

AMOENA SIZING CHART FOR LINGERIE AND SWIMWEAR

HOW TO FIND THE RIGHT BRA SIZE

1. Determine the **underbust measurement** in centimeters to get the **band size**.
2. Then determine the **half overbust measurement** in centimeters and *multiply by two* to get the **cup size**.
3. Find your measurements in the chart below to determine the bra size.

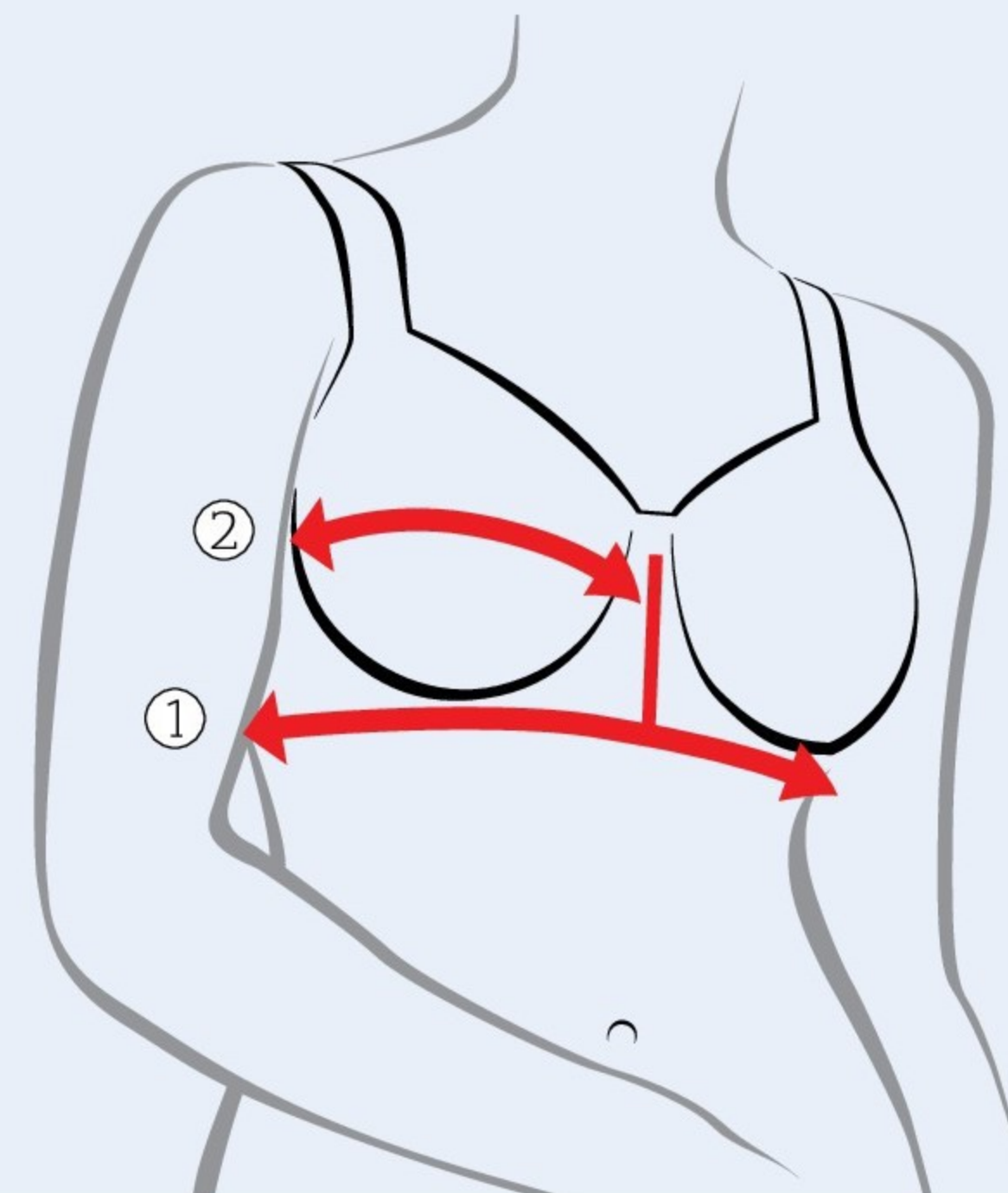
These charts are only a guide. For a perfect fit, size up or down as needed.

① Underbust measurement:

While she is wearing a bra, measure around her torso where the bra band sits.

② Half overbust measurement:

Measure from the middle of her chest (sternum) over the fullest part of a remaining breast to the center of her back at her spine.



FITTING TIPS

Band

- The band should be snug, but not tight.
- Make sure the band (front and back) is parallel to the floor or lower in the back.
- If breast tissue is slipping out below the band, try a cross-over size; go down-in-the-band, up-in-the-cup.

Cup

- If she is overflowing the cup either at the center front, the underarm or under than band, then try a larger cup.
- Make sure she fills out the top of the cup. Soft breast tissue can puddle down in the cup. If so, try a smaller or more shallow bra style.

UNDERBUST MEASUREMENT IN INCHES BETWEEN

	25-26	27-28	29-30	31-32	33-35	36-38	39-41	42-44	45-46	47-49	50-52	53-55
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GIVES A BAND SIZE OF

	30	32	34	36	38	40	42	44	46	48	50	52
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OVERBUST MEASUREMENT IN INCHES RESULTS IN THE CORRESPONDING CUP SIZE

AA	29-30	31-32	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52
A	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53
B	31-32	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54
C	32-33	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55
D	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54	55-56
DD	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55	56-57
DDD	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54	55-56	57-58
G	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55	56-57	58-59
H	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54	55-56	57-58	59-60