



# Find Your Perfect Cup Size

## How will you know when you've found the perfect fit?

You will not feel any underwire pinching, and your bra will feel comfortable and supportive. Finding the perfect bra fit takes patience, but the way you will look and feel once you have found it will be worth all of your effort!

### You'll need:

- A flexible measuring tape
- Your favorite bra (one you think makes your breasts the right shape and feels comfortable)
- A mirror

### Step One: Measure your band size:

- Put on your favorite bra that you think makes your breasts the right shape and feels most comfortable.
- The first measurement to take is around your ribcage, just below your breasts.
- Look in a mirror to make sure the measuring tape is parallel to the floor. The position of your tape measure is important. If you have the tape too high, your measurement will be too large; too low and it will be too small.
- When you take these measurements, round to the closest whole inch, either up or down.
- Bras come in even band sizes. If the rounded measurement you come up with is an even number, add 4 inches. If the rounded measurement you come up with is an odd number, add 5 inches.
- The result is your band size. *Example: 31" + 5" = 36" band size.*

### Step Two: Measure your cup size:

- Continue to wear your favorite bra, but for this measurement make sure to stand up straight and keep your arms at your side.
- Wrap the tape measure around the fullest part of your bust so that it is just touching, not binding.
- Round up or down to the nearest inch.
- Now subtract your band size measurement from your cup size measurement to calculate your cup size. *Example: 36" - 33" = 3" difference.*
- The chart below shows you how to determine cup size.

DIFFERENCE	STANDARD CUP SIZE
0"-1/2"	AA
1/2"-1"	A
2"	B
3"	C
4"	D

### Step Three: Find your perfect individual size:

Once you've figured out your overall band size and cup size, you'll want to try out a few different cup size options for both breasts to ensure a perfect all-around fit. Start with the Pick Your Perfect Pair™ Bra, available in "Just About" and "Exactly" sizes to match your exact body shape. Using the bra's revolutionary front and back closures, you can mix and match cup sizes until you find the perfect fit for both sides of your body. Then, use the convenient five back closures to determine your ideal band size.