

Bra Fitting Guide

Measuring yourself for a bra doesn't have to be difficult. Follow these simple steps and find your size.

For UK Band Size



For the UK band size pull a tape measure around the torso, right underneath the breasts. Make sure that it lies flat at the back and in a horizontal line all the way round.

Pull it snug to get an accurate measurement.

When you take these measurements, round to the closest inch, either up or down.

For UK Cup Size

This time, measure around the torso across the fullest point of the bust. Make sure that the tape measure is at the same level all the way round, but take care not to pull it tight. Round up or down to the nearest inch as you did to find your band size.



Underbust Measurement (in inches)	Recommended Band Size
27-28	28
29-30	30
31-32	32
33-34	34
34-35	36
36-37	38
37-38	40
39-40	42
41-42	44
43-44	46

Use this chart to work out your **band** size

Use this chart to work out your **cup** size

Now for some easy maths: Simply subtract your underbust measurement from the overbust measurement, and the difference is your cups size!

For example: If your band size is 33 and overbust measurement is 38, the difference is 5". Meaning the bra size is 34DD

And that's it!
It's as simple as that!

Difference (in inches)	Standard Cup Size
0"-1/2"	AA
1/2-1"	A
2"	B
3"	C
4"	D
5"	DD
6"	E
7"	F
8"	FF
9"	G
10"	GG
11"	H
12"	HH
13"	J
14"	JJ
15"	K