

## Find Your Perfect Bra

A bra that fits well makes all the difference. Whether you're an A cup or a D+, we're here to help you find a style that fits so comfortably, you just might forget you're wearing it.



### Bra Q&A

**Does the band ride up your back?**

If yes, your bra is either too large or needs to be tightened. If it's still too loose after you've adjusted the band, it's time to go down a band size (and possibly up a cup).

**Do your breasts spill over or bulge under the cup?**

If yes, your cups are too small and you need to go up a cup size.

**Do the cups pucker or gap?**

If your breasts don't fill out the cups, your bra is too large.

**Do your straps slip and slide?**

If you've adjusted your straps and they still fall off, either the band is too big or your bra has lost its elasticity. If you have sloped shoulders, opt for a racerback bra or a style with convertible straps.

**Do your straps dig into your shoulders?**

If so, try loosening the straps. If that doesn't solve the problem, it's likely the cups are too small and you need to go up a cup size.

**Does the wire poke and prod?**

If so, you're wearing a cup size that's too small.

### How Does Your Bra Fit?

**Too Small**

- Spillover on top or sides
- Center section doesn't lie flat
- Underwires poke or ride up

**Too Big**

- Cups wrinkle or gap
- Adjusted straps still slide off
- Band rides up in back

**Just Right**

- Smooth cups
- Center section lies flat
- Band is low and even

### How to Measure Your Band Size

- Put on your best-fitting, non-padded bra.
- Wrap a measuring tape snugly around your rib cage, just beneath your bustline.
- Adjust the tape so that it's parallel to the floor.
- Exhale deeply—you want the smallest measurement possible.
- Round to the nearest whole number and refer to the size chart.

Rib Cage	Band Size
27-29"	32
30-32"	34
33-34"	36
35-38"	38
39-41"	40
42"	42
43-45"	44
46-47"	46
48-49"	48
50-51"	50
52"	52

### Size Conversion Chart for D+

Checking out a brand you've never worn before? Brands from different countries label cup sizes for D and above differently. Use this chart to find your size.

# of Ds	French	U.S.	British
1	D	D	D
2	E	DD	DD
3	F	DDD	E
4	G	G	F
5	H	H	FF
6			G
7			GG
8			H
9			HH
10			J
11			JJ
12			K

**Tip:** Because bra bands tend to stretch over time, your bra should fit firmly on the last hook when new.

**French:** Chantelle Intimates, Le Mystère, Simone Perele  
**U.S.:** Betsey Johnson, Calvin Klein, Natori, Wacoal  
**British:** Elomi, Fantasie, Freya, Panache

## Silhouette Solutions



### T-Shirt

Smooth coverage and molded cups give you a streamlined look, and enhanced lining means you can wear your most-loved tees without any worry.



### Push-Up

Release your inner bombshell with extra lift and cleavage-enhancing padding. For a little less va-va-voom, go up a cup size.



### Demi

Subtly sexy. A straight-across cut enhances cleavage, while wide-set shoulder straps highlight more of your neckline.



### Strapless/Convertible

Cover all your bases with removable straps and a fitted band that provides support for any bare-shoulder look. Molded cups and a snug fit ensure natural shaping.



### Racerback

Boasting generous support and slip-proof straps, this sport-inspired bra is the one to wear with tank tops and sleeveless dresses.



### Bralette

Delicate details give a hint of sexiness, while soft, stretchy fabric offers light support and a comfy fit.



### Unlined

This seamless style provides a natural shape without lining or molding and flatters an average to fuller bust. Perfect under sleek, body-hugging looks.



### Wireless

A soft, no-show silhouette slips comfortably under sheer tops. Elastic details and stretch fabric offer support. Look for styles with foam cups for extra coverage.

## In-Store Fittings

Still have questions? Come talk to one of our in-store fit experts. Bra fittings are free, simple and only take about 15 minutes. Contact a Fit Specialist today at 1.866.713.2405.