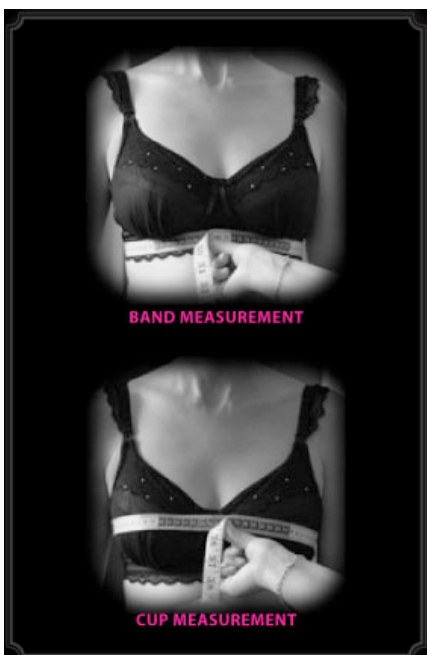


HOT Milk 'Fit yourself' guide

These are the steps which need to be taken to make sure your bra is a perfect fit and can be used to re-adjust your bra at any time you feel you need to. Remember, if it continues to feel restrictive, it's time for a new size and/or shape...

Every bra will fit slightly differently and not every bra will suit every bust shape, so make sure you try a few different styles of HOTmilk bras. This will reassure you of the best fit.

1. Before fitting the bra, extend the shoulder straps out right to the end.
2. Slip the straps over your shoulders and whilst holding both ends of the bra, lean forward into the bra so your bust will fall naturally into the cups.
3. Stand up straight and fasten the back closure to the second tightest set of eyes. All HOTmilk bras have 6 rows of hook & eyes to provide room for expansion in the diaphragm, which will allow for the bra to be loosened (on average) one set of eyes per month during pregnancy.
Note: If you are 7-8 months pregnant when you are being fitted, the bra should be fastened on one of the looser set of eyes.
4. Pull the bra down firmly to position the back fastening underneath the shoulder blades.
5. Lift your bust into the bra cups by using the opposite hand to the breast. This ensures the breast is correctly positioned in the cup and isn't sitting under the band or spilling over the top of the underarm.
Note: There should be enough room in the cup for you to slide your hand into the upper cup for expansion when the milk flow arrives.
6. Lastly adjust your shoulder straps so they give a firm but comfortable uplift to your bust



BRA SIZES INCHES

CUP MEASUREMENT = A

Measure around the fullest part of your bust. Check in a mirror side-on that the tape is level and straight around your body. Take a loose measurement, rounding up not down.

BAND MEASUREMENT = B

Measure directly under your bust. Place the tape measure around your torso, just under your bust. Check in a mirror side-on that the tape is level and straight around your body. Take a firm measurement.



UNDERBUST MEASUREMENT IN INCHES

UNDERBUST MEASUREMENT IN INCHES	25 - 26.5	27 - 28.5	29 - 30.5	31 - 32.5	33 - 34.5	35 - 36.5	37 - 38.5	39 - 40.5
EUROPE	65	70	75	80	85	90	95	100
UK / USA	30	32	34	36	38	40	42	44
FRANCE	80	85	90	95	100	105	110	115
NEW ZEALAND / AUSTRALIA	8	10	12	14	16	18	20	22

OVERBUST MEASUREMENT IN INCHES

CUP SIZE A	30.5 - 31	32.5 - 33	34 - 35	36 - 37	38 - 39	40 - 41	42 - 43	44 - 45
CUP SIZE B	31 - 32	33 - 34	35 - 36	37 - 38	39 - 40	41 - 41.5	43 - 43.5	45 - 45.5
CUP SIZE C	32 - 32.5	34 - 34.5	36 - 36.5	38 - 38.5	40 - 40.5	41.5 - 42.5	43.5 - 44.5	45.5 - 46.5
CUP SIZE D	32.5 - 33.5	34.5 - 35.5	36.5 - 37.5	38.5 - 39.5	40.5 - 41.5	42.5 - 43.5	44.5 - 45.5	46.5 - 47
CUP SIZE DD	33.5 - 34.5	35.5 - 36	37.5 - 38	39.5 - 40	41.5 - 42	43.5 - 44	45.5 - 46	47 - 48
CUP SIZE E	34.5 - 35	36 - 37	38 - 39	40 - 41	42 - 43	44 - 45	46 - 47	48 - 49
CUP SIZE F	35 - 36	37 - 38	39 - 40	41 - 41.5	43 - 43.5	45 - 45.5	47 - 47.5	49 - 49.5
CUP SIZE FF		38 - 38.5	40 - 40.5	41.5 - 42.5	43.5 - 44.5	45.5 - 46.5	47.5 - 48.5	49.5 - 50.5
CUP SIZE G		38.5 - 39.5	40.5 - 41.5	42.5 - 43.5	44.5 - 45.5	46.5 - 47	48.5 - 49	50.5 - 51
CUP SIZE GG		39.5 - 40.5	41.5 - 42.5	43.5 - 44.5	45.5 - 46.5	47 - 48	49 - 50	51 - 52
CUP SIZE H		40.5 - 41.5	42.5 - 43.5	44.5 - 45.5	46.5 - 47.5	48 - 49	50 - 51	52 - 53

