

How to measure cup size

1. Tight circumference measurement around bust = **X**. Round up or down to the nearest multiple of 5 (eg measure 78 cm gives a bra size of 80).
2. Loose measurement over the fullest part of the breast, from the centre of the spine to the centre of the sternum = **Y**. Multiply this measurement by two = **Y2**.
3. The difference between **Y2** and **X** decides the cup size.
($Y2 - X = \text{cup size}$)

Y2-X = Cup size

Difference	cm	11	13	15	17	19	21	23	25	27	29
Cup size		AA	A	B	C	D	E	F	G	H	I

