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Here are some instructions on how to measure the size of your bra at home, so you can order online and get the parcel delivered to your door. Remember that we have a flexible exchange policy, so if you are not happy with the style or fit, just come back to us in its original state within 10 days of purchase. This does not apply to selling items or special offers

To design the size of the bra, measure while you are already wearing a bra. Step 1: Under the measurement of the bust (strip size) measure directly under the bust. Place the roulette around the torso, right under the bust. Check the mirror side of that tape even. Take a solid dimension - pull tight enough. This gives your band measurement, for example 10, 12, 14, 16, 18 Step 2: Over the bust measurement (cup size) Measurement around the fullest part of your breast. Check in the mirror side by side of that tape even and straight. Take free measurements. Now use the speakers below to find the appropriate cup size (stay in the same column that you found in step 1 for the size of the strip). Measurements are given in centimetres demo video on how and where to measure the size of the bra. To calculate the size of the bra, you need to make two measurements: the under-bust and the over-bust width.

Tip: Wear a bra without wearing. Stand with relaxed hands and shoulders. Under-bust: Place the roulette around your body under the bust, holding it straight from the centimetre side facing. It should be held firmly all over the body. Take measurements as soon as you exhale. TIP: The tape measure is not elastic, but the bra, so it is important the tape measure holds tightly around the body when taking measurements. Over-bust: Keeping the tape measure in the same position on the back to move it loosely over the full part of the bust, horizontally and with a centimeter side of the face. You will also need to take this measurement. How to use our Bra Fitting Chart to determine your bra size: Find your underbust measurement along the top row to reveal your back size. Run your fingers down the column to find more bust measurements. Move your finger to the left to show the cup size. To calculate the short size, just take measurements around the waist as well as the hips. Check the fitting chart to determine your short size. SIS CHARTS Did you know that your current bra has sister sizes? That's right, your current bra has group bra-sized equivalents that are tied by cup volume. This means that the cup size remains the same, even if the size of your strip or cup letter may change. For example, 12C belongs to the same family as 14B and 10D. Knowing your sister size can be the key to finding a large slinky bra, especially if your cup or group doesn't seem to fit properly. What size does my sister have? Opening Sister size is a simple process. READ MORE CUPS FIT, BUT THE GROUP IS TOO TIGHT OR FREE? If your yours The band is too tight, go up the group size, but down the cup size. If your group is too free, change the process - go down the size of the strip, and up the cup size. IS THE GROUP SUITABLE, BUT ARE THE CUPS TOO SMALL OR TOO BIG? If your cups are too small, go cup size. If they are too big, go down the cup size. AND THE CUP AND THE GROUP DO NOT FIT? Keep your cup size the same but change your band size up or down. The volume of the cup will be adjusted naturally with the change of stripes. Examples:16B equivalent to 14C12C is equivalent to 14B and 10D14D equivalent to 16C and 12DD16D equivalent to 18D and 14E18E equivalent to 20DD and 16F2 0F equivalent to 22E and 18G Sign up for our latest offersFree returns on all orders Free shipping on all orders over \$100 Free shipping on all orders over \$100 Bra sizes may seem too complicated, but it basically boils down to a huge number of combinations. Every woman is different, as is their breasts. It is important to find the right lingerie for you. The first thing to understand about bra measurements is that there are two sizes to consider: the size of the stripe and the size of the cup. We often equate the size of our group with the size of the garment; If you're a size 14 top, you can assume you're a size 14 in bras. However, this is not always the case, especially if you have big boobs. Cup sizes can be particularly confusing, the cup size of 14C differs from 12C. Since the size of your breast can vary over time, it is important to double your bra size at least annually and when you gain or lose weight. A poorly fitting bra will not only look bad - it can be super uncomfortable and sometimes even painful. Before you start measuring, please pay attention to these important points: You should wear your best bra setup when taking your measurements. Remove all other clothing before measuring up. Measuring your under the bust is easy with measuring tape. The trick is to wrap the tape around where the group will sit, which is under the chest and right through the back. Keep the measuring tape tight, but not tight. Make sure to measure under the tits as the group should sit comfortably against the chest rather than breast tissue... Oh! Measuring cup size is a little tricky, so feel free to break out the calculator! Wrap the tape around the chest by putting the tape on the nipples. Then you simply subtract this measurement from your under the bust measurement. See our Bra Size chart below to find the perfect bra size... If you find that you need to go up the size of the strip, your cup size will also change because the cup sizes are not consistent in body size. As you work your way up the band sizes, you reduce cup one full size. So if you're 10C but you want to go up to a size 12 band size, you'll become 12B. Moving up another band size brings you 14A. A good bra boosts your assets. Too many women go around wearing bras that unsupported, and poorly slinky. If you don't have a measuring tape with you, these expert tips can help you figure out where you go wrong and get you a bra that fits. There are many ways a bra can go wrong, which

