

The right bra size

You find out your correct bra size using two different measurements:

1. Circumference of the back (measured around the body underneath your breasts)

Bra sizes are offered in five steps, so each size has a tolerance of 5cm.

For this reason each bra has a fastener which allows you to adjust the width to suit the individual. It is advisable to do up the bra in the middle of the clasp, if your back measurement width is exactly on a five step. If you have a smaller back width you should do up the bra at its tightest, with a larger back the bra can be done up at its loosest.

You should test individually how you prefer to wear the bra. Most important is feeling comfortable whilst wearing the bra.

2. Circumference of breast (measured around the largest part of the breasts)

The cup size is calculated by the difference of the 2 measurements

Yet, the cup alone shows nothing about the size of the breasts, because the breast grows in proportion to the back circumference. Most important is the circumference of the back.

Only knowing the circumference of the back and therefore the difference in measurements, can you follow the right bra size.

The following details show the origin of the different bra sizes:

circumference of back:	70 cm	circumference of back:	100 cm
circumference of breast:	85 cm	circumference of breast:	115 cm
difference:	15 cm	difference:	15 cm
equivalent:	70B	equivalent:	100B

Out of it a table with the differences can be developed, with this help it's possible to find the correct bra size very easily and quickly.

Examples to find out the bra size:

Circumference of back:	85 cm	circumference of back:	77 cm
Circumference of breast:	102 cm	circumference of breast:	96 cm
Bra size:	85C	bra size:	75D

Another way of finding out the bra size is to work with a measurement chart, where the correct bra size is very easy to find.

Whatever method you use finding out your bra size, do consider your individual build and proportions. A very small or a very wide back may cause slightly incorrect measurements and result in the wrong bra size. When buying a bra a fitting is essential. Consult an experienced salesperson!