

How do I measure myself?

A good bra fitting is essential to ensure a comfortable fit, so ideally we would recommend that you are fitted by us in store. We offer both bra and prosthesis fitting services to all our customers free of charge. It is essential to be fitted with a proper **prosthesis** which looks natural and feels comfortable.

However, we understand that it is not always possible for you to come to visit us so you will see instructions below on how to measure yourself for a bra. This is not a breast form fitting guide. We strongly recommend you are measured by a trained fitter for your breast form as there are many shapes and sizes to choose from.

All bra manufacturers have a slightly different fit and we are all different shapes and sizes, so your size may vary from brand to brand, and even occasionally from bra to bra! Symptoms of an ill-fitting bra include the back band riding up your back, shoulder straps digging in and breasts bulging over the top of your bra.

You will need two measurements to get your bra size, your **under bust measurement** and your **over bust measurement**. It is best to leave your bra on when measuring. If you are wearing a prosthesis and you are happy with the fit do the full bust measurement, otherwise do the half bust measurement.

Step 1

Under Your Bust.

In inches, take a measurement right underneath your bust making sure the tape is not too tight and not too loose and that the tape measure is straight across your back. Round up any half inches.

Step 2

Full Bust Measurement.

Now take a measurement around the fullest part of your bust, making sure the tape is not too tight and not too loose and that the tape measure is straight across your back. This is your over bust measurement.

Half Bust Measurement.

Starting at the centre of your chest bone (your sternum), hold the tape measure with one hand, bring the tape around the fullest part of your breast and around the back as far as the centre of your spine. Take this measurement and double it, (eg 17" x 2 = 34"). This is your over bust measurement.

Step 3

Take your **under bust measurement** and add 4 if it's an even number and 5 if its an odd number. (eg, 32 + 4 = 36)

Next, you look at your **over bust measurement**. If it is 1" smaller you are an AA, equal size A, one inch bigger and you are a B, two inches and you are a C, and so on.

So, an under bust measurement of 32" and an over bust measurement of 37" gives you a bra size of 36B

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BRA SIZE MEASUREMENT GUIDE

Under bust measurement + 4"	<u>AA</u>	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>	<u>F</u>
32	31"	32"	33"	34"	35"	36"	37"
34	33"	34"	35"	36"	37"	38"	39"
36	35"	36"	37"	38"	39"	40"	41"
38	37"	38"	39"	40"	41"	42"	43"
40	39"	40"	41"	42"	43"	44"	45"
42	41"	42"	43"	44"	45"	46"	47"
44	43"	44"	45"	46"	47"	48"	49"
46	45"	46"	47"	48"	49"	50"	51"