

SIZING GUIDE: HOW TO MEASURE



LADIES SIZING

Measure whilst standing in your underwear, all sizing is based on a height of 168cm (5'6") so the exact fit may differ due to body torso length & height. If you fall in between sizes round it up to the bigger size.

If you have any questions or are unsure please do not hesitate to ask your consultant for advice.

		MEASUREMENTS						
SIZE:	8	10	12	14	16	18	20	
	S	M	M	L	L	XL	XL	
Bust:	82	87	92	97	102	107	112	
Waist:	63	68	73	78	83	88	93	
Hips:	88	93	98	103	108	113	118	
Height:	168	168	168	168	168	168	168	

NB: All measurements are in cm

Bust: I am _____ cm

Measure over the bust at the widest part.

Waist: I am _____ cm

Measure around your natural waistline.

Hips: I am _____ cm

Measure around the fullest part of your hips.

BIKINI TOP / BRA CUP SIZING

Measurement 1: Underband Size

Measure around your body, underneath your bust on your rib-cage. Hold the tape firm but not too tight. Keep it parallel to the floor.

Example of 79cm = 14.

Measurement 2: Cup Size

Measure around your body over the fullest part of your bust. Work across from your underband size to find your measurement – this will be your cup size. Example of 97cm = C cup.

Bikini Cup Size needed is a 14C.

Underband Size: I am _____ cm

Overbust Size: I am _____ cm

Measurement 1			Measurement 2						
Underband	Size		Overbust = Cup Size						
		⇒	A Cup	B Cup	C Cup	D Cup	DD Cup	E Cup	F Cup
68-72	10	⇒	82-84	84-86	86-88	88-90	90-92	92-94	
73-77	12	⇒	87-89	89-91	91-93	93-95	95-97	97-99	99-101
78-82	14	⇒	92-94	94-96	96-98	98-100	100-102	102-104	104-106
83-87	16	⇒	97-99	99-101	101-103	103-105	105-107	107-109	109-111
88-92	18	⇒		104-106	106-108	108-110	110-112	112-114	114-116
93-97	20	⇒			111-113	113-115	115-117	117-119	119-121

NB: All measurements are in cm