

Gale Lingerie

SIZING TABLES

Size Matters!

Choosing the right size is vital for bras and lingerie. Unfortunately there is no international standard, which can be confusing. On the Cake Lingerie website, we use sizing relevant to your region. To calculate other regional sizing equivalents, simply use the tables provided in this guide.

If you are unsure about your cup or band size, we offer some helpful advice on how to measure yourself (inches and centimeters) and how to use those measurements to find your perfect size.

BAND SIZES

AU / NZ	UK	EUROPE	FRANCE	USA / CA
8	30	65	80	30
10	32	70	85	32
12	34	75	90	34
14	36	80	95	36
16	38	85	100	38
18	40	90	105	40
20	42	95	110	42

CUP SIZES

AU / NZ	UK	EUROPE	FRANCE	USA / CA
A	A	A	A	A
B	B	B	B	B
C	C	C	C	C
D	D	D	D	D
DD	DD	E	E	E (DD)
E	E	F	F	F (DDD)
F	F	G	G	G
FF	FF	H	H	H
G	G	I	I	I
GG	GG	J	J	J
H	H	K	K	K
HH	HH	L	L	L
J	J	M	M	M

SLEEPWEAR & SWIMWEAR

AU / NZ	UK	EUROPE	FRANCE	USA / CA
XS	8	36	34	4
S	10	38	36	6
M	12	40	38	8
L	14	42	40	10
XL	16	44	42	12
XXL	18	46	44	14

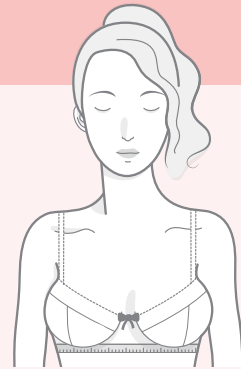


Find your Bra Size - Inches

01: UNDER BUST MEASUREMENT (BAND)

While wearing a non-padded bra, measure around the band of the bra. (We recommend measuring in inches which will provide for a more accurate result) The measuring tape should be level and snug.

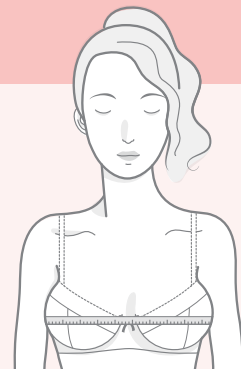
Round to the next whole number. Then refer to the chart below to determine your band size. (If you measured 27.4 inches, then round to 28. Then refer to the table below). Your band size is hence a 32.



	26 - 27	28 - 30	31 - 33	34 - 36	37 - 38	39 - 40	41 - 42	43 - 44
US / UK / CA	30	32	34	36	38	40	42	44
AU / NZ	8	10	12	14	16	18	20	22
EU	65	70	75	80	85	90	95	100

02: OVER BUST MEASUREMENT (CUP)

Now measure around your breasts where they are at their fullest. (Use the same care as in the previous step). Round off to the next whole number (If you measured 34.6 inches, then round to 35) to get your bust size.



03: CALCULATE YOUR SIZE

Now deduct 'BAND' measurement from your 'CUP' measurement and refer to the table below to work out your 'Cup Size' **Example (inches):** 35" (CUP) - 32" (BAND) = 3 (C cup) - your recommended size is a 32C

If difference is (INCHES):	0-1	2	3	4	5	6	7	8	9	10	11	12	13
Your US/CA/EU cup size is:	A	B	C	D	E	F	G	H	I	J	K	L	M
Your UK/AU/NZ cup size is:	A	B	C	D	DD	E	F	FF	G	GG	H	HH	J

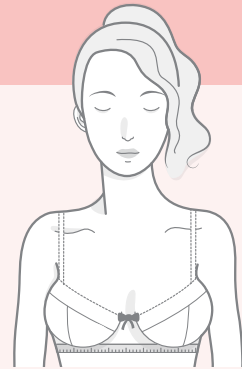


Find your Bra Size - Centimetres

01: UNDER BUST MEASUREMENT (BAND)

While wearing a non-padded bra, measure around the band of the bra. The measuring tape should be level and snug.

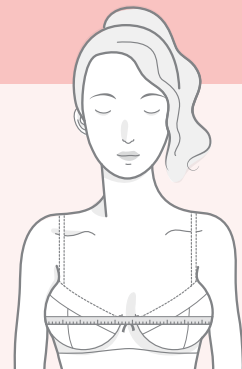
Round to the next whole number. Then refer to the chart below to determine your band size. (If you measured 69.4 cm, then round to 70. Then refer to the table below). Your band size is hence a 70 EU (32 UK).



