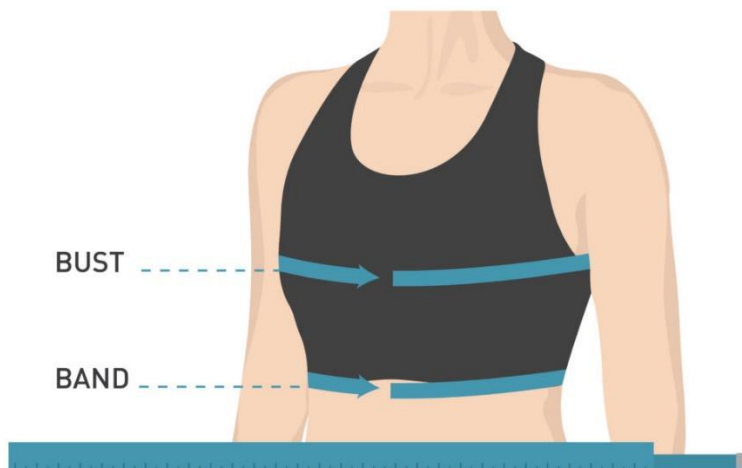


## How to Determine Your Correct Bra Size – With Breast Forms

**Step 1: Measure Your Band Size – this will tell you the size in inches of the bra then choose the cup size which is a letter (see step 2)**



### Step 2: Determine Your Ideal Cup Size

The next step is to determine the cup size you want to achieve. **This should be a size that's proportionate to your body: Not too big and not too small.**

Generally speaking, the larger your body frame is, the larger your cup size should be.

Here are some guidelines:

- Choose an B or C cup if you have a small frame.
- **Choose a C or D cup if you have a medium frame.**
- Choose a D cup or larger if you have a large frame.

Once you know your correct band size and desired cup size, you can purchase the correct size bra and breast forms.

So for example **if your band size is 38** inches and you want to go for a C cup, you'd buy a bra labelled **38 C**

If you wanted a larger boob size you may decide to do for a D in which case the bra would be 38D