



Breathe in. Finding the right bra **is** possible.

The **Elila** Step by Step Guide to lookin' good in your curves.

How to measure

Step 1 Pick your most comfortable bra. Make sure it's not padded. After all, we are looking for the real you.

Step 2 Adjust straps and confirm that the fullest part of your bust is approximately halfway between your elbow and shoulder.

Now it's simple, there are just 2 things to pay attention to, ladies...

Step 3

- A. *The Band part 1:* Wrap a tape measure under your armpits and around your chest just above your bust. Relax your shoulders, stand up straight, breath out and look at the measurement. If it's an odd number round up to the nearest even number (39" should become a 40").
- B. *The Band part 2:* Wrap the tape measure around your bottom band keeping the tape measure parallel with the ground and under your bust. Relax, breath out and look at the measurement. If the number is odd add 5" if it is even add 4".
(35 +5 = 40, 36 +4 = 40)

The top band and bottom band should be close when it comes to getting the band measurement, if they are different, try both band sizes to see which is more comfortable.

Step 4 *The Cup:* Wrap the tape measure you've become oh-so-fond-of around your back so it comes around the fullest part of your bust, be sure the tape measure is at the same height both at the front and the back i.e. parallel to the ground. Got a number? Ok, here comes the math:

Step 4 (number) - Step 3 (number) = number on our chart to determine your cup size.