

# Fitting procedure to find the perfect bra



## Step 1. Measure under your bust.

Place a measuring tape firmly around your body as shown by the blue line.

Compare the measurement from under your bust to find your bra size:

Underbust measurement (cm)

63-67	68-72	73-77	78-82	83-87	88-92	93-97	98-102	103-107
8	10	12	14	16	18	20	22	24

Bra size (cm)





## Step 2. Measure your **cup size**.

Place a measuring tape over your bust as shown by the pink line.

		Bra size (cm)								
		8	10	12	14	16	18	20	22	24
Cup size	AA	75-77	80-82	85-87	90-92					
	A	77-79	82-84	87-89	92-94	97-99	102-104			
	B	79-81	84-86	89-91	94-96	99-101	104-106			
	C		86-88	91-93	96-98	101-103	106-108	111-113	116-118	121-123
	D		88-90	93-95	98-100	103-105	108-110	113-115	118-120	123-125
	DD		90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127

Cup size measurement (cm)



# Poorly fitting underband issues to look out for:

## Problem

## Potential cause

## Solution

1. Band hikes up at the back.



The underband of the bra is probably too big.  
Band ideal position.

Try a smaller underband size and a larger cup size.

	8	10	12	14	16
AA	75-77	80-82	85-87	90-92	
A	77-79	82-84	87-89	92-94	97-99
B	79-81	84-86	89-91	94-96	99-101
C		86-88	<b>Firmer underband</b>	96-98	101-103
D		88-90		98-100	103-105
DD		90-92	95-97	100-102	105-107

2. Band digs into body.



The underband of the bra is too small.

Try a larger underband size and a smaller cup size.

	8	10	12	14	16
AA	75-77	80-82	85-87	90-92	
A	77-79	82-84	87-89	92-94	97-99
B	79-81	84-86	89-91	94-96	99-101
C		86-88	<b>Looser underband</b>	96-98	101-103
D		88-90		98-100	103-105
DD		90-92	95-97	100-102	105-107

3. The straps are falling off.



The straps are too far apart on the back.

Try a different style with the straps closer to the centre of the back or a racerback style.



## Poorly fitting cup size issues to look out for:

### Problem

1. The cups are too big.



2. Breasts are bulging out of the cups.



3. Wire is digging into your breasts.



### Potential cause

The cup capacity is too large.

The cup capacity is too small.

The underband or cup size may be incorrect.

### Solution

Try a smaller cup size.

	8	10	12	14	16
AA	75-77	80-82	85-87	90-92	
A	77-79	82-84	87-89	92-94	97-99
B	79-81	84-86	89-91	94-96	99-101
C		86-88	91-93	96-98	101-103
D		88-90	93-95	98-100	103-105
DD		90-92	95-97	100-102	105-107



Try a larger cup size.

	8	10	12	14	16
AA	75-77	80-82	85-87	90-92	
A	77-79	82-84	87-89	92-94	97-99
B	79-81	84-86	89-91	94-96	99-101
C		86-88	91-93	96-98	101-103
D		88-90	93-95	98-100	103-105
DD		90-92	95-97	100-102	105-107



If the underband is correct, try to find your correct cup size.

	8	10	12	14	16
AA	75-77	80-82	85-87	90-92	
A	77-79	82-84	87-89	92-94	97-99
B	79-81	84-86	89-91	94-96	99-101
C		86-88	91-93	96-98	101-103
D		88-90	93-95	98-100	103-105
DD		90-92	95-97	100-102	105-107



# Other general points to consider:

	8	10	12	14	16	18	20	22	24
AA	75-77	80-82	85-87	90-92					
A	77-79	82-84	87-89	92-94	97-99	102-104			
B	79-81	84-86	89-91	94-96	99-101	104-106			
C		86-88	91-93	96-98	101-103	106-108	111-113	116-118	121-123
D		88-90	93-95	98-100	103-105	108-110	113-115	118-120	123-125
DD		90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127
		10C	12B	14A					

Alternate sizes as shown above (10C = 12B = 14A) have similar cup shapes with different underband measurements.

To ensure you get the best fit, try alternate sizes and different styles.



# Range of bras

- 1. Teen:** A comfortable range designed to assist teens making the transition to their first bra.
- 2. Convertible:** A versatile range with straps that may be detached or worn in different ways depending on your outfit.
- 3. Maternity:** Provides extra support, but is also expandable to grow with the expectant mother. The cups feature an opening flap to make breastfeeding easier.
- 4. Push-up:** This range is designed to enhance your breasts inwards and upwards to create dramatic lift and cleavage.



**5. Contour:** This style incorporates padded or lined cups supported with an underwire, that adds definition and smoothness to the bustline.



**6. Underwire:** Specially designed underwires in the cups provide extra support for non-padded styles.



**7. Wire-Free:** A comfortable, everyday bra designed for increased comfort that it is still supportive without the underwire.



**8. Sports:** Designed to reduce breast movement during sports activity while providing extra support and comfort.



# Range of briefs

1. **Full brief:** Provides full coverage around the mid section.



2. **Bikini:** Great everyday brief which provides comfort.



3. **Boyleg:** Great everyday brief which provides extra coverage around the thighs.



- 4. G-string:** Designed to be worn with tight fitting clothes and minimise visual panty lines.



- 5. Control Briefs:** Employs a high waist design with added control panels to shape your mid section.



- 6. Shapewear:** These garments are designed with specifically placed panels to shape and enhance your figure.

