

BRA FITTING GUIDE

We do not advise the use of a tape measure for finding the correct bra size, due to the many variations in body size, shape and preference that a rigid tape measure cannot account for.

Instead, please follow our guide to ensuring the correct fit visually

BAND SIZE

The band should fit comfortably around your body in a horizontal line, fastened on either the loosest or middle set of hook and eyes.

Some women find that fitting on the loosest hook is best for them, so they are able to tighten it over time as the band loosens with wear. Others prefer to fit to the middle hook, to vary the fit according to fluctuations in size. Our silk bands have less stretch than conventional powermesh, so don't be afraid of adjusting the fit according to your personal preference.

If you find the band is riding up at the back, this is usually a sign the band is too large, so you may want to try a smaller back size. If the cup is fitting well however, you will need to go up one cup size whilst going down one band size - for example, if your 34E is too loose in the band but perfect in the cup, try a 32F instead.

If you find the band is feeling uncomfortably restrictive, try going up a band size, and down a cup size if the cup still fits well - for example, a 32F would then go up to the 34E.

STRAPS

If you find your straps are digging in, it can sometimes mean the band is too loose so support is being forced to come from the straps, so do check the band is fitting horizontally around your body.

All of our bras have gold rings at the back to allow rotation according to the width of your shoulders, and many also have them at the front for even more adjustability. Several of our bras have wide, flared silk straps to maintain the comfort of a wider strap with a more flattering shape. Lengthening and shortening the back elastics can also help with getting the fit just right for your body.

UNDERWIRES

Wires should lie flat against your chest at the centre front, and contain all of your breast tissue within them at the side. If you find the wires are digging in to the side of your breasts, not lying against your ribcage, see if a larger cup size will work better for you

The cup should fully contain your breast, without spilling over at the top, or having loose gaping fabric. It is natural to have one breast slightly larger than the other, so if this is the case try to ensure the best fit to the largest side.

If you find the cup is wrinkling or gaping, try a smaller cup size.

If you find the cup is spilled over at the top, try a larger cup size.

INTERNATIONAL SIZE CHARTS

BRAS

Band Sizes

UK	30	32	34	36	38
US	30	32	34	36	38
Europe	65	70	75	80	85
FR/ES/BD	80	85	90	95	100
AU/NZ	8	10	12	14	16

Cup Sizes

UK	DD	E	F	FF	G
US	DD/E	DDD/F	G	H	I
Europe	E	F	G	H	J
FR/ES/BD	E	F	G	H	J
AU/NZ	DD	E	F	FF	G

BRIEFS

Our sizing overlaps to allow for a greater variety of fit. Please use the international size conversion chart for a guideline of the correct size, or use our body measurement chart for a more accurate guide.

Individual Sizes

For Briefs, Thongs and Waist Cinchers

Harlow & Fox	XS	S	M	L	XL
UK	8/10	10/12	12/14	14/16	16/18
US/CA	4/6	6/8	8/10	10/12	12/14
FR/ES/BD	36/38	38/40	40/42	42/44	44/46
AT/DE/DK	34/36	36/38	38/40	40/42	42/44
IT	40/42	42/44	44/46	46/48	48/50
AU/NZ	8/10	10/12	12/14	14/16	16/18

Merged Sizes

For Suspender Belts and Nightwear

Harlow & Fox	S	M	L
UK	8/10	12/14	16/18
US/CA	4/6	8/10	12/14
FR/ES/BD	36/38	40/42	44/46
AT/DE/DK	34/36	38/40	42/44
IT	40/42	44/46	48/50
AU/NZ	8/10	12/14	16/18

BODY MEASUREMENT CHART

Waist

This is taken at the narrowest point of your natural waist, around your bellybutton. Ensure the tape measure is parallel around your body, and fits snugly against you. Take your actual measurement next to your skin, not over clothes, as this is most accurate.

Hip

This is taken at the fullest part of your bottom, approximately 20cm/8" below your natural waistline.

Individual Sizes

For Briefs, Thongs and Waist Cinchers

INCHES

CM

	XS	S	M	L	XL
Waist	65-69	69-74	74-79	79-84	84-89
Hip	90-94	94-99	99-104	104-109	109-114

Merged Sizes

For Suspender Belts and Nightwear

INCHES

CM

	S	M	L
Waist	65-72	73-81	78-89
Hip	90-97	98-106	107-114

Elegant, beautifully luxurious lingerie, exclusively designed for sizes 30-38 DD-G.