

## Bra fitting guide

68-72	32	Step 1 – Bra Size (Underband) Measuring in centimetres place the tape measure around the rib cage immediately under the bust. The tape should be held quite tightly but should not feel uncomfortable. Refer to the table on the left to convert your underband measurement into your bra size.
73-77	34	
78-82	36	
83-87	38	

### Step 2 – Cup Size

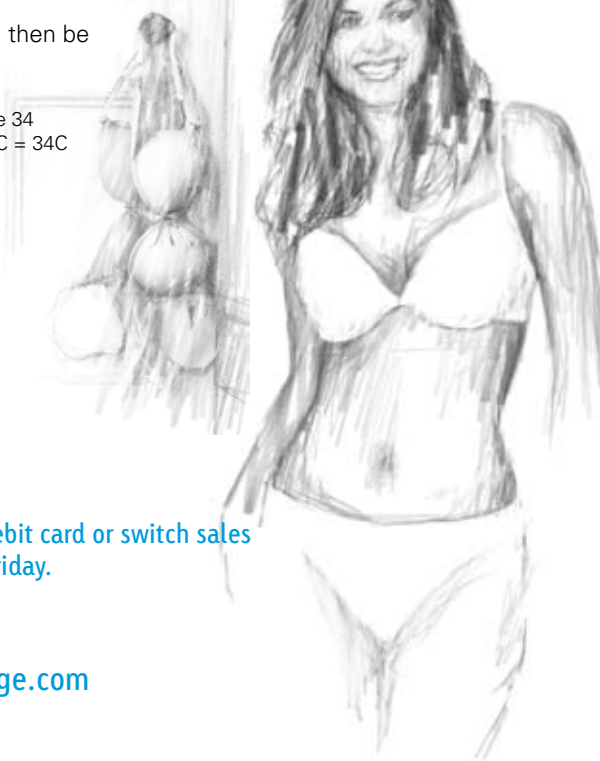
Again using centimetres, measure around the bust at the fullest part ensuring that the tape is level at the front and back. The tape should be held firmly. Having established your bra size you can now check your cup size.

Bra Size	AA Cup	A Cup	B Cup	C Cup	D Cup	DD Cup
30	75-77	77-79	79-81	81-83	83-85	-
32	80-82	82-84	84-86	86-88	88-90	90-92
34	85-87	87-89	89-91	91-93	93-95	95-97
36	90-92	92-94	94-96	96-98	98-100	100-102
38	95-97	97-99	99-101	101-103	103-105	105-107

Step 3 – The two measurements can then be combined to give your size.

**Example:**

Underband measurement = 75cm = Bra size 34  
Cup size measurement = 92cm = Cup size C = 34C



## How to order...

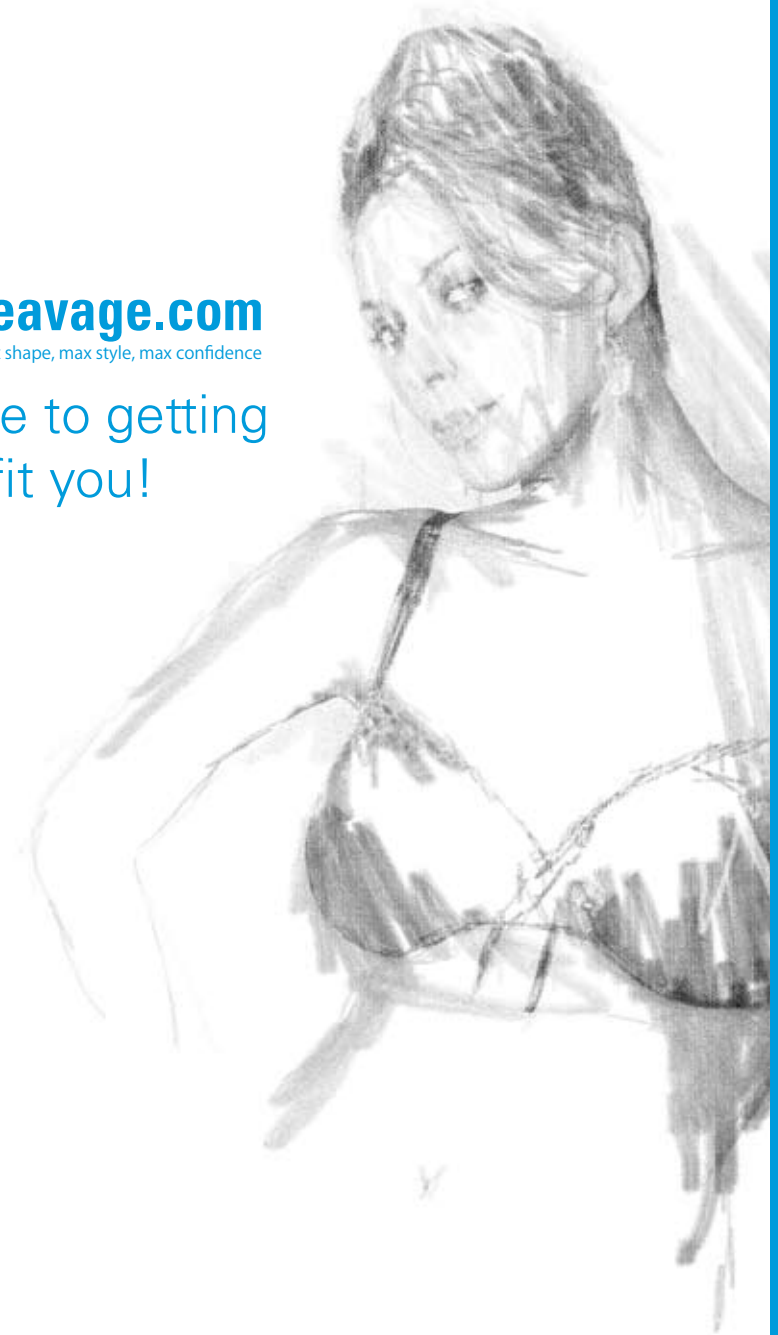
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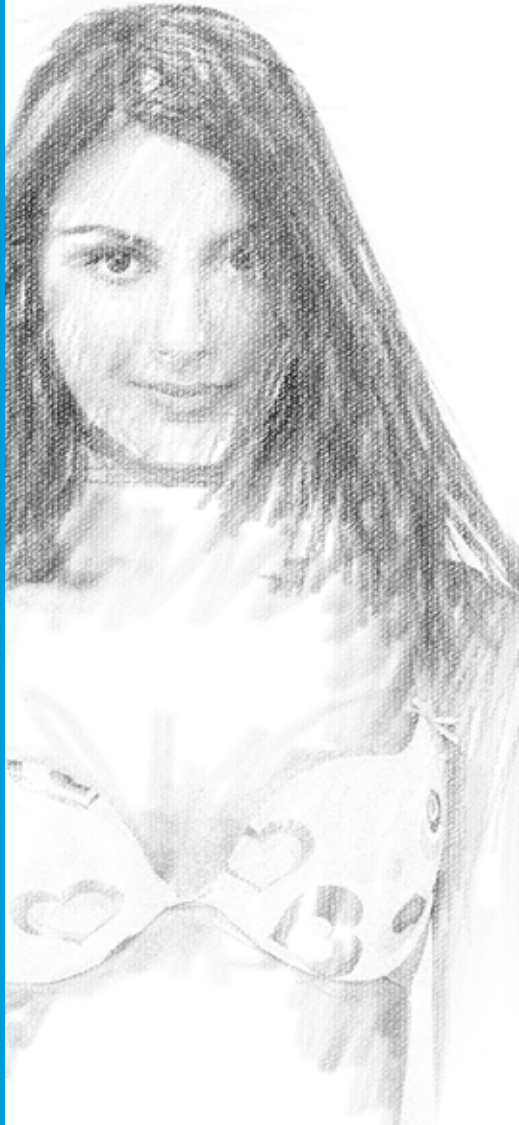
Order online: [www.maxcleavage.com](http://www.maxcleavage.com)

