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the better fit it offers 4 cups you know you've found the right bra size when you don't feel like you are wearing a bra at all wires and seams shouldn't dig into your breast or underarms

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measuring your bust circumference 1 position the tape directly over your nipples and relax your arms at your sides if you don't have anyone to help 2 make sure the tape measure is level all the way around the measuring tape should be parallel to the floor 3 hold the tape measure

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shoulder you can think of this as the drape the tape down the front of your body so it follows the curve of your chest smooth a hand down the tape to ensure that it lies flat

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