

## Lingerie Fitting guide

### Bra Band Size

(European) & [USA] size

#### Step 1 Underbust girth

	10	12	14	16	18	20
(70) [32]	(75) [34]	(80) [36]	(85) [38]	(90) [40]	(95) [42]	
68 - 72	73 - 77	78 - 82	83 - 87	88 - 92	93 - 97	

### Bra Cup Size

#### Step 2 Bust girth

Cup	10	12	14	16	18	20
<b>A</b>	81 - 83	86 - 88	91 - 93	96 - 98	101 - 103	106 - 108
<b>B</b>	83 - 85	88 - 90	93 - 95	98 - 100	103 - 105	108 - 110
<b>C</b>	85 - 87	90 - 92	95 - 97	100 - 102	105 - 107	110 - 112
<b>D</b>	87 - 89	92 - 94	97 - 99	102 - 104	107 - 109	112 - 114
<b>DD</b>	89 - 91	94 - 96	99 - 101	104 - 106	109 - 111	114 - 116
<b>E</b>	91 - 93	96 - 98	101 - 103	106 - 108	111 - 113	116 - 118
<b>F</b>		98 - 100	103 - 105	108 - 110	113 - 115	118 - 120
<b>G</b>		100 - 102	105 - 107	110 - 112	115 - 117	120 - 122

### Lingerie Size Guide

	SML	MED	LGE	XL	2XL	3XL
[USA] size	8 - 10	10 - 12	12 - 14	14 - 16	16 - 18	18 - 20
2. Bust in cm	[4 - 6]	[8 - 10]	[12 - 14]	[16 - 18]	[20 - 22]	[24 - 26]
3. Waist in cm	89	94	99	104	109	114
4. Hip in cm	68	73	78	83	88	93
	99	104	109	114	119	124

#### Step 1 - Bra Band size

Using a tape measure, wrap the tape around your back and measure the girth of your ribcage where the bottom of a bra would normally sit. This length in centimetres is your band size. Just use a relaxed measurement, no need to hold your breath. If your length falls outside a range, we recommend going up to the next band size for comfort.

#### Step 2 - Bra Cup size

Next is your bust size. While wearing a non-padded bra, wrap the tape around your back and measure the girth at the greatest point. This may be at nipple height or above. We recommend you not wear any outer garments that may increase the girth. Just wear an underwired bra with minimal padding. Check the Bra Cup table and find your Band Size at the top, then look down to find the corresponding cup size. Now you're ready to shop for our bras!

#### Lingerie Sizing

Lingerie sizing will vary depending on body shape. It is important to fit for the biggest measurement according to the garment your looking to fit. If fitting for a brief, you can safely ignore the bust size and conversely if fitting for a camisole, you can ignore the waist and hip measurements. For nighties it is best to use all three measurements and fit appropriately.

