

How to Determine Bra Size

Step 1: Find your band size

Standing in front of a mirror; wrap the tape measure snugly around your chest, just under or at the crease beneath your breasts and flush against your back. Check in the mirror to make sure the tape measure is parallel to the floor and flat across your back. You may need a friend or partner to help. Record this measurement in inches and write it down. Now you'll need to do some basic math to find your proper band size.

If the number is even, add 4 to get your band size

If the number is odd, add 5 to get your band size

Example: If you wrote down 32, add 4 and your band size will be 36.

Step 2: Find your cup size

Now, standing in front of the mirror as before, wrap the tape measure around the fullest part of your breasts (at the nipple). The tape measure should be straight, parallel to the floor and flat across your back. Record this measurement in inches and write it down. Take this number and subtract your band size measurement from it. The difference will tell you what your cup size is, based on the following chart.

Example: If your Band measurement is 35, and your new measurement, from the fullest part of your breast is 38, the difference is 3, and your cup size is "C".

That's it! Your band size, along with the cup size determined from the chart is your new bra size. Based on the example above, if your band measurement was 38 and your cup measurement was 35 - you would be a 38 C.

Difference		Cup Size
inches	cm	
0"-0.5"	1.3 cm	AA
1/2"-1"	2.6 cm	A
2"	5.1 cm	B
3"	7.6 cm	C
4"	10.2 cm	D
5"	12.7 cm	DD or E
6"	15.2 cm	DDD or F
7"	17.8 cm	G
8"	20.3 cm	H
9"	22.9 cm	I
10"	25.4 cm	J
11"	27.9 cm	K
12"	30.5 cm	L