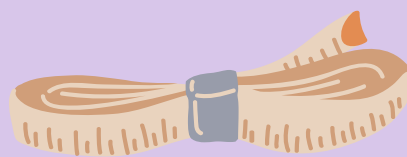


TAKING MEASUREMENTS

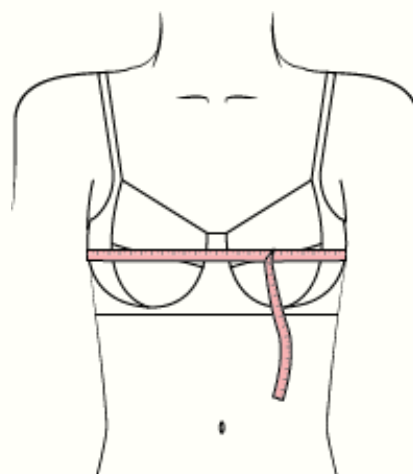
Full bust: Wearing a lightly lined or a non push up bra, wrap a measuring tape around the fullest part of your breasts. Breath in, breath out. Make sure the measuring tape is level and parallel to the floor. The measuring tape should be tight enough so that it stays in place (level) on its own, but it should not be digging into your skin (which would alter the measurements), cause indentations or be painful.

Underbust: Now wrap the measuring tape directly under your breasts (ribcage). Breath in, breath out. Again, make sure the measuring tape is level and parallel to the floor.

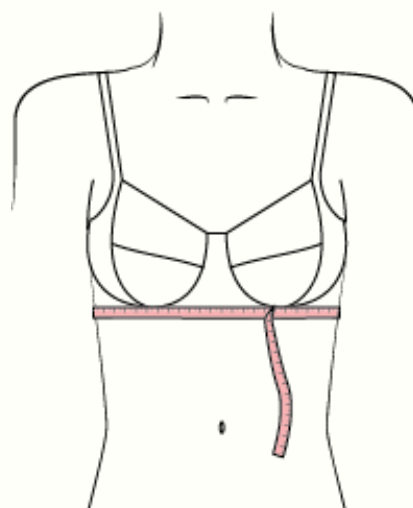
Cup size: Subtract your underbust measurement from your full bust measurement. Every inch equals a cup size up. Refer to chart below and on the following page..



MEASURE YOURSELF
THROUGHOUT THE
MONTH SO THAT YOU
KNOW HOW YOUR
BODY'S MEASUREMENTS
CHANGES WHEN YOU
ARE ON/OFF YOUR
MENSTRUAL CYCLE.



full bust



underbust

DIFFERENCE BETWEEN FULL + UNDERBUST	CUP SIZE (US)
1"	A
2"	B
3"	C
4"	D
5"	DD/E
6"	DDD/F
7"	G
8"	H

INTERNATIONAL ALPHA SIZES

BRALETTE

SIZE	XS	S	M	L	XL	2X	3X	4X
FULL BUST	28-30" 71,12- 76,2 cm	30-32" 76,2- 81,3 cm	32-34" 81,3- 86,4 cm	34-36" 86,4- 91,4 cm	36-39" 91,4- 99,1 cm	39-42" 99,1 -106,6c m	42-45" 106,6 114,3 cm	45-48" 114,3 121,9 cm

PANTY

SIZE	XS	S	M	L	XL	2X	3X	4X
WAIST (SMALLEST PART)	23-25" 58,5- 63,5 cm	25-27" 63,5- 68,5 cm	27-29" 68,5- 73,5 cm	29-31" 73,5-79 cm	31-33" 79-84 cm	33-36" 84-91,5 cm	36-40" 91,5- 101,5 cm	40"-45" 101,5- 114,5 cm
HIP (WIDEST PART)	33-35" 84-89 cm	35-37" 89-94 cm	37-39" 94-99 cm	39-41" 99-104 cm	41-43" 104- 109 cm	43-46" 109-117 cm	46-50" 117cm -127 cm	50-55" 127-140 cm

INTERNATIONAL CUP SIZES

	US	UK	EUROPE	FRANCE	ITALY	AUS	JAPAN
1"	A	A	A	A	A	A	A
2"	B	B	B	B	B	B	B
3"	C	C	C	C	C	C	C
4"	D	D	D	D	D	D	D
5"	DD/E	DD	E	E	DD	DD	E
6"	DDD/F	E	F	F	E	E	F
7"	G	F	G	G	F	F	G
8"	H	FF	H	H	FF	FF	H
9"	I	G	I	I	G	G	I
10"	J	GG	J	J	GG	GG	J
11"	K	H	K	K	H	H	K
12"	L	HH	L	L	HH	HH	L
13"	M	J	M	M	J	J	M
14"	N	JJ	N	N	JJ	JJ	N
15"	O	K	O	O	K	K	O

INTERNATIONAL BAND SIZES

US	UK	EUROPE	FRANCE	ITALY	AUS	JAPAN
28	28	60	75	0	6	60
30	30	65	80	0	8	65
32	32	70	85	1	10	70
34	34	75	90	2	12	75
36	36	80	95	3	14	80
38	38	85	100	4	16	85
40	40	90	105	5	18	90
42	42	95	110	6	20	95
44	44	100	115	7	22	100
46	46	105	120	8	24	105
48	48	110	125	9	26	110
50	50	115	130	10	28	115
52	52	120	135	11	30	120
54	54	125	140	12	32	125
56	56	130	145	13	34	130