

# How to find the right size

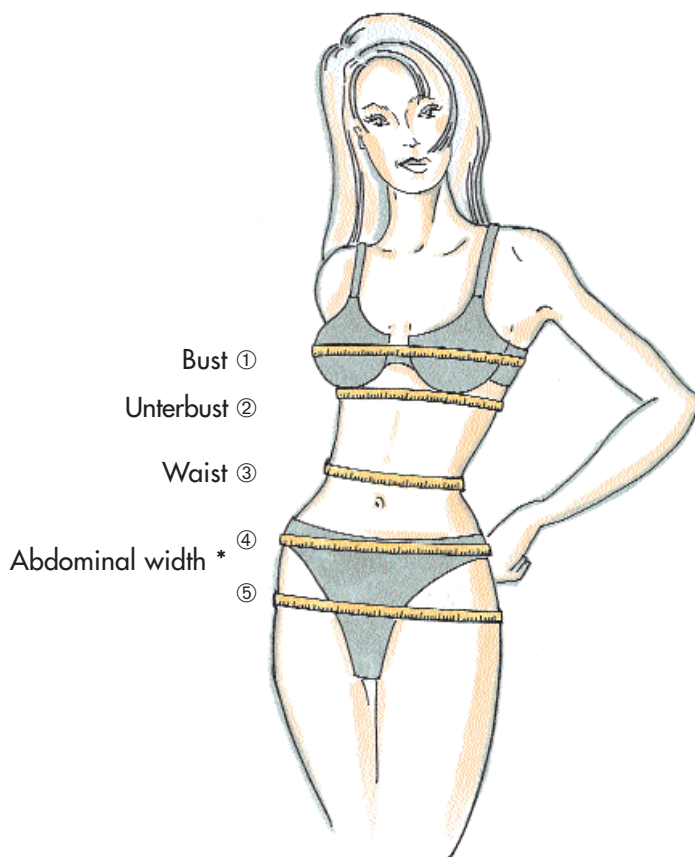
Always measure your customer's size, as most women wear the wrong bra size. While you are measuring, the customer should be wearing a well-fitting bra!

**Well-fitting bra:** The cup must enclose the breast at both the side and neckline without restricting. The underbust band should not cut in.

Maternity bras are already required from the second month onwards. The bra band must be closed so that there is still sufficient leeway, i.e. on the second or third hook row.

Nursing bras should be offered to the customer in the seventh or eighth month when the breast has normally reached its maximum size. The cups should be at least one size larger than the bra that the customer is currently wearing. The bottom band does not need any spare width and must be closed on the first or second hook row.

Panty girdles should be recommended from the fifth month onwards. It must be ensured that the waistband and legs do not cut in!



## The bra size:

e.g:



### CupSize

Bust ① – Unterbust ② = Cup size

10-12 cm Cup AA	16-18 cm Cup C	22-24 cm Cup F
12-14 cm Cup A	18-20 cm Cup D	24-26 cm Cup G
14-16 cm Cup B	20-22 cm Cup E	26-28 cm Cup H

e.g.: 102cm - 85cm = 17cm, ⇔ 17cm = Cup C

### Underbust measurement

Measure ② in cm	63-67	68-72	73-77	78-82	83-87	88-92	93-97	98-102	103-107	108-112	113-117	118-122	123-127
D/EUR	65	70	75	80	85	90	95	100	105	110	115	120	125
F	80	85	90	95	100	105	110	115	120	125	130	135	140
GB/US	30	32	34	36	38	40	42	44	46	48	50	52	54

### Size chart

Waist* ③ and Abdominal width** ④⑤	58-62	63-67	68-72	73-77	78-82	83-87	88-92	93-97	98-102	103-107	108-112	113-117	118-122
<b>Panty girdles</b>													
D/EUR	60	65	70	75	80	85	90	95	100	105	110	115	120
GB/US	28	30	32	34	36	38	40	42	44	46	48	50	52
F	85	90	95	100	105	110	115	120	125	130	135	140	145
<b>Dress size</b>													
D/EUR	36	38	40	42	44	46	48	50	52	54	56	58	60
GB	30	32	34	36	38	40	42	44	46	48	50	52	54
F	38	40	42	44	46	48	50	52	54	56	58	60	62
I	40	42	44	46	48	50	52	54	56	58	60	62	64
US	6	8	10	12	14	16	18	20	22	24	26	28	30
<b>Tights</b>		I	II	III	IV	V							

\* Applied to non pregnant women

\*\* Abdominal width in larger sizes: largest circumference of the body