

# ARE YOU PREPARED FOR YOUR OWN MADE TO MEASURE BRALETTE?

I AM! BUT FIRST WE NEED TO KNOW YOUR UNIQUE MEASUREMENTS.

## PREPARE:

- Measuring tape
- Two elastics - long enough to go around your body
- Good fitting bra – wired bra without foam, or not too compressing bralette

**Tip:** To be sure, you may take all your measurements three times and calculate average. I found out that this is the best way to get an accurate measurement. If you select this approach, I recommend not measuring same measurement three times in a row. This ensures you are not making the same mistake every time. It is also better to tie your elastics anew each time.

## LET'S GET STARTED!

### STEP 1: PLACE ELASTICS



As we need to take your measurements close to your body, you need to take off your shirt and bra.

Place first elastic over your breasts so it is placed under your arms. Place second elastic under your breasts. Both are parallel to the floor as figure shows.

### STEP 2: UPPER BUST

Take measuring tape and measure Over Bust (1). This is where your first elastic is placed. Be sure that the measuring tape is tight enough and parallel to the floor.



### STEP 3: UNDER BUST

Measure Under Bust (2). This is where you placed the second elastic. Be sure that the measuring tape is tight enough and parallel to the floor.



### STEP 4: CHEST HEIGHT

Measure the Chest Height (3) which is the distance between both elastics. Take this measurement at center front, between the breasts, avoiding the breast tissue. Remove elastics.



### STEP 5: NIPS SPAN

Measure your preferred nip span (4). You can use your favorite bra for this. This will be the horizontal distance between your nipples.



### STEP 6: FULL BUST

Put on your best fitting bra and measure the Full Bust (5). Make sure that your measuring tape is passing over the fullest part of your breast and is properly tight and parallel to the floor.

### STEP 7: PLACE ELASTICS BACK

Put the elastics back on while wearing the bra. Place the first elastic over your breasts where the breast tissue meets the chest wall. Make sure the elastic lies flat. Place the second elastic under your breasts in the same way as before.



### STEP 8: BOTTOM CUP DEPTH

Measure the bottom cup depth (6). Measure from the upper edge of the under bust elastic (the breast crease) vertically to the middle nip position.



### STEP 9: VERTICAL CUP

Finally measure your Vertical Cup (7). Measure from the upper edge of the under bust elastic (the breast crease) vertically to the lower edge of the upper bust elastic. Make sure that your measuring tape is passing over the fullest part of your breast.

If you have trouble determining the last two measurements, you might want to put on your best fitting bralette and mark nip position and preferable strap position.

If you want an asymmetrical pattern, repeat measurements on the other breast.