is why it is so important to measure and get the best bra for the breast and body type. If you are having trouble figuring out what your bra problem means, this list of common bra problems can help. Know your underwear: Our size and style of GuideSkip in other sections of this site requires that your browser be enabled by JavaScript. Please turn on JavaScript and reboot this page. How often should I get a bra setup? Your bra size tends to change at different stages of your life, and even throughout the year, thanks to hormonal changes and weight gain or loss. While you may have been professionally fitted in the past, it is important to check every six to 12 months for a professional setup to make sure you are still wearing the right size. How to measure to find out your bra size Professional fitting will ensure you get an accurate and expert recommendation on the size and style of the bra you should wear according to your body type and your lifestyle. But if you are not able to see a professional right away, you can also measure yourself to get an indication. There are two measures to be taken into consideration by the underbust circumference (which will determine your band size) and the bust circumference (which will determine your cup size). 1. Using a measuring tape, measure around the body, right under the bust. You can measure with or without a bra, but it should be non-soft or very slightly soft bra if so. 2. Make sure the tape is level and pulled tightly but not tightly. 3. To find the size of the cup, measure around the full part of your bust. 4. Visit this handy bra calculator to calculate the size of the bra. What is the style of bra for me? Buying a bra is not all to do with size; Different bra styles will match and flatter depending on the shape of the breast and the choice of outfit. Here's a breakdown of the different bra styles and for which they may be best suited for: Push bras do just that - lift and boost your cleavage by pushing your breasts up and closer together. They are lined with foam or silicone gel on the underside of the cups, which give the appearance of a fuller bust line, so are ideal for breasts that are slender (thin at the top, fuller at the bottom) or side set (chest with wide space in between). Because of the definition they give, you can instantly add two cup sizes to your figure (depending on the amount of padding) and can wear them with just about anything you're looking to give an extended look You may have to go up the cup size in a push bra to get the most suitable. Model Wears: Pleasure State Gabrielle Helen Push Up Bra, \$69.95 and Fun Pleasure Mini brief, \$29.95, both from farmers. Honey Vegas Intimates Lulu Push Up Bra, \$34.99 from Farmers Perfects Brazilian Push Up Bra, \$36.99 from Farmers Heidi Klum Intimates Geometric Lace Boost Bra, \$49.95 from Wirefree Farmers (or Soft Cup) Bra, usually unpadded and without any underwire, so it's very comfortable and fuss-friendly - ideal for people who don't like feeling limited. Since there is no structure or padding to suggest shape and contouring, it relies on your natural breast shape to determine the shape of the cup. Round or tear chest drops that have natural fullness often fit this style well, but anyone who seeks comfort above all will be a fan! Model wears: Heidi Klum Intimates Play Wireless Bra, \$59.95 from Calvin Klein farmers hashtag Sheer Triangle Bralette, \$69.95 from Farmers. Jockey Seamfree Lace Harvest, \$36.95 from Bendon Farmers Want to Wear Bralette, \$49.95 from Farmers T-shirt or contour bra was designed to give a sleek finish and go invisible under body-hugging outfits, as well as providing definition, shape and support. Slender or bell-shaped breasts will both benefit from the supporting qualities, but it is really necessary to have in each woman's underwear collection as it is a practical choice for everyday wear. Model Wears: Maidenform Comfort Devotion Bra, \$54.95 from Farmers Perfects Brazilian Contour Bra, \$39.99 from Farmers Triumph Wonderful Contour Bra, \$64.95 from Farmers Lyrical T Shirt Contour Bra, \$24.99 from Farmers Underwire Bras Provide both Natural Lift Look and Shape, so it's quite possibly the most popular bra style. They can be soft or unpadded, depending on the result you're after, and are suitable for most breast shapes and sizes, including tear drops, round and bell shapes. Model wears: Fayreform Sophia Underwire bra, \$64.95 from Farmers Bendon Yvette Underwire bra, \$44.95 from Farmers Lyrical Plus Crystal Lace Underwire Bra, \$39.99 from Farmers Triumph Lacey Minimiser bra, \$64.95 from Farmers Your Next Step? Take our handy test to see which type of bra suits your individual preferences and lifestyle. Or visit the nearest Farmers department store to get a free installation from one of their underwear experts who can help you find the right bra for you. You can find more information on the farmers.co.nz/perfitlyyou. This article is brought to you by farmers. Farmers.

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