

### HOW TO FIND THE RIGHT BRA SIZE

- Determine the **underbust measurement** in centimeters to get the **band size**.
- Then determine the **half overbust measurement** in centimeters and *multiply by two* to get the **cup size**.
- Find your measurements in the chart below to determine the bra size.

**These charts are only a guide. For a perfect fit, size up or down as needed.**

### FITTING TIPS

**Band**

- The band should be snug, but not tight.
- Make sure the band (front and back) is parallel to the floor or lower in the back.
- If breast tissue is slipping out below the band, try a cross-over size; go down-in-the-band, up-in-the-cup.

**Cup**

- If she is overflowing the cup either at the center front, the underarm or under than band, then try a larger cup.
- Make sure she fills out the top of the cup. Soft breast tissue can puddle down in the cup. If so, try a smaller or more shallow bra style.

### UNDERBUST MEASUREMENT IN INCHES BETWEEN

25-26	27-28	29-30	31-32	33-35	36-38	39-41	42-44	45-46	47-49	50-52	53-55
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### GIVES A BAND SIZE OF

30	32	34	36	38	40	42	44	46	48	50	52
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### OVERBUST MEASUREMENT IN INCHES RESULTS IN THE CORRESPONDING CUP SIZE

	29-30	31-32	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52
AA	29-30	31-32	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52
A	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53
B	31-32	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54
C	32-33	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55
D	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54	55-56
DD	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55	56-57
DDD	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54	55-56	57-58
G	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55	56-57	58-59
H	37-38	39-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54	55-56	57-58	59-60

## FIND THE RIGHT BREAST FORM SIZE TO FIT HER BRA SIZE

First, measure the band size and corresponding cup size as shown on the front page of this chart. Then, determine the right Amoena breast form size by following the column down. This size chart is meant as a guide to assist you during the breast form finding process. However, please also use your expertise and feeling.

CUP SIZE	BAND SIZE																	
AA	30	32	34	36	38	40	42	44	46	48	50	52						
A		30	32	34	36	38	40	42	44	46	48	50	52					
B			30	32	34	36	38	40	42	44	46	48	50	52				
C				30	32	34	36	38	40	42	44	46	48	50	52			
D					30	32	34	36	38	40	42	44	46	48	50	52		
DD						30	32	34	36	38	40	42	44	46	48	50	52	
DDD							30	32	34	36	38	40	42	44	46	48	50	52
G								30	32	34	36	38	40	42	44	46	48	50

### AMOENA BREAST FORMS

CONTACT ADAPT ENERGY NATURA ESSENTIAL

BREAST FORM SIZE																		
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15*	16*	17*

\* Only available as Amoena Essential and Amoena Natura

### AMOENA RECOVERY CARE

PRIFORMS PURFIT

BREAST FORM SIZE								
		1/2	3/4	5/6	7/8	9/10	11/12	13/14
			4	6	8	10	12	

### AMOENA PARTIAL SHAPERS

BALANCE

PARTIAL FORM SIZE
Complete measuring and sizing instructions for Balance partial shapers can be found on pg. 46

### AMOENA BREAST FORM - HOW TO SELECT THE RIGHT CUP FORM:

CUP SIZES	CUP FORMS		
	1 Shallow	2 Average	3 Full
A			
B			
C			
D-G	Cup forms are exemplarily shown for sizes A-C but are also available in sizes D-G.		

Women's breasts not only differ in cup size and band size, but also in cup forms. In order to achieve the closest fit, Amoena offers three different cup forms. These are designated with the numbers 1-3 (corresponding to shallow, average and full cup forms) in the breast form name, e.g. Amoena Contact 2S.

Once the correct breast form size is determined, continue by selecting the cup form. Then, compare the pictures in the corresponding row on the left with the profile of the woman's remaining breast while she is wearing a bra and select the best match. A tight t-shirt can be used to demonstrate a good fit.

TIPS: Women with a small underbust tend towards full cup forms, women with a large underbust tend towards shallow cup forms. The pocket of the bra should harmonize with the footprint of the breast form. If the pocket of the bra is too small, the breast form will fit too tightly which can affect the lifetime of the breast form.



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1. Determine the **underbust measurement** in centimeters to get the **band size**
2. Then determine the **half overbust measurement** in centimeters and **multiply by two** to get the **cup size**.
3. Find your measurements in the chart below to determine the bra size.

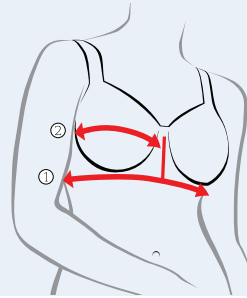
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① **Underbust measurement:**

While she is wearing a bra, measure around her torso where the bra band sits.

② **Half overbust measurement:**

Measure from the middle of her chest (sternum) over the fullest part of a remaining breast to the center of her back at her spine.



FITTING TIPS

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