

Fitting Guide

The importance of wearing the correct bra size



✗ If the underband is riding up, the back size is too big. You will need to go up a cup size and down a back size. Eg. 10E to 8F.



✓ Underband is not riding up and is firm, but not uncomfortable.



✗ If the underband is uncomfortably tight, and the hook & eye is straining, then the back size is too small. You will need to go up a back size but down a cup size. Eg. 10E to 12DD.



✓ If the underband is riding up, the back size is too big.



✗ If the cups are wrinkling and there is space at the top and the sides of the cup, a smaller cup size is needed. You need to stay in the same back size and go down a cup size. Eg. 10E to 10DD.



✓ There is no wrinkling on the cups and no space between the bust and wire



X If the wires stand away from the body at the centre front and dig in at the underarm, a larger cup size/and or smaller back size is needed. Eg. 10E to 10F and/or 8FF.



✓ Wires sit close to the chest



X If the bust is bulging over the cups at the neck edge and/or the underarm then a larger cup size is needed. You will need to stay in the same back size but go up a cup size. Eg. 10E to 10F.



✓ There is no bulging at the underarm or the neck edge. The breasts are totally encased within in the wire. The wire should not sit on the breast tissue



X If the cups lift away from the chest when the arms are lifted, then either a smaller back size and/or a larger cup size is needed. Eg. 10E to 8F and/or 8FF.



✓ The arms are lifted and the bra stays in place

If one breast is bigger than the other

It is quite common for a woman to have one breast bigger than the other. Sometimes there is only a slight difference, but sometimes there is a cup size difference.

It is important to fit the bigger breast so that it is encased by the wire. The straps can be adjusted so they are looser on the larger side and tighter on the smaller side to achieve the best fit.

Once the correct bra size has been found, it is a good idea to try a t-shirt on over it to make sure the shape looks supportive and smooth with no bulging.