

DOMINIQUE

I N T I M A T E A P P A R E L

easy fit guide - longline bras

1

Measure Your Band Size



- Using a soft tape measure, measure around your bra directly under your bust. Look in a mirror to assure the tape is snug, smooth across the back, and parallel to the floor. The tape should rest on the lower band of your bra.
- With this measurement, round to the closest whole inch up or down. For example, if your measurement is 29 3/8", round down to 29". If your measurement is 29 1/2" or more, round up to 30".
- **Add 5** to this measurement to obtain your band size. For example, if your ribcage measurement is 29" - add 5 (29+5=34). Your band size is 34". If the resulting band size is an odd number like 33", you can usually go to the next band size (34"), but you should also try the next lower band size (32").

2

Measure Your Cup Size



- With the same soft tape measure, measure around the bust at the fullest point. Hold the tape measure straight but not tight.
- The difference between this measurement and your BAND size is your cup size. Each inch of difference is equal to one cup size. For example, if your band size is 34" and your bust measurement is 35", you wear an "A" cup. Use the chart below to calculate cup size.

Difference (inches)	1"	2"	3"	4"	5"	6"	7"
Cup Size	A	B	C	D	DD	F	G

3

Tips For Best Results

- Always measure wearing an unlined or lightly lined bra. Avoid minimizers and padded bras.
- If possible, enlist the help of a friend to take your measurements. Otherwise, stand in front of a mirror.
- Take care to keep the measuring tape parallel to the floor. Hold the tape measure straight but not tight. Be patient! Take your time. It may take you a few attempts to get accurate measurements.
- Keep in mind that longline fitting is as much an art as a science. No fit guide can take the place of a highly experienced, professional fitter. No two women have the exact same body shape or size.
- Dominique cups tend to run a bit fuller than most. Keep this in mind when calculating size.