Our guide to getting a bra to fit you!



# Look good and feel great!

We know how hard it can be to find a bra that gives you confidence and curves but we feel pretty sure that our extensive range of bras will offer you both confidence and curves in abundance.



Sometimes we underestimate bras. We think we know our size, we think we can just put a bra on and leave it and we think it doesn't matter too much if we have matching knickers or not!

But fitting your bra does require a little time, a little experimenting and why not try wearing matching knickers and see how you feel...

## The perfect bra...

### 1. The cups & wires

The underwires should not dig in or create sore areas anywhere. They should lie flat against the rib cage without you knowing they are there!

Your breast should be well supported without bulges or gaps between the cup and your skin.

### 2. The Straps

The strap around your body should feel comfortable but firm giving support but not restricting your breathing! If it rides up your back then the strap is too loose. Shoulder straps need to be tight enough to offer support but again they should not rub or cause problems. Try adjusting your straps if you feel you are not getting enough support from your bra.

### 3. The Look

When you put your clothes back on, your shape should look fuller and give you a wonderful looking bust line. A shape to give you confidence!

If you are not achieving the look and feel you want then our troubleshooter guide below will help you find the perfect bra for the perfect fit...

When putting your bra on for the first time it is important that you fit your breasts in to each cup. This means literally pulling each breast out of the cup and then placing it back in again. This allows the gel to settle to the bottom of your cup and moulds to the underneath of your breast. Your breast then settles on top of the gel giving you an enhanced shape. Always try a t-shirt over the top to see the shape that your new bra gives you.

### If the cups are gaping...

Try adjusting the shoulder straps first and tightening the back strap. If the cup still gaps then you may need to try a smaller cup size. If you wear a 34B try 34A.

### The strap rides up my back...

This is a sure sign that you need to adjust the size of the strap around your body. This strap should fit snugly and give good support. However, going down a size around the chest measurement often means that the cup size will be smaller, i.e. if you are a 34A and you try a 32A, the cup size will be too small. You should try a 32B.

Sounds all a bit confusing so we have put this chart below to show you the size that you should try if you are having problems with the strap around your body moving:

34A try 32B	38B try 36C
36A try 34B	34C try 32D
34B try 32C	36C try 34D
36B try 34C	38C try 36D

### Problematic wires...

If wires are digging in under my arms or sticking out at the front, it usually means that the cup size is too small. Try going up a cup size i.e. if you are 34B try a 34C. Your boobs are trying to work their way out of the cups and the wires are getting in their way!

### Shoulder straps leave red marks...

The strap around your body should be where the main support is coming from. Marks from shoulder straps means that they are trying to compensate for a back size that is too big. Try choosing a back size smaller. Alternatively try loosening your shoulder straps.

### My boobs bulge out over the cups...

Your boobs are clearly trying to escape so go up a cup size. Cleavage is one thing but if your boobs are uncomfortable, try the bigger size.

## Finally...

We want you to be thrilled with your new bra. If you are still having problems, call one of the girls in the office that will be only too pleased to help you out with extra advice. Remember that many of us in the office are wearers of maxcleavage.com underwear so we know our stuff!

