

MEASUREMENT INSTRUCTIONS & SIZES

Have a tape measure or long shoe string handy.

1. Measure from the top of your outer shoulder to the top of your opposite hip bone, normally, without slack, and not tight (measurement A). **2.** Measure from the top of your outer shoulder to the top of your opposite hip bone, loosely, with slack (measurement B). **3.** Cup Size (ex. 34C). **4.** Height Info (ex. 5'6"). **5.** Pre-pregnant t-shirt size.

NOTE: If you are currently pregnant with belly showing, follow steps 1, 2 but measure yourself from behind at your back. Have a spouse or friend help you with this measurement.

SIZE	MEAS. A & B	BRA SIZE*	CUP SIZE*	HEIGHT	T-SHIRT SIZE*
24	21/22	32-36	A-D	4'8-5'5	XXS-S
25	22/23	32-36	A-D	4'8-5'5	S-M
26	23/24	32-36	A-D	5'0-5'5	S-M
27	24/25	32-36	A-D	5'1-5'7	M-L
28	25/26	32-36	A-D	5'5-5'9	M-L
29	26/27	32-36	A-D	5'7-5'9	L-XL
30	27/28	32-36	A-D	5'7-5'9	XL-2X
31	28/29	36+	D+	5'7+	XL-3X

* Go up a size if you wear a large cup size, taller than average or wear larger t-shirt sizes.

* Go a size down if you are smaller than average, slim or petite.