

Wonderbra Size Guide

How to Measure Your Bra Size at Home

Although you can visit stores and book an appointment with a bra fitter, measuring yourself at home is easy! All you need is a soft tape measure, and the interactive Wonderbra size guide will do the hard work for you.

- 1. Start** by wearing a non-padded t-shirt bra so your breasts are in the right position.
- To find your band size, place the tape measure around the ribcage just where your bra's band sits, ensuring it is firm and straight around your body.
- Check to see how many inches you are. An even number will give you your band size. If it lands on an odd number, round up by one (if you're halfway between, go to the nearest whole number and apply the same rule).
- Now place the measuring tape around your bust at its fullest part (horizontally at the nipples).
- To calculate your cup size, simply minus your band size from this number and figure out what you're left with (1 = A, 2=B, 3=C).

Putting this into practice, if your bust circumference is 33 inches and your chest circumference is 36 inches, start by shopping for 34C bras. Different brands will have different fits and sizing, so you may not be a 34C in every brand. Get the fit right by reading our fitting tips to make sure the size is right for you.

Bra Size Chart: How to Measure Cup Size

Difference	1 inch	2 inch	3 inch	4 inch	5 inch	6 inch	7 inch	8 inch	9 inch
	2,5 cm	5 cm	7,5 cm	10 cm	12,5 cm	15 cm	17,5 cm	20 cm	22,5 cm
Cup Size	A	B	C	D	DD	E	F	FF	G

Bra Sister Sizes

Did you know that your bra size also has a sister size? This is where the band size and cup letter change, but the actual cup volume remains the same. If you haven't quite found the perfect fit on the band, but you think the cups fit, then you can often get away with sister sizing your bra up or down by one!

BIGGER BAND	YOUR CURRENT SIZE	SMALLER BAND
-	32A	30B
34A	32B	30C
34B	32C	30C
34C	32D	30DD
-	34A	32B
36A	34B	32C
36B	34C	32D
36D	34D	32DD
-	36A	34B
38A	36B	34C
38B	36C	34D
38C	36D	34DD
-	38A	36B
40A	38B	36C
40B	38C	36D
40C	38D	36DD

International Bra Size Converter

The bra size calculator helps you find your UK bra size. If you're shopping internationally, you'll notice that bra sizing is different. Look at this international bra size conversion chart to know what size bra to buy outside of the UK.

International Bra Cup Size Conversions

FRANCE SPAIN BELGIUM	UK	USA	EU	ITALY	AUTRALIA NEW ZEALAND
AA	AA	AA	AA	-	AA
A	A	A	A	A	A
B	BB	BB	BB	B	B
C	C	C	C	C	C
D	D	DD	DD	D	D
E	DD	DD/E	E	DD	DD
F	E	DDD/F	F	E	E
G	F	G	G	F	F
H	FF	H	H	-	FF
-	G	I	-	-	G
-	GG	J	-	-	GG
-	H	K	-	-	H
-	HH	L	-	-	HH
-	J	M	-	-	J
-	JJ	N	-	-	JJ
-	K	-	-	-	-
-	KK	-	-	-	-
-	L	-	-	-	-

International Bra Back Size Conversions

FRANCE SPAIN BELGIUM	UK	USA	EU	ITALY	AUTRALIA NEW ZEALAND
75	28	28	-	-	6
80	30	30	65	0	8
85	32	32	70	1	10
90	34	34	75	2	12
95	36	36	80	3	14
100	38	38	85	4	16
105	40	40	90	5	18
110	42	42	95	6	20