



### How to take your measurements?

Take your measurements directly on your body, loosely, using a tape measure. Don't wear a bra, or make sure you have a bra without a cup to obtain the correct measurement.

The size guide is based on the Playtex® sizing chart and is intended as an indication only. It is up to the customer to take her measurements correctly.  
All the items are displayed in FR/ES size, please refer to this conversion chart to find your size equivalence.

### What are the corresponding international sizes?

Chest circumference (cm) <b>1</b>	Size				Bust circumference (cm) <b>2</b>					
	UK	EU	FR/ES	IT	A Cup	B Cup	C Cup	D Cup	DD Cup	E Cup
63-67	30	65	80	1	77-79	79-81	81-83	83-85	85-87	87-89
68-72	32	70	85	2	82-84	84-86	86-88	88-90	90-92	92-94
73-77	34	75	90	3	87-89	89-91	91-93	93-95	95-97	97-99
78-82	36	80	95	4	92-94	94-96	96-98	98-100	100-102	102-104
83-87	38	85	100	5	97-99	99-101	101-103	103-105	105-107	107-109
88-92	40	90	105	6	102-104	104-106	106-108	108-110	110-112	112-114
93-97	42	95	110	7	107-109	109-111	111-113	113-115	115-117	117-119
98-102	44	100	115	8	112-114	114-116	116-118	118-120	120-122	122-124
103-107	46	105	120	9	117-119	119-121	121-123	123-125	125-127	127-129

To determine your size, please refer to the table above.

If your size is not available, take a smaller bust size and a larger cup size if you prefer to be tight (e.g. 34D if you are a 36C).

If you want to feel comfortable in your bra, choose a larger bust size and a smaller cup size (e.g. 38B for a 36C).