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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

How To Measure Bra Size

By Galia Ivanova

Do you know how to measure your bra size?

Do you know what your bra size is? Of course you do, otherwise how do you shop for a new bra, right? But do you know that measuring your bra size every six months is absolutely necessary?

If you don't measure your bra size every six months you risk buying yourself an uncomfortable bra. That happens often when you shop online. Well, you can return the product if it does not fit you, but you can also save yourself a lot of time and troubles just by measuring your bra size every six months.

You want to know how to find you bra size now, but you are not sure how exactly to do it? I am her to help you, it is very easy.

Measuring bra size

Your bra size combines two sizes – your Band size (Band measurement) and your Cup size (Cup measurement).

For example: a bra size of "36B" combines the two sizes - "36" (Band size) and "B" (Cup size).

First you should measure your band size – the numeric portion in your bra size (ex: the "36" in "36B"). Here is how to:

Measure under your arms, high on your back, around the top of your chest. If this measurement is an even number (assume 36 inches) that is your band size. If this measurement is an odd number (assume 35 inches) add 1 inch to find your correct band size of 36 inches.

Second you should measure your cup size - the letter portion in your bra size (ex: the "B" in "36B"). Here is how to:

Put on your favorite comfortable and supportive bra and measure loosely around the fullest part of your bust. Let us assume that you measured 38 inches.

How To Measure Bra Size

Finally subtract your band size (36 inches) from your cup size (38 inches) that equals to 2 inches. Each inch difference represents one cup size in this example that difference is 2 inches, which equals to cup size "B". As you may guessed you need a bra size chart to determine your correct cup size and I will give it below.

Now you know your band size (38 inches) and you found your cup size is "B", so you can combine these two sizes into your current correct bra size of 38B.

Bra size chart

Cup size chart – actually I can't insert a table here, so I will give you the table in a list style:

1–inch difference: A cup 2–inch difference: B cup 3–inch difference: C cup 4–inch difference: D cup
5–inch difference: DD cup 6–inch difference: DDD cup 7–inch difference: DDDD cup 8–inch difference:
FF cup

Conclusion

To conclude properly I must tell you that bra sizes differ according to the country of the bra manufacturers.

Example:

European E cups equal to American DDD cups, unless otherwise indicated. French E cups equal to USA DD cups, and French F cups equal to USA DDD cups.

One more thing for all women, who measure their band and cup sizes into centimeters. Keep in mind that 1 inch equals to 2.54 centimeters, so after measuring your band and cup sizes, divide them by 2.54 and you will find your band and cup sizes in their inch equivalents.

Example:

Your band size in centimeters is 92 divided by 2.54 is about 36.22, ignore the fraction and you have your band size of 36 inches. If you ever get an odd number, add "1" to find your correct band size.

Your cup size in centimeters is 97 divided by 2.54 is about 38.19, ignore the fraction and your cup size is 38 inches.

You already know the rest. I know I got into too many mathematical operations, so I am really sorry, but it just could not do without them.

For more detailed bra size chart and the comparison bra charts for different countries, please visit:

<http://lingerie.clothesbest.com>

and

<http://sleepwear.clothesbest.com>

for sexy sleepwear.

Shopping For The Right Bra Size

By Barney Garcia

Shopping for a bra can be a long and painful task for many women. There are many bras to choose from and many women don't know which style, and more importantly size, is right for them.

When shopping for a bra, finding the right size is vital; it is estimated that about 80% of women are wearing the wrong bra size. To make sure the bra you are buying is the correct size, watch for the following signs.

You should measure the width of your chest just below your breasts (on your ribs) before buying a bra. Take this number and add five inches to it. This will tell you what band size you should be trying on. For example, if you measure 31 inches around, you should be trying on a 36 sized bra. If your number ends up being odd, go to the next size up. If you are "plus sized", you don't have to add these five inches.

To find your correct cup size, have someone measure around the fullest part of your breasts. You should not wear a padded bra while doing this. Then take this number and subtract it from your rib measurement. This will tell you your cup size.

Negative difference – AA

1 inch – A 2 inch – B 3 inch – C 4 inch – D 5 inch – DD or E 6 inch – DDD or F 7 inch – DDDD or G

If your bra fits correctly, it should be snug around the middle, but still be able to fit one or two fingers under the band comfortably. If you can't do this, the bra is too tight. If the band comes away from your body very easily or the band rides up your back, the bra is too big. If you are wearing an under wire bra, the wire should lay flat across your chest. Whereas if you are wearing a bra with no under wire, it should separate your breasts so it doesn't look like you have one big boob. You should also look for the tightness of the bra on the breast. The breast should fill the cup perfectly. If your breast is lower than the cup, the cup is too big, but on the other hand, you don't want to be spilling out of the cup either. If your breasts are popping out on the sides, top or bottom, the bra is too small. If the band feels fine, just go up a cup size. When shopping for a bra, try raising your arms over your head– the bra should stay in place and not lift off of your chest. If it does this, its too big.

If you follow these tips, your next shopping trip for bras should be more enjoyable. Try on all different styles of bras to see which kind suits you best. Also, never rush while shopping for bras. Pay attention to how they look and feel to make sure you buy the perfect fit.

How To Measure Bra Size

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.breast-enhancement-facts.info>

and

<http://www.simply-breast-enhancement.info>



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