



Size Guide

How to measure your Glamourmom size:

Bust size:

Your bust size is the circumference around your ribcage. Begin by taking a snug measurement just under your bust. If the measurement is even, add 2". If the measurement is odd add 3"

Cup size:

With your arms at your sides, measure at the fullest part of your breast. If the measurement falls in between inches round up. Subtract your bust size from the result of this measurement. The difference will give you your cup size.

Difference	Size
Less than 1"	AA
1"	A
2"	B
3"	C
4"	D
5"	DD/E
6"	DDD/F
7"	G
8"	H
9"	I
10"	J

First two months of nursing: Your breasts will enlarge as your milk “comes in” after birth and your cup size will increase another 1-2 cup sizes from your pregnant size.

Your bust size might decrease to your pre-pregnancy size over time while nursing. Past three months nursing your size might be 1 cup size larger than your pre-pregnancy size.