

## Size Chart for April Marie Swimwear

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### WHERE TO START

If you have recently been measured by a professional fitter, please check the body size measurements given by the professional fitter – provided you have not changed body shape in the meantime – and record these measurements and sizes on your sheet of paper

Check the size of your latest and best fitting panties – make sure that the panties have not stretched through wear-and record the measurements and/or size

Check the size of your latest teddy or body suit – and record the measurements and size

Take all the measurements and sizes that you have recorded and check them against the International Body Chart to establish your Australian/NZ/UK sizes and record.

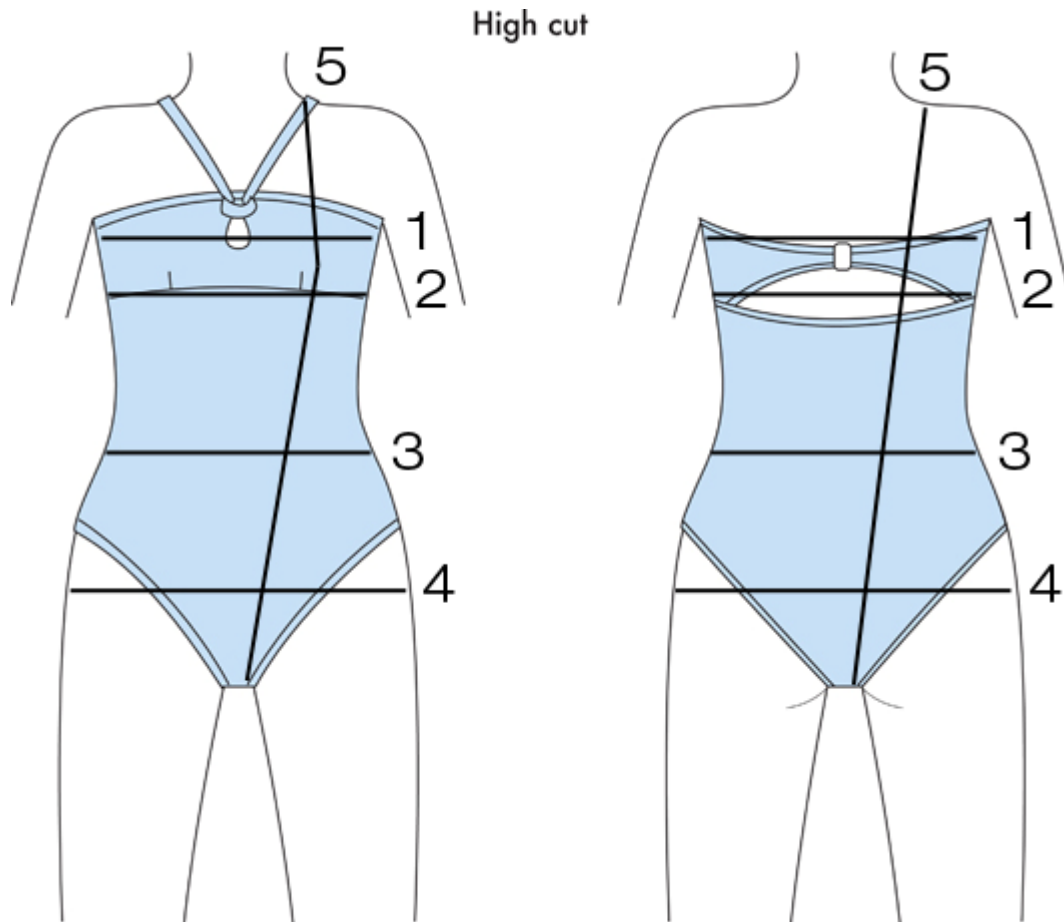
### Ladies Size Chart International Comparisons

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<b>Brazil</b>	PP	P	M	MM	G	GG							
<b>Aust. / NZ</b>	6	8	10	12	14	16	18	20	22	24	26	28	30
<b>USA</b>	4	6	8	10	12	14	16	18	20	22	24	26	28
<b>U.K.</b>	6	8	10	12	14	16	18	20	22	24	26	28	30
<b>France</b>	34	36	38	40	42	44	46	48	50	52	54	56	58
<b>Italy</b>	36	38	40	42	44	46	48	50	52	54	56	58	60
<b>Germany</b>	30	32	34	36	38	40	42	44	46	48	50	52	54
<b>Japan</b>	5	7	9	11	13	15	17	19	21	23	25	27	29

### PERSONAL MEASURING

Now you are ready to commence your personal measuring. Below is a diagram showing you where the tape should sit for each measurement.



