

What You'll Need:

An eyeliner pencil or other skin-friendly marking tool.

A soft, flexible tape measure. Record your measurements in centimetres or inches.

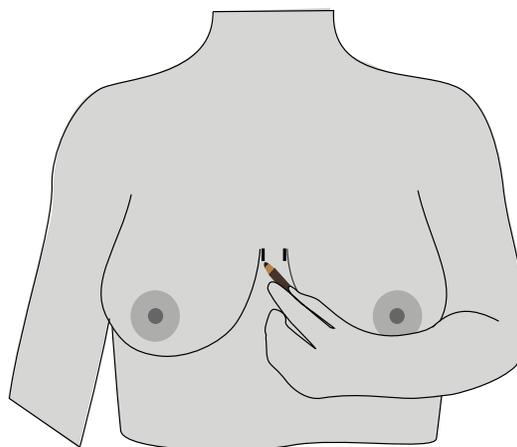
It is very helpful to use a wall mirror or enlist a friend to help.

Step 1

On the inner breast, mark a vertical line on the torso where the breast tissue meets the rib cage.

It is important NOT to mark on the breast tissue. Mark only on the torso.

Repeat for the other breast.

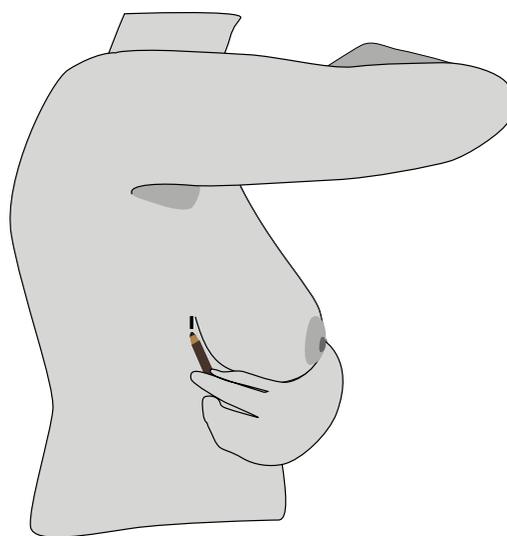


Step 2

Hold your elbow parallel to the floor. The elbow and body should be relaxed. Don't lift up or puff out the chest, or alter your natural stance.

Mark a vertical line on the torso where the breast tissue begins. Do NOT mark on the breast tissue.

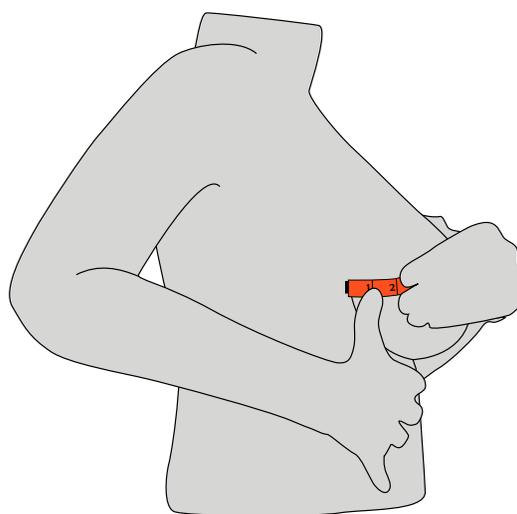
Repeat for the other breast.



Step 3

Line up the end of the tape measure at zero on the outer marking on the breast, making sure the end of the tape measure is touching the mark.

If possible you can try to support the breast in your hand.

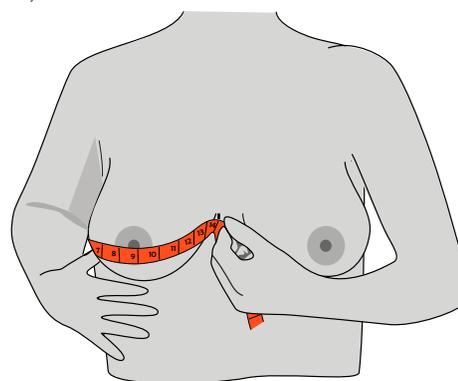


Step 4

While keeping the tape measure pinched to the outer mark, pull the tape measure snugly over the breast, crossing over the nipple and continuing to the inner breast mark.

If you are having difficulty, you can also do this measurement in or over a soft cup, non-padded bra as long as the bra cup is not too small.

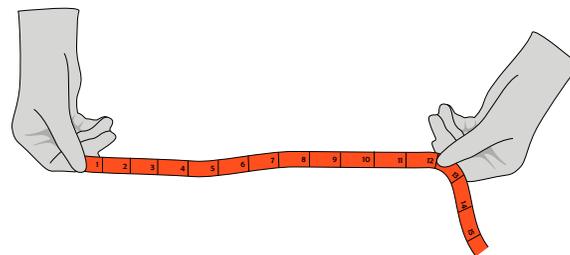
Make sure the tape is not too slack or too tight! It should be quite snug without cutting into breast tissue.



Step 5

Hold and pinch where the tape measure ends on the inner mark on the breast. Without changing the measure in any way, record the measurement.

Measure the other breast in the same manner. Record the measurement.



Step 6 (Underbust Measurement)

Take the tape measure and place it around the torso just under the bust, having the tape end come to the front of the body. Make sure that the tape lies level all around the torso and isn't too tight or too loose! The tape should be quite snug.

Record the underbust measurement.

