

BODYSIZE

How to Know Bra Size at Home :The Ultimate Guide



<https://www.bodysize.in>

BODYSIZE

Studies have shown that nearly "80% of women wore incorrectly sized bras." It is important to wear the right size, which makes the woman feel comfortable and benefits her health. And what else can be the best place to know your right size than your own home?

So here, in this information blog by Bodysize, we are going to discuss **How to know bra size** without going anywhere in simple steps. We'll find how the perfect bra size can be a game-changer for you and make you feel more comfortable and confident.

So let's start the exploration from measuring techniques to understanding different sizes ahead in this **Bodysize** guide. Also, we'll find the answers to the most common Google queries.

<https://www.bodysize.in>



**Front Open Seamless
Everyday Bra**

BODYSIZE

How Bra Size is Measured?

In the quest of how to know bra size, the first thing you need to do is find the exact right measure of yours. For that, you need to do two essential measurements: band size and the cup size.

Band Size: For the right band size, you need to wrap a measuring tape snugly around your ribcage, just under your bust. Make sure the tape is level and straight. You should note the measurement in inches and if it's an odd number, then round up to the nearest even number.

Bust Size: Now, for the bust size, you need to do measurements around the fullest part of your bust, keeping the tape level. Then subtract your band size from this measurement to determine your cup size. Each inch of difference corresponds to a cup size (e.g., 1 inch = A, 2 inches = B, and so on.)

Didn't get it. No issues. Let's get it with an example. Suppose your band size is 34 inches and your bust size is 37 inches, here the difference is 3 inches, which means you would wear a 34C.

[**https://www.bodysize.in**](https://www.bodysize.in)

BODYSIZE

Difference Between Bra Size B and C in India

Some of you may have confused the difference between bra sizes B and C. But the difference is as simple as going from 2 to 3. So the primary difference between bra sizes B and C lies in the cup size:

B Cup:- The bust measurement is 2 inches larger than the band size.

C Cup:- The bust measurement is 3 inches larger than the band size.

For example, if your band size is 34 inches, a 34B would mean your bust is 36 inches, while a 34C would mean your bust is 37 inches. C cups offer more coverage and support compared to B cups which makes them suitable for those with slightly larger busts.



**SF26 Side Hook
Padded Sports Bra
(Gym Wear)**

<https://www.bodysize.in>

BODYSIZE

What is the Normal Size of Bra?

The term "normal" can vary widely, but in India, the most common bra size is 34B. However, this can differ based on factors like age, body type, and lifestyle. It's essential to find a size that fits well and feels comfortable rather than focusing on what's considered "normal."

Average Bra Size by Age in India

Bra sizes can change with age due to factors like hormonal changes, weight fluctuations, and pregnancy. Here's a general overview of average bra sizes by age in India:

Teenagers (13-19 years): Typically range from 30A to 34B.

Young Adults (20-29 years): Common sizes are 32B to 36C.

Adults (30-39 years): Sizes often range from 34B to 38D.

Middle Age (40-49 years): Common sizes are 36C to 40DD.

Older Adults (50+ years): Sizes can vary widely, often from 38C to 42DD.

<https://www.bodysize.in>



**Front Open Feeding
Bra (Seamless)**

BODYSIZE

Common Bra Fitting Issues and Solutions

Band Riding Up: If the band rides up your back, it might be too loose. Try a smaller band size.

Straps Digging In: If your straps dig into your shoulders, they might be too tight or the band might be too loose. Adjust the straps or try a different band size.

Cup Spillage: If your breasts spill over the top of the cups, the cup size might be too small. Try a larger cup size.

Gaps in Cups: If there are gaps between your breasts and the cups, the cup size might be too large. Try a smaller cup size.

Explore Bodysize

As you have reached this far, it will be better to take a tour of our website, Bodysize, where you'll find wide and latest varieties of women's innerwear. We have a trendy collection of **bridal bras, front open bras, full coverage bras**, and padded bras. As per your choice, you can also create a combo.

<https://www.bodysize.in>

BODYSIZE

More Details



https://www.instagram.com/bodysize_fashion/?hl=en



<https://www.facebook.com/bodySize01/>



<https://www.youtube.com/@bodysize664>

<https://www.bodysize.in>