**1. Fullbust measurement**

**2. Underbust measurement**

**3. Waist measurement**

**4. Hip measurement**

**5. Torso measurement**

It is always more accurate if someone else measures you, as you can look straight ahead and relax. This will give you better posture and relax the tissues to enable a more accurate measurement.

Ask your assistant to make absolutely certain that:

1. The tape held firmly against the body to take the measurement but is not tight and does not dig into the flesh.
2. That the tape is held parallel to the ground all the way around the body and does not dip at the back when the measurement is taken.

## **MEASURE YOUR TORSO LENGTH**

Take your tape and place it at the highest point on your shoulder. Often this will be close to the neck. Continue the tape down across the highest point of the bust (not through the cleavage) and then pass the tape through your legs and take the tape right up your back to the initial starting point of the tape.

If you run out of tape have your assistant mark the place where the tape first starts and ends and then measure from the ending point back to the starting point and add the two measurements together. Record this measurement and later compare it to the Torso Length Chart further on in this section to establish whether you are an average or long torso length.

## **WAIST MEASUREMENT**

Next, position the tape right on your waist and run the tape around your body to establish your waist measurement. Remember to keep the tape parallel to the ground back and front and do not let it dip at the back when taking the measurement. Establish your waist measurement and record.

## **HIP MEASUREMENT**

You are now going to measure at the fullest part of the hip to establish your hip measurement. Keeping the tape parallel to the ground, back and front. The exact position of this measurement will vary from woman to woman. Establish your hip measurement and record

## **BUST MEASUREMENT**

Your bust measurement consists of two measurements – your body or rib cage size and your cup size.

The bra or top size is explained by two values. The first is the band size (underband), which is given a number based on the circumference of the rib cage under the bust, excluding the breasts themselves.

The second is the cup size itself which is given a letter of the alphabet and relates specifically to the volume of the breasts. For example, a 36D bra is for a 36 size underbust measurement and a D size cup. On Australian charts and in retailing the body size is used instead of the underbust size. For example, 16D

Cup sizes start with AA, the smallest, and increase through the alphabet. A double lettering system may also be used e.g. DD for E or DDD for F, on some charts.

Either lettering system means that the cup has increased the accepted increment to the next size. Jellyfish use the single lettering system.

### **UNDER BUST MEASUREMENT**

Firstly, you are going to measure directly under your bust. Have your assistant put the measure around your body directly under your breasts keeping the tape parallel to the floor all the way around. Ensure that no actual breast tissue is included in this measurement. Establish your underbust measurement and record.

### **FULL BUST MEASUREMENT**

Now establish the highest point of your breasts and have your assistant measure around the body. Establish your full bust measurement and record.

### **COMPARING YOUR MEASUREMENTS ON THE BODY SIZE CHART**

By now you should have established and recorded your correct top, and bottom sizes, either using your current best fitting bra and panties, or those you were given during a consultation with a professional fitter.

You will also have checked your sizes on the International Measurements Chart to establish your equivalent Australian sizes.

**IF YOU ARE PURCHASING A ONE PIECE YOU WILL ALSO HAVE YOUR WAIST MEASUREMENT TO CONSIDER. ONCE AGAIN, IF ALL YOUR MEASUREMENT RANGES DO NOT MATCH THE CHART EXACTLY THEN KEEP IN MIND THE EXTRA 'PLAY' YOU WILL GET WITH THE LYCRA AND CHOOSE THE CLOSEST SET OF MEASUREMENTS AND SIZE ON THE CHART TO YOUR OWN KNOWING THAT THE 'PLAY' IN THE LYCRA WILL COMPENSATE**

## AUSTRALIAN/NZ/UK STANDARD MEASUREMENT AND SIZE CHART

The measurements on the chart below are body measurements and not the measurements of the finished swimsuit.

