them through to me. I'm only too happy to help. Also I have different size charts on here because every manufacture can vary on their sizing so this way we can get your sizing right just for you.