

How To Tell If Your Bra Actually Fits:

(See below for 2 bra measurements: The Jeunique Bra and Regular Department Store Bras)

1. Is it painful, uncomfortable, annoying, or itchy? Then it's not the bra for you.
2. Does it fit around your back?
 - a. Can you fit 1 or 2 fingers comfortably? If yes then the band is right size.
 - b. Can you not even fit 1 finger? You need to move up in band size.
 - c. Can you fit your whole hand? Does it rise up your back? Do the straps fall down? You need to go down in band size.
3. What about the cup? Your breast should completely fill the cup bra.
 - a. Do you have extra room, gapping fabric? You need to go down in cup size.
 - b. Do your "cups runneth over?" Is there spillage from the top, bottom, or sides? You need to move up in cup size.
4. To avoid getting frustrated, or coming home empty handed: make sure you allow plenty of time so you can try on different styles of bras. Every style, fabric, and manufacturer will fit differently. Find what works for your body.
5. If you are in the National Capital Area, [contact us](#) for style and fit advice or to arrange your own private fitting. Precious and Pleasant is a Christian business, and all Bra Fittings are conducted in decency and with respect for the daughters of God.

What Is Your Jeunique Bra Size?

1. Measure around under your arms but OVER your chest (try not to include any bust tissue). This is your band size (round down for in between sizes)
2. Now measure the fullest part of the bust and subtract the earlier measurement. This difference (in inches) determines your cup size:
3. This is your starting estimate, and will work for 90% of you reading this. Every woman's body is different, so you may need to try on several different styles/brands to find the most comfortable, flattering fit. If you are in the National Capital Area, [contact us](#) for style and fit advice or to arrange your own private fitting. Better yet, gather a few friends together for a great evening of improving your appearance and comfort. Please keep in mind that Precious and Pleasant is a Christian business, and all "Bra Parties" are conducted in decency and with respect for the daughters of God.



Difference (Inches)	Cup Size	Difference	Cup Size
< 1	A	6.75 to 7	G
1 to 2	B	7 to 7.25	GG
2 to 2.5	C	7.25 to 7.5	H
2.5 to 3	CC	7.5 to 7.75	HH
3 to 4	D	7.75 to 8	I
4	DD	8 to 8.5	II
5	E	8.5 to 9	J
6	EE	9 to 9.5	JJ
6 to 6.5	F	9.5 to 10	K
6.5 to 6.75	FF	10 to 10.5	KK

What Is Your Department Store Bra Size?

These are the standard instructions given out by most department store bras. Keep in mind, most of them are either simply covers (providing no real support) or are compressing the breast tissue in an unhealthy way that impedes the circulation of blood and lymphatic fluid. For this reason, you really should consider a [custom fit bra](#). You will need a tape measure (preferably paper) in inches, and a pencil. Wear your most comfortable bra when taking these measurements. There are 2 variables we need to determine to correctly find your bra and cup size. These variables are your frame size and your bust size. Keep in mind, however, that determining your bra and cup size is no an exact science. If you find you should be wearing a 34 C, but a 32 B fits you better, obviously get the more comfortable one!

1. **Determine Frame & Bra Size.** The frame size is the diameter around your chest JUST BELOW your breasts. Using the tape measure, measure around your ribcage directly under your breasts. There should be no breast tissue measured while determining your frame size. To determine the bra size, add 5 to this number. If the number you get is odd, round up to the next even number. For example, if your frame size is 26 inches, when you add 5 to this you get 31 inches. You should therefore round up to the even number which is 32 inches (since bras only come in even numbers). This is your bra size, 32 inches. Don't rule out trying the next size down (in this case, 30 inches).
2. **Determine Bust Size.** The next measurement goes around the chest over and including the fullest part of your bust (usually at the level of the nipples). This is the diameter of your bust. The reason we recommend you wear a comfortable bra for this measurement is that gravity (helped by activities we do and poor bras we wear) stretches and pulls the tissue out of shape. You'll get a better measurement if you wear a bra.
3. **Calculate Cup Size.** Now, subtract your bra size from your bust size number, and use the table below to determine your cup size.
4. **Example:** You measured a frame size of 31 inches, so your bra size is $31+5 = 36$ inches. You measured your bust size at 40 inches. $\text{Bust size} - \text{Bra Size} (40 - 36 \text{ inches}) = 4$ inches. Using the table above, you find that anyone with a difference between 3 1/2 to 4 1/2 inches (including 4) has a cup size D. Your correct size is therefore 36 D.

Difference	Cup Size
0 to 1/2 inch	AA
1/2 to 1 inch	A
1 to 2 1/2 inches	B
2 1/2 to 3 1/2 inches	C
3 1/2 to 4 1/2 inches	D
4 1/2 to 6 inches	DD (E)
6 to 7 inches	DDD (F)
7 to 8 inches	G



Courtesy of Victoria's Secret