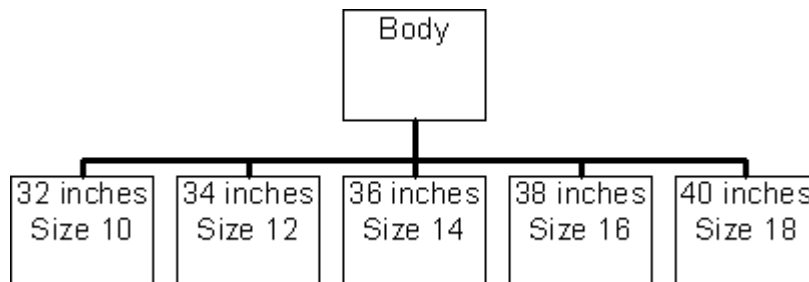


1. Find a tape measure with inches
2. Wear an existing bra
3. Body Measurement: measure under the bust (quite tight) Pull the tape measure around your rib cage. Be sure the tape measure is flat against your body and does not rise higher in the front than in the back.

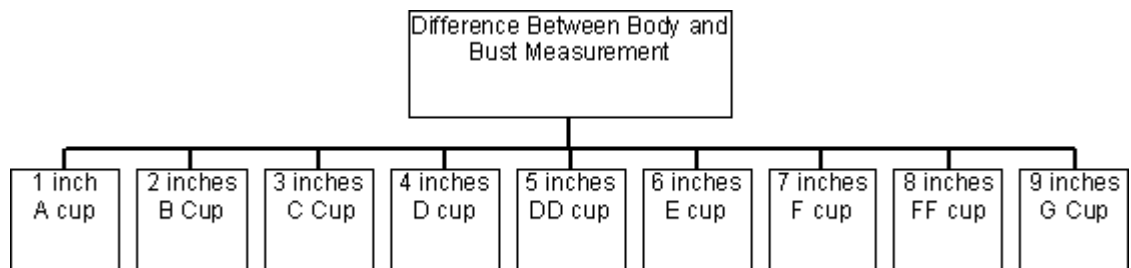
Record Your Body Measurement (inches) _____ If odd number, then round up to next even number. _____



4. Breast Measurement. To determine your cup size, measure around the fullest point of your bust. Do not pull the tape too tight. Record Your Bust Measurement (inches) _____

5. Cup size is based on each inch of difference between the bust measurement and your body measurement.

Cup = Bust Measurement - Body Measurement



HOTMILK KNICKERS SIZING

SMALL = 8-10

MEDIUM 12-14

LARGE 14-16

XLARGE 18+