

# SIZES WITHOUT SURPRISES

The right fit is everything when choosing lingerie. So to make sure you always have the key facts, this workbook features detailed sizing information, along with Japanese sizes and these handy international conversion tables.

## BAND SIZES

UK	30	32	34	36	38	40	42	44	46
EUROPE	65	70	75	80	85	90	95	100	105
FRANCE	80	85	90	95	100	105	110	115	120
AUSTRALIA / NZ	8	10	12	14	16	18	20	22	24
USA	30	32	34	36	38	40	42	44	46
JAPAN	65	70	75	80	85	90	95	100	105

## CUP SIZES

UK	AA	A	B	C	D	DD	E	F	FF	G	GG
EUROPE	AA	A	B	C	D	E	F	G	H	I	J
FRANCE	AA	A	B	C	D	E	F	G	H	I	J
AUSTRALIA / NZ	AA	A	B	C	D	DD	E	F	FF	G	GG
USA	AA	A	B	C	D	DD	DDD	G	H	I	J
JAPAN	A	B	C	D	E	F	G	H	I	J	K

## A BRIEF EXPLANATION

Once you've found a gorgeous bra in just the right size, all you need are great-fitting briefs to complete your look. However, different sizes are described in different ways, depending on where you are in the world. Brief sizes throughout this workbook are based on UK sizing. Just check our size chart to make sure you're choosing briefs that give you the perfect fit every time.

UK	XS	S	M	L	XL	XXL
EUROPE	XS	S	M	L	XL	XXL
FRANCE	XS	S	M	L	XL	XXL
AUSTRALIA / NZ	8	10	12	14	16	18
USA	XS	S	M	L	XL	XXL
JAPAN	S	M	L	LL	3L	4L

	XS	S	M	L	XL	XXL
UK/AUS DRESS SIZE	8	10	12	14	16	18
USA DRESS SIZE	4	6	8	10	12	14
EURO DRESS SIZE	34	36	38	40	42	44
FRANCE DRESS SIZE	36	38	40	42	44	46
JAPAN BRIEF SIZE	S	M	L	2L	3L	4L