

Lingerie Size Guide

(Amanda Lingerie Size Guide)

Choosing the correct size allows you to wear lingerie more comfortably and beautifully. Please follow the instructions below to measure your body correctly.

1. How to Measure

Underbust

Measure around your ribcage directly under your bust.

Keep the measuring tape level and snug, but not tight.

Bust (Overbust)

Measure around the fullest part of your bust.

For more accurate results, measure while wearing a bra.

Hips

Measure around the fullest part of your hips, keeping the measuring tape horizontal.

2. Bra Size Conversion

Bra Size Conversion				
Japan	Brazil	US	EU	Underbust (cm)
65	40	30	65	63–67
70	42	32	70	68–72
75	44	34	75	73–77
80	46	36	80	78–82
85	48	38	85	83–87
90	50	40	90	88–92

Note: Size and fit may vary slightly depending on design and style.

3. How to Calculate Cup Size

Cup size is determined by the difference between the bust and underbust measurements.

Difference (cm) | Cup Size

10 cm	A Cup
12.5 cm	B Cup
15 cm	C Cup
17.5 cm	D Cup
20 cm	E Cup
22.5 cm	F Cup

Example:

Bust: 90 cm

Underbust: 75 cm

Difference = 15 cm → C Cup

Final bra size: 75C

4. Panty Size Guide

Panty Size Guide				
Japan	Brazil	US	EU	Hip (cm)
S	P	XS	34–36	82–90
M	M	S	38	87–95
L	G	M	40	92–100
XL	GG	L	42	97–105
3L	XGG	XL	44	102–110

5. How to Check the Correct Fit

- ✓ The band sits horizontally across your back
- ✓ The cups fully contain the bust without gaps or overflow
- ✓ The straps do not dig into your shoulders
- ✓ The underwire follows the natural shape of your bust

If you notice the following, you may need a different size:

- The band rides up your back → the band size may be too large
- The bust spills out of the cups → the cup size may be too small
- There are gaps in the cups → the cup size may be too large

6. Size Selection Tips

- When in doubt, prioritize the correct band (underbust) size
- Soft lace bras may feel more comfortable one size larger
- Push-up bras usually fit best in your regular size