### Ladies Size Chart Aust, NZ & UK (cm)

Size	Measurement Bust Fullest Part	Under Bust Measurement	Waist Measurement	Hip Measurement
6	75 - 77 77 - 79 79 - 81 81 - 83	64 63 - 66	58 57 - 60	83 82 - 85
8	77 - 79 79 - 81 81 - 83 83 - 85	67 66 - 69	61 60 - 63	86 85 - 88
10	82 - 84 84 - 86 86 - 88 88 - 90 90 - 92 92 - 94	70 68 - 73	64 62 - 67	89 87 - 92
12	87 - 89 89 - 91 91 - 93 93 - 95 95 - 97 97 - 99	75 73 - 78	68 66 - 71	94 92 - 97
14	92 - 94 94 - 96 96 - 98 98 - 100 100 - 102 102 - 104	80 78 - 83	72 70 - 75	99 97 - 102
16	N/A 99 - 101 101 - 103 103 - 105 105 - 107 107 - 109	85 83 - 88	77 75 - 80	104 102 - 107
18	N/A N/A 106 - 108 108 - 110 110 - 112 112 - 114	90 88 - 93	82 80 - 85	109 107 - 112

## Ladies Size Chart Aust, NZ & UK (inches)

Size	Measurement Bust Fullest Part	Under Bust Measurement	Waist Measurement	Hip Measurement
6	25.90 - 30.25 30.25 - 31.00 31.00 - 32.00 32.00 - 32.75	25.25 24.75 - 26.00	22.75 22.50 - 23.50	32.75 32.25 - 33.50
8	30.25 - 31.00 31.00 - 32.00 32.00 - 32.75 32.75 - 33.50	26.50 26.00 - 27.25	24.00 23.50 - 24.75	33.75 33.50 - 34.50
10	32.25 - 33.00 33.00 - 33.75 33.75 - 34.75 34.75 - 35.50 35.50 - 36.25 36.25 - 37.00	27.50 26.75 - 28.75	25.25 24.50 - 26.50	35.00 34.25 - 36.25
12	34.25 - 35.00 35.00 - 35.75 35.75 - 36.50 36.50 - 37.50 37.50 - 38.25 38.25 - 39.00	29.50 28.75 - 30.75	26.75 26.00 - 28.00	37.00 36.25 - 38.25
14	36.25 - 37.00 37.00 - 37.75 37.75 - 38.50 38.50 - 39.25 39.25 - 40.25 40.25 - 41.00	31.50 30.75 - 32.75	28.25 27.50 - 29.50	39.00 38.25 - 40.25
16	N/A 39.00 - 39.75 39.75 - 40.50 40.50 - 41.25 41.25 - 42.00 42.00 - 43.00	33.50 32.75 - 34.75	30.25 29.50 - 31.50	41.00 40.25 - 42.25
18	N/A N/A 41.75 - 42.50 42.50 - 43.25 43.25 - 44.00 44.00 - 45.00	35.50 34.75 - 36.50	32.25 31.50 - 33.50	43.00 42.25 - 44.25

## Torso Size Chart

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Size	Average (cm)	Average (inches)	Long (cm)	Long (inches)
6	146 144 - 149	57.50 56.75 - 58.75	151 149 - 154	59.50 58.75 - 60.75
8	148 146 - 151	58.25 57.50 - 59.50	153 151 - 156	60.25 59.50 - 61.50
10	150 148 - 153	59.00 58.25 - 60.25	155 153 - 158	61.00 60.25 - 62.25
12	154 152 - 157	60.50 59.75 - 61.75	159 157 - 162	62.50 61.75 - 63.75
14	158 156 - 161	62.25 61.50 - 63.50	163 161 - 166	64.25 63.50 - 65.50
16	162 160 - 165	63.75 63.00 - 65.00	167 165 - 170	65.75 65.00 - 67.00
18	162 160 - 165	63.75 63.00 - 65.00	167 165 - 170	65.75 65.00 - 67.00