

## Bra Size Guide and Chart

Let's start with the obvious: figuring out your bra size can be a bit of a pain. However, the right size is important for proper support and a comfortable fit. Anyone who's ever worn a bra that fits poorly knows how uncomfortable that can be, and there can be health consequences as well. A bra that fits well feels comfortable almost to the point that it doesn't feel as if you're wearing one at all.

Let's go through the process of figuring out your size in some simple steps. We'll also provide some charts that are easy to use in order to help. You'll see that it's really not so difficult after all!

### First, Measure Yourself

Using a tape measure, and pulling it firmly but not too tight, measure your underbust by placing the tape measure right below where your bra sits. This gives you your band size.

Now find your cup size by measuring around the fullest part of your bust.

If there is someone who can do the measuring for you, you'll probably get slightly more accurate measurements.

The measuring part is done!

### Sizing Charts

The charts below will help you determine your exact bra size. We've used the metric system since that's the most common worldwide, but we know that some countries use different standards, so we've also included some conversion charts.

<b>Band Size</b>	63-67 cm	68-72	73-77	78-82	83-87
<b>Your Size</b>	<b>65</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>

Now that you have that information, the next chart will help you use your band and cup sizes to determine your exact bra size. Find your band size in the top row and then just go down the column until you find your cup size.

	<b>65</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>
<b>A Cup</b>	76-78 cm	81-83	86-88	91-93	

<b>B Cup</b>	79-81	84-86	89-91	94-96	99-101
<b>C Cup</b>	82-84	87-89	92-94	97-99	102-104
<b>D Cup</b>	85-87	90-92	95-97	100-102	105-107
<b>E Cup</b>	88-90	93-95	98-100	103-105	108-110
<b>F Cup</b>	91-93	96-98	101-103	106-108	111-113

So if your band measurement was 71 cm and your cup measurement was 88 cm, your bra size is 70C. We hope that was easy!

Here's a conversion chart for band sizes. For your convenience, we've bolded our numbers.

<b>U.S.</b>	<b>UK</b>	<b>Europe</b>	<b>France</b>	<b>Italy</b>	<b>Australia</b>	<b>Japan</b>
30	30	<b>65</b>	80	0	8	65
32	32	<b>70</b>	85	1	10	70
34	34	<b>75</b>	90	2	12	75
36	36	<b>80</b>	95	3	14	80
38	38	<b>85</b>	100	4	16	85

Cup sizes are more uniform across the board, but there are some differences, so here's a conversion chart for them as well. Again, we've bolded ours.

<b>U.S.</b>	<b>UK</b>	<b>Europe</b>	<b>France</b>	<b>Italy</b>	<b>Australia</b>	<b>Japan</b>
A	A	<b>A</b>	A	A	A	B
B	B	<b>B</b>	B	B	B	C
C	C	<b>C</b>	C	C	C	D
D	D	<b>D</b>	D	D	D	E
DD	DD	<b>E</b>	E	DD	DD	F
DDD/F	E	<b>F</b>	F	E	E	G

So that 70C in our chart is 32C in the U.S. and the UK, 85C in France, 1C in Italy, 10C in Australia, and 70D in Japan.

## Troubleshooting and Tips

- The back of the bra is supposed to be parallel to the ground. If the back is going up, the clasps might be in the wrong location. The middle position is usually the best, and when you can fit two fingers between the fabric and your back, that's ideal.
- We're all shaped differently, so adjust your straps to fit you to maximize comfort and balance. Can you place a finger between your shoulder and the strap after adjusting it? If you can, you have a proper fit. Consider a bra with wider straps if your bust is large.
- If, after adjusting your bra, it still doesn't feel right, the model might not be best for your shape and you might want a different model or cut.
- When the band goes up at the back, lengthen the straps as needed to stop that. If that doesn't do the trick, select a smaller band size and keep the same cup size.
- Loose cups, insufficient support, and the top of the cup not touching your skin mean your bra is too large and you need a smaller cup size and probably a smaller band size as well.
- The underwire needs to perfectly encase your breasts if it is to do its job properly. Feeling squashed is a flashing sign that you need a larger bra.

Don't settle for discomfort. Be patient and make sure you get the right fit; your comfort and your health are counting on it!

IMPORTANT: This written material has been prepared based on sources which you provided. Neither Flocksy or the creative who wrote the copy makes any claims whatsoever as to the accuracy of the information contained within, and they are not responsible for any legal or financial difficulty resulting from the use of this written material. We encourage you to review it thoroughly before disseminating it or using it in trade.

### SOURCES USED:

<https://www.princessetamtam.com/en/bra-size-guide-p7.html>

<https://www.thirdlove.com/pages/bra-size-chart>