



# BraMates™ bra liners

For ultimate relief of breast sweat

## How to Measure for Bra Size

Bra Sizes Change During a Woman's Life

Some authorities have estimated that more than 70% of women are not wearing a properly fitting bra. Bra sizes change throughout a woman's life due to weight gain, weight loss, pregnancy, and age. It is important to periodically check your bra size for changes.

### Tips for an accurate measurement

Wear a comfortable non-padded bra. Exhale before measuring your band size. There is a bra size calculation so be sure to write your numbers down. Round all measurements to the nearest whole number (If the fraction is under 1/2" round down, if over 1/2 round it up).

### Step # 1. Measure your band size

Stand straight. Measure around your torso under the breasts. Make sure to keep the tape measure as level as possible with the floor. If this is an even measurement add 4" to the measurement. If it is an odd measurement add 5". Write your total down. This is your bra band size measurement. Band sizes are always even numbers. That is why we add more for an odd number measurement.

### Step # 2. Measure for your cup size

Stand straight. Wrap the tape around your torso at the fullest part of your breast. The tape measure should not be tight, nor should it be loose. Write the measurement down. You will calculate your cup size in step 3.

### Step 3: Calculate your bra cup size

**Band Size-Cup Measurement= Cup Size**

Subtract your band size measurement from your cup size measurement. Ex. Band size is 34", cup measurement is 37". The difference between the two is 3". Using the chart on the right the bra size is 34C.

### Printing Instructions

Select File then Print. When the printing dialog box opens make sure that you do not select "Shrink to Fit" or "Fit to Page." The ruler should print very close to scale.

### To assemble tape measure:

**Needed: scissors and clear tape**

Cut the individual 9" sections from the paper. Tape the sections together at the tape tab.



Measurement	Your Cup Size
less than 1"	AA
1"	A
2"	B
3"	C
4"	D
5"	DD-DDD
6"	E-EE
7"	F-FF



55	56	57	58	59	60	61	62	63	
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46	47	48	49	50	51	52	53	54	
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37	38	39	40	41	42	43	44	45	
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28	29	30	31	32	33	34	35	36	
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19	20	21	22	23	24	25	26	27	
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10	11	12	13	14	15	16	17	18	
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1	2	3	4	5	6	7	8	9	Tape Tab
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