

Lingerie and Swimwear Measuring Guide

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Mastectomy Bra & Swimwear Fitting Guide - Amoena

It is important to measure yourself each time you consider purchasing a new bra. Remember, your bra size can change due to age, diet or exercise. To determine your bra size follow the instructions shown below:



Band Size (underbust)

First measure from the middle of your chest, underneath the remaining breast where the bra band sits, to the center of your spine (diagram A).

Double this measurement to get your band size (this is the 'underbust' measurement shown on the picture).



Cup Size (overbust)

Now measure from the middle of your chest to the center of your spine, but this time over the fullest part of your remaining breast (diagram B).

Double this figure to get your overbust measurement.

Example

Band size:

Measurement equals 14½ inches. $14\frac{1}{2} \times 2 = 29$ Band size is 29 inches.

Cup size:

The measurement is 17½ inches. $17\frac{1}{2} \times 2 = 35$

Bra size:

29 inches underbust and 35 inches overbust, gives a bra size of 34B

Bra size

Use the chart below to find your correct bra size. Remember this is only a guide. For a perfect fit, size up or down as needed.



inches



A	AA	29½-30½	31½-32½	33½-34½	35½-36½	37½-38½	39½-40½	41½-42	43½-44	45½-46	47½-48	49½-50	51½-52											
	A	30½-31	32½-33	34½-35	36½-37	38½-39	40½-41	42-43	44-45	46-47	48-48½	50-50½	52-52½											
	B	31-32	33-33½	35-35½	37-37½	39-39½	41-41½	43-43½	45-45½	47-47½	48½-49½	50½-51½	52½-53½											
	C	32-32½	33½-34½	35½-36½	37½-38½	39½-40½	41½-42½	43½-44½	45½-46½	47½-48½	49½-50½	51½-52½	53½-54½											
	D	32½-33½	34½-35½	36½-37½	38½-39½	40½-41½	42½-43½	44½-45½	46½-47½	48½-49½	50½-51½	52½-53	54½-55											
	DD	33½-34½	35½-36½	37½-38½	39½-40½	41½-42	43½-44	45½-46	47½-48	49½-50	51½-52	53-54	55-56											
	DDD	34-¾35	36½-37	38½-39	40½-41	42-43	44-45	46-47	48-48½	50-50½	52-52½	54-54½	56-56½											
G	35-35½	37-37½	39-39½	41-41½	43-43½	45-45½	47-47½	48½-49½	50½-51½	52½-53½	54½-55½	56½-57½												
B	24½-26½	26½-28½	28½-30½	30½-32½	32½-34½	34½-36½	36½-38½	38½-40½	40½-42	42½-44	44½-46	46½-48												
C	34½-36½	36½-37½	37½-39½	39½-41	41-42½	42½-44	44-45½	45½-47½	47½-48½	48½-50½	50½-52	52-53½												
1	30	4	32	6	34	8	36	10	38	12	40	14	42	16	44	18	46	20	48	22	50	24	52	28
2	4	6	8	10	12	14	16	18	20	22	24	28												
	XS	S	M	L	XL	XXL																		

Swimwear Sizes

To ensure the best fit possible, most of our swimsuits and bikinis are available in different cup sizes. Most styles are available in either a B or C cup fitting, with a smaller selection available in A and D fittings. You would choose a size based on your dress size, and your typical bra cup size.