

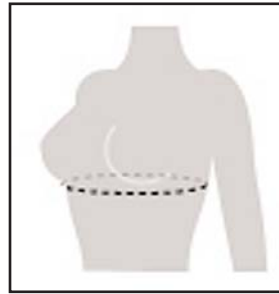
According to experts, 8 out of 10 women are wearing the wrong size bra.

Experts know the right bra will work harder for you than anything else in your wardrobe, improving the look of your clothes while allowing you to feel comfortable and confident all day.

1. MEASURE YOUR BAND SIZE.

Wearing an unpadded comfortably fitting bra, measure around the ribcage directly under the bust. Be sure the tape is snug, smooth across the back, and level with the front.

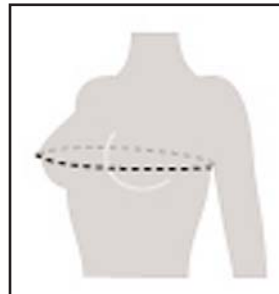
If the measurement is an odd number add 5 to the number, if it is even add 4. For example, $31 + 5 = 36$ band size.



BAND SIZE

2. MEASURE YOUR CUP SIZE.

Measure completely around the bust at the fullest point, holding the tape measure straight but not tight. Subtract the band size measurement from the cup measurement to determine your cup size.



CUP SIZE

Each inch of difference equals one cup size. For example, 34 (Band size) – 35 (Cup size) = 1 inch an "A" cup.

1 inch = A cup	2 inches = B cup	3 inches = C cup	4 inches = D cup
5 inches = E cup (DD)	6 inches = F cup (3D)	7 inches = G cup (4D)	

PERFECT FIT CHECKLIST

A good fitting bra should be comfortable and breasts should be supported by the body of the bra, not the straps. As every woman's figure has individual differences we recommend the following checklist to ensure your bra fits properly.

- 1 The back of the bra should lay straight across the back and should never ride up the back. If a band rides up you are not being properly supported.
- 2 The front center of the bra should lay flat against the body.
- 3 Cups should never gap or wrinkle anywhere and breasts should never spill out or bulge over the cup.
- 4 Most important, the underwire of the bra should rest just under and around the breast, the wire should never rest on breast tissue even at the sides.
- 5 Straps should have some tension but should never fall or dig into your shoulders.
- 6 Being refitted at least once a year is essential to all women, as our bodies change for many reasons as pregnancy or nursing, weight gain or loss, birth control or hormone replacement.

Chantelle