



Step Two

DRESSING TO FLATTER

LESSON ONE - BRA SIZE



Bra Terminology

FIND YOUR WAY AROUND A BRA

- 1 This wraps around your back and it's this that should provide the majority of the bust support.
- 2 These help keep your bra in place.
- 3 These are what hold your breast
- 4 These aren't just decorative, they help to shape the breast.
- 5 This is the section between the cups
- 6 This runs along the edge of the cup and provides extra support.



Bra Sizing

SIZE CHART

BAND SIZING

UK and USA sizing is the same

28

30

32

34

36

38

40

42

44

SIZE CHART

CUP SIZING

UK and USA sizing is a little different so choose the correct size from the table below:

| USA | UK |
|-----|----|
| A | A |
| B | B |
| C | C |
| D | D |
| DD | DD |
| DDD | E |
| G | F |
| H | FF |
| I | G |
| J | GG |
| K | H |
| L | HH |
| M | J |
| N | JJ |
| O | K |
| P | KK |

6 signs your bra doesn't fit

CHECK ALL THAT APPLY...

- 1 Do the cups of your bra ride up when you reach up?
- 2 Do your bra straps constantly fall down...even when you tighten them?
- 3 Does the band back ride up at the back?
- 4 Does your bust bulge out of the cup at all?
- 5 Is the fabric of the cup wrinkly, or does the cup gape slightly?
- 6 Is the center panel sitting away from your sternum?

If you ticked any of the 6 signs above, the chances are that you're in the wrong size bra. Keep going to identify whether the cup size or band size (or both!) needs adjusting.

How to identify what needs correcting

What you need

- One of your bras – I recommend choosing one that you find most comfortable, that you wear most frequently. Don't choose a strapless, padded or multi-way bra. Just your bog standard everyday bra.
- A mirror, it doesn't need to be full length this time, but it needs to be long enough to see your torso in.

What to do:

Pop your bra on, move around, and then stand in front of a mirror and:

1/ Check the cup size

2/ Then the band size

3/ And then if either of them are incorrect, you're going to correct the bra size

4/ The final check - head to your local lingerie department and try your new size. If you can't do that, order it online.

1/ Check the Cup Size

Put your bra on, stand in front of your mirror and answer the following questions:

WHAT IS YOUR CURRENT CUP SIZE?

Pop your bra on, move around, stretch up, bend down, do a little dance and then stand in front of a mirror and check the following:

- 1 Are the cups are digging in at all?
- 2 Do you have any bust bulging out of the cup (check the top and the side - all your breast should be inside the cup).
- 3 Is the center panel is sitting away from the chest?
- 4 Are the cups are gaping at all?
- 5 Is the fabric of the cups a little baggy?

RESULTS Which numbers did you check?

1 - 3 = Cup size is incorrect, it's too small

4-5 = Cup size is incorrect, it's too big

Didn't tick any? Cup size is correct

2/ Check the Band Size

Keep your bra on, stand in front of your mirror and now answer the following questions:

WHAT IS YOUR CURRENT BAND SIZE?

- 1 Does the band dig in uncomfortably, and are you bulging over the band?
- 2 Are the cups of the bra flattening your bust a little, forcing it to bulge out of the cups slightly?
- 3 Hook your thumb under the back of the bra and pull it away from your back. Is it easy to do so?
- 4 Can you easily fit more than two fingers under the band?
- 5 Does the band ride up when you move around?
- 6 Do the straps slide down when you move around?

RESULTS Which numbers did you check?

- 1 - 2 = Band size is incorrect, it's too small
- 3 - 6 = Band size is incorrect it's too big
- Didn't check any? Band size is correct

Correct the fit

ENTER YOUR FINDINGS INTO THE CORRECT BOX BELOW

Don't forget to refer to the size charts on pages 2 and 3

IF THE BAND IS CORRECT AND THE CUP IS INCORRECT:

Enter your band size:

If the cup is too small, enter one size up:

If the cup is too large, enter one size down:

WHAT IS YOUR NEW SIZE?

IF THE BAND IS INCORRECT AND THE CUP IS CORRECT:

Enter your new (bigger or smaller) band size:

If the new band size is bigger, enter a smaller cups size:

If the new band size is smaller, enter a larger cup size:

WHAT IS YOUR NEW SIZE?

ENTER YOUR FINDINGS INTO THE CORRECT BOX BELOW

Don't forget to refer to the size charts on pages 2 and 3

IF THE BOTH THE BAND AND THE CUP ARE INCORRECT:

Enter your new (bigger or smaller) band size:

Was the cup slightly (S) incorrect, or very (V) incorrect?

 S V

If you checked 'slightly' - keep the cup size the same and try a bra in the new band size

If you checked 'very' incorrect and the new band size is *bigger*, enter a smaller cup size:

If you checked 'very' incorrect and the new band size is *smaller*, enter a larger cup size:

WHAT IS YOUR NEW SIZE?

The final check

Once you've uncovered your new bra size, head to your local lingerie department, or order a new bra online, to test it out!

The cups should be filled and the underwire should completely encase your bust. If you press along the edge of the underwire, there should be no breast tissue outside it, only rib cage.

The center panel should sit flat against your sternum

The straps should be tight enough to stay put, not so tight that they dig in

And the band should lie horizontal across your back, no higher than the front of the bra and tight enough to support your bust almost entirely

Can you wear it for a couple of hours without needing to rearrange it?

WHAT'S YOUR NEW BRA SIZE?

Once you've completed the exercise and have uncovered your correct bra size, you're ready to move onto the next lesson - Dressing to Flatter!

But before you do that, why not pop into the Slack group to share your findings!