

HOW TO CHOOSE A BRA

How to measure bra sizes?

It is no secret that a properly selected bra not only emphasises the beauty of the bust, but also cares for its condition. However, if you decided from the beginning that your breasts have reached the right size, you have certainly stopped looking for the perfect bra, like most women. After all, you've always worn cup sizes A or B. But it turns out that our breasts, even if they stop growing, change. Their shape and form are influenced by many factors. These are hormonal changes, lifestyle or diet. Therefore, if you long ago decided that your bust is standard A or B, it does not mean that today it can be the size of a bra with a C cup. Therefore, it is worth checking your breasts each time. Are they still the classic A cup or is it worth checking them against the bra size table. Thanks to this, you can choose the one that will fit perfectly and support the bust as it should. There are tons of bra sizes to choose from, and you'll find the bra that's made for you. So how do you measure underwear?

Bra sizes - how to choose the perfect one?

It's no secret that bra sizes are determined by a number and a letter. The number indicates the circumference of the chest and the letter indicates the size of the cup. So it seems that choosing a bra size is very simple. Still, many women have a hard time choosing the right bra size. The perfect bra should be perfectly suited to the body structure and the requirements of the bust. It cannot be too loose or too tight. Our breasts and health will suffer each time. A bra that is too tight will make breathing difficult, and a bra that is too loose will not be able to support the breast in the right position. So how do you choose the right bra size? It really depends on your breast size. It is always the measure to which we choose the bra, not the other way around.

Check your bra size - it's easier than you think!

Before we choose our perfect bra, we absolutely need to measure it. We always start measuring with the circumference under the bust, not the cup. A simple tailor's tape measure is best for measuring. Just measure yourself with the measuring tape directly under the breasts. And, importantly, quite strictly. After all, the bra should fit snugly, not loose, hence the measurement under the bust must be tight. This is the closest to our size. However, if we get 83 cm after the measurement, it does not mean that it is our bra size. The result should be rounded down, i.e. subtract about 5 cm. In this way, we will more or less know our size under the bust.

Now choose the cup

Now it's your turn to choose the cup. To find out what bra size you should be, measure your bust circumference, at the nipple level. Here, for a change, the measurement should be looser than the circumference under the breasts. The difference between the two values will be the size of our bra. It is enough to look at the size chart and everything will become clear. You are just a step away from your perfect bra.