

Selecting the Right Bra That Fits

Finding the right bra that fits you is important for every woman as wearing an ill-fitting bra is not healthy for your breasts and can lead to neck pain, headaches and back aches in the long run. Plus, a properly fitted bra can make you feel more comfortable and it will make your clothes fit and look better.

Statistics all over the world have shown that only approximately 20% of women wear the correct bra size for them. A shocking statistic? Fret not as we offer some tips to help you get the fit and comfort that is right for you no matter where you may be shopping for your bras.

1) Finding the Band Size

You can put on your favourite non-padded underwire bra and make sure that you have put it on properly (bend over and allow your breasts to fall naturally into the cups). Ensure that your straps are well adjusted and comfortable.

To find the right size, hold the tape measure around your back at band level. Then bring the tape measure to the front, just above your bust. Make sure the tape measure rests flat on the skin and runs straight across your back. The resulting number is your band size.

If you end up with an odd number, go down to the nearest even number as bras usually come in even-numbered band sizes.



2) Finding the Cup Size

To find the right cup size, measure around the fullest part of your breasts. Make sure the tape measure is parallel to the ground and not binding. Ensure you are standing up straight for a more accurate reading.

Subtract your band size number from the measurements and you have your cup size.



The general guidelines are as follows:

Variance of Bust measurement – band size measurement	Cup Size (UK)
0"	AA
1"	A
2"	B
3"	C
4"	D
5"	DD
6"	E
7"	F
8"	FF
9"	G

So, if your bust measurement is 36" and your band size is 34", you should wear a B cup bra.

3) Finding the Underband Size

Measuring in centimetres, place the tape measure snugly around the rib cage immediately under the bust. The tape should be held firmly but should not feel uncomfortable.



Refer to the table below which converts your underband measurement into your bra size.

Underband (cm)	Bra Size (UK)
63-67	30"
68-72	32"
73-77	34"
78-82	36"
83-87	38"
88-92	40"
93-97	42"

Final Conversion Chart

Underband Size	Cup Size	AA	A	B	C	D	DD	E	F	FF	G
	63-67cm		30AA	30A	30B	30C	30D	30DD	30E	30F	30FF
68-72cm		32AA	32A	32B	32C	32D	32DD	32E	32F	32FF	32G
73-77cm		34AA	34A	34B	34C	34D	34DD	34E	34F	34FF	34G
78-82cm		36AA	36A	36B	36C	36D	36DD	36E	36F	36FF	36G
83-87cm		38AA	38A	38B	38C	38D	38DD	38E	38F	38FF	38G
88-92cm		40AA	40A	40B	40C	40D	40DD	40E	40F	40FF	40G
93-97cm		42AA	42A	42B	42C	42D	42DD	42E	42F	42FF	42G

You should remember that the band size and cup size of a bra always work together. A 'DD' cup size is not always a larger cup capacity than a 'D' cup as it depends on the band size.

For example, a 34B cup size is the same cup capacity as a 32C and a 36A. The only thing that is different is the band size.

So if one finds that a 34B is the right cup but looser in bra band, then 32C would fit better, or if one finds a 34B the right cup but too tight on the bra band then try 36A.

Band Size Conversion Chart between countries

UK	USA	Europe	France	Italy	Australia
30	30	-	-	-	-
32	32	70	85	1	10
34	34	75	90	2	12
36	36	80	95	3	14
38	38	85	100	4	16
40	40	90	105	5	18
42	42	-	-	-	-

Cup Size Conversion Chart between countries

UK	USA	Europe	France	Italy	Australia
AA	AA	AA	AA	-	-
A	A	A	A	A	A
B	B	B	B	B	B
C	C	C	C	C	C
D	D	D	D	D	D
DD	DD or E	E	E	DD	DD
E	DDD or F	F	F	E	E
F	G	G	G	F	F
FF	H	H	H	FF	FF
G	I	J	J	G	G

Please note that the sizes on the chart are only a guide. We can all have slight differences and therefore we can never truly measure ourselves against one simple chart.

4) Underwire Support

The underwire in your bra gives support to your breasts. Make sure that it lies under your breasts and fits snugly. If the underwire digs into your skin, try a larger cup size.

5) Back of the Bra

The back of the bra should run straight across your back. If it pulls upwards, the bra may be too big for you.

Ultimately when the bra wears out and the elasticity is no longer there, you need to get a new one. Make sure to check if your bra fits you regularly to avoid wearing a worn out or ill-fitting bra.

Important Notes:

1. Use a soft tape measure and make sure you stand straight and relax while taking your measurements.
 2. A measurement can be done over the bra you are wearing and even over your T-shirt. Just ensure that you wear a bra with no padding for better accuracy.
 3. If you have large and/or sagging breasts, make sure you pull up your bra's shoulder straps when you are measuring your band size.
 4. Once you have found the perfect bra, make sure you bend over and allow your breasts to fall naturally into the cups when putting on the bra. Put a hand to each breast and adjust the nipple so that it lies in the centre of the cup. The centre of the bra should lie flat against the breastbone and there should be no gaps. Ensure that the bra cups are smooth with no wrinkles. If you see wrinkles, the cup size may be too big for you.
 5. Take a look at yourself in the mirror. Your breasts should not spill out of your bra. If they do, your cup size is too small for you.
 6. Your bra should still support your bust well even if you remove the straps.
 7. Your bra should not pinch you or cause any discomfort to you. If it does, it may not be the right size for you.
 8. Finally, remember that every bra style fits a bit differently. You may have the correct size, but not every bra is the right style to suit your body.
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