



## BUST SIZE

Wrap the tape around your bust over your bra at the fullest point.

Keep the tape level around the back and fairly loose around the body.

## BAND SIZE

Wrap the measuring tape tightly around your rib cage (just below your bust), then add 5 inches to the measurement. (See chart below)

## MEASURING GUIDE

Add your number of inches to the measurement guide

BUST	UP TO 34"	35 - 38"	39" +
EVEN NUMBER	+ 4"	+ 2"	+ 0
ODD NUMBER	+ 5"	+ 3"	+ 1

Example:

a ribcage measurement of 27" + 5" = 32" band size.

## CUP SIZE

Subtract your bust size from your band size

CUP SIZE	B	C	D	DD(E)	DDD(F)	G	H	I	J	K
BUST - BAND =	2	3	4	5	6	7	8	9	10	11

Example:

a bust of 34" - 32" band size = 2" or a B cup.

# Motherhood Seamless Bra

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## MOTHERHOOD SEAMLESS BRAS

		CUP					
BAND		B	C	D	DD	DDD	G
	34	S	S	S	S	S	M
	36	M	M	M	M	M	L
	38	L	L	L	L	L	XL
	40	XL	XL	XL	XL	XL	1X
	42			1X	1X	1X	2X
	44			2X	2X	2X	3X
	46			3X	3X	3X	