	65 - 69	70 - 77	78 - 85	86 - 92	93 - 98	99 - 103	104 - 108	109 - 113
US / UK / CA	30	32	34	36	38	40	42	44
AU / NZ	8	10	12	14	16	18	20	22
EU	65	70	75	80	85	90	95	100

02: OVER BUST MEASUREMENT (CUP)

Now measure around your breasts where they are at their fullest. (Use the same care as in the previous step). E.g. you measure 77.4 centimeters, see step 3 to calculate your recommended bra size.



03: CALCULATE YOUR SIZE

Now deduct your 'BAND' measurement from your 'CUP' measurement and refer to the table below to work out your 'Cup Size' **Example (centimeters):** 77.4 cm (CUP) - 70 cm (BAND) = 7.4 cm (C cup) - your recommended size is a 70C EU (32C UK).

If difference is (CM):	0	2.6	5.2	7.7	10.3	12.8	15.3	17.9	20.4	30	25.5	28	30.6
	-	-	-	-	-	-	-	-	-	-	-	-	-
	2.5	5.1	7.6	10.2	12.7	15.2	17.8	20.3	22.9	25.4	27.9	30.5	33
Your US/CA/EU cup size is:	A	B	C	D	E	F	G	H	I	J	K	L	M
Your UK/AU/NZ cup size is:	A	B	C	D	DD	E	F	FF	G	GG	H	HH	J



FIT GUIDE BY STYLE & TYPE

Cotton Candy & Rock Candy Seamless Bra, Toffee Tank

BRA BAND SIZE			CUP SIZE							
AUS/NZ	US/UK/CAN	EU/FR	UK/AU	B	C	D	DD	E	F	FF
			US/EU	B	C	D	E	F	G	H
10	32	70/85		S	S	S	S	S	M	M
12	34	75/90		S	S	M	M	M	M	L
14	36	80/95		M	M	M	L	L	L	L
16	38	85/100		M	L	L	L	L	XL	XL
18	40	90/105		L	L	XL	XL	XL	XL	-
20	42	95/110		XL	XL	XL	XL	XL	-	-

Sugar Candy Seamless Bra

BRA BAND SIZE			CUP SIZE						
AUS/NZ	US/UK/CAN	EU/FR	UK/AU	F	FF	G	GG	H	HH
			US/EU	G	H	I	J	K	L
8	30	65/80		XS	XS	XS	XS	S	M
10	32	70/85		S	S	S	S	M	L
12	34	75/90		M	M	M	M	L	XL
14	36	80/95		L	L	L	L	XL	-
16	38	85/100		XL	XL	XL	XL	-	-
18	40	90/105		XL	XL	XL	-	-	-

Lotus Yoga & Pumping Bra

BRA BAND SIZE			CUP SIZE					
AUS/NZ	US/UK/CAN	EU/FR	UK/AU	A	B	C	D	DD
			US/EU	A	B	C	D	E
8	30	65/80		XS	XS	XS	S	S
10	32	70/85		XS	XS	S	S	M
12	34	75/90		S	S	M	M	L
14	36	80/95		M	M	L	L	XL
16	38	85/100		-	L	L	XL	XL
18	40	90/105		-	XL	XL	XL	-



FIT GUIDE BY STYLE & TYPE

Milk Bra, Gelato Tank, Gateu Chemise, Rhubarb Torte, Choc Vanilla & Gateu Camisole

BRA BAND SIZE			CUP SIZE					
AUS/NZ	US/UK/CAN	EU/FR	UK/AU US/EU	B	C	D	DD	E
				B	C	D	E	F
10	32	70/85		S	S	S	S	M
12	34	75/90		S	M	M	M	L
14	36	80/95		M	L	L	L	XL
16	38	85/100		L	XL	XL	XL	-
18	40	90/105		XL	-	-	-	-

Robes, Pants, Briefs & Shorts

SIZE:	HIP MEASUREMENT		DRESS SIZE				
	INCHES	CM	UK / AU / NZ	USA / CAN	EU	ITALY	FRANCE
SMALL	36-38	92-97	10	6	38	42	36
MEDIUM	38-40	97-102	12	8	40	44	38
LARGE	40-42	102-107	14	10	42	46	40
X LARGE	42-44	107-112	16	12	44	48	42
XX LARGE	44-46	112 - 117	18	14	46	50	44



