

Amoena sizing chart for lingerie and swimwear

How to find the right bra

1. First determine the under-bust measurement in cm to get the band size.
2. Now determine the half over-bust measurement in cm and multiply by two to get the cup size.
3. Determine the exact bra size by looking at the sizing chart.

Advice: For all measurements please take care that the tape rests flat on your skin, that it is straight but not tight! The over-bust measurements should always be determined with lowered arms as otherwise mistakes could occur during the measurement!

Band size - the under-bust measurement

To get the standard bra size, the band size is grouped in steps of five cms.

68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 ...

An under-bust measurement between 68 and 72 cm corresponds to a band size of 70, an under-bust measurement between 73 and 77 cm corresponds to a band size of 75 etc. The sizes always end with „0“ or „5“.

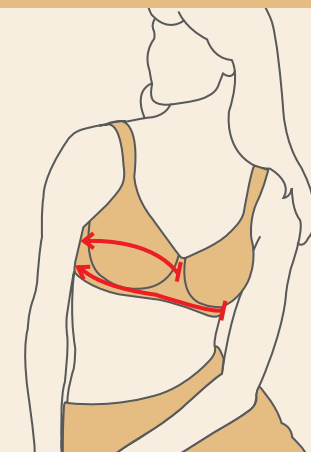
Advice for practical application

Half over-bust measurement:

Measure from the middle of your chest over the fullest part of the remaining breast to the centre of your spine.

Under-bust measurement:

Measure around the chest right underneath the remaining breast.



Under-bust measurement in cm between

	63-67	68-72	73-77	78-82	83-87	88-92	93-97	98-102	103-107	108-112	113-117	118-122
--	-------	-------	-------	-------	-------	-------	-------	--------	---------	---------	---------	---------

gives a band size of

	65	70	75	80	85	90	95	100	105	110	115	120
--	----	----	----	----	----	----	----	-----	-----	-----	-----	-----

Over-bust measurement in cms results in the corresponding cup size

AA	75-77	80-82	85-87	90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127	130-132
A	77-79	82-84	87-89	92-94	97-99	102-104	107-109	112-114	117-119	122-124	127-129	132-134
B	79-81	84-86	89-91	94-96	99-101	104-106	109-111	114-116	119-121	124-126	129-131	134-136
C	81-83	86-88	91-93	96-98	101-103	106-108	111-113	116-118	121-123	126-128	131-133	136-138
D	83-85	88-90	93-95	98-100	103-105	108-110	113-115	118-120	123-125	128-130	133-135	138-140
E	85-87	90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127	130-132	135-137	140-142
F	87-89	92-94	97-99	102-104	107-109	112-114	117-119	122-124	127-129	132-134	137-139	142-144
G	89-91	94-96	99-101	104-106	109-111	114-116	119-121	124-126	129-131	134-136	139-141	144-146

How to find the right form size to fit your 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																	
	65	70	75	80	85	90	95	100	105	110	115	120						
AA																		
A	60	65											120					
B			65	70	75	80	85	90	95	100	105	110	115	120				
C				65	70	75	80	85	90	95	100	105	110	115	120			
D					65	70	75	80	85	90	95	100	105	110	115	120		
E						65	70	75	80	85	90	95	100	105	110	115	120	
F							65	70	75	80	85	90	95	100	105	110	115	120
G										75	80	85	90	95	100	105	110	115

Amoena breast forms

Contact 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

Amoena Balance

Shape Sizes

Shape	Sizes									
Delta ^{1,2}		1/2		3/4		5/6		7/8		9/10
Oval ¹	0/1		2/3		4/5		6/7		8/9	
Varia ¹			S		M		L		XL	

¹ Also available as Amoena Balance Contact

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-fitted t-shirt can be used to demonstrate a good fitting.

TIP: Women with a small underbust tend towards full cup forms, women with a large underbust tend towards shallow cup forms.

