

Sizing

How To Determine The Right Size For Lingerie

To determine the right lingerie size, two girth measurements are needed: the girth under the bust and the bust size. The following table can be used to determine the correct size.

Step 1 Measure the girth under the bust (ribcage) and then determine the order size from the table below.

Step 2 Measure the girth across the bust (fullest point) and then determine the cup size that corresponds to the (ribcage) order size.



Step 1 girth under the bust in inches	27-28	29-30	31-32	33-34	35-36	37-38	39-40	41-42	43-44	44-46	46-48
	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Order sizes (European)	70	75	80	85	90	95	100	105	110	115	120
Order sizes (English)	32	34	36	38	40	42	44	46	48	50	52
Step 2 across the bust in inches	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Cup A	32-33	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53
Cup B	33-34	35-36	37-38	39-40	41-42	43-43.5	45-45.5	47-47.5	49-49.5	51-51.5	53-53.5
Cup C	34-34.5	36-36.5	38-38.5	40-40.5	42-42.5	43.5-44.5	45.5-46.5	47.5-48.5	49.5-50.5	51.5-52.5	53.5-54.5
Cup D	34.5-35.5	36.5-37.5	38.5-39.5	40.5-41	42.5-43	44.5-45	46.5-47	48.5-49	50.5-51	52.5-53	54.5-55

<i>Cup DD/E</i>	35.5-36	37.5-38	39.5-40	41-42	43-44	45-46	47-48	49-50	51-52	53-54	55-56
<i>Cup DDD/F</i>	36-37	38-39	40-41	41-43	44-45	46-47	48-49	50-51	52-53	54-55	56-57

For example A bride has a ribcage measuring 34" and a bust size of 40.3". The first step in the table would result in an order size of 38. The bust size of 40.3" translates into a C cup. The right lingerie size for this bride would therefore be 38C.

The sizes in the shaded fields fall outside of Poirier's size range. The following tells you how to determine the best alternative size.

The cup size is good but the ribcage is not. What now?

In this case, use a different girth size but the same cup size.

Important to know: if the girth becomes larger/smaller, the cup also becomes larger/smaller. The table below indicates which girth sizes have the same cup size.

For example, a customer tries on a size 38C torselette. The cup size is good but the girth size is too small. For this customer, try a 40B (not to 40C). After all, a 40B has the same cup as a 38C and only has a larger girth.

	32	34	36	38	40	42	44	46	48
A	32A	34A	36A	38A	40A	42A	44A	46A	48A
B	32B	34B	36B	38B	40B	42B	44B	46B	48B
C	32C	34C	36C	38C	40C	42C	44C	46C	48C
D	32D	34D	36D	38D	40D	42D	44D	46D	48D
DD	32DD	34DD	36DD	38DD	40DD	42DD	44DD	46DD	48DD
F	32F	34F	36F	38F	40F	42F	44F	46F	48F

The dark grey shaded sizes do not exist: use this table to determine the alternative size

The ribcage size is good but the cup size is not. What now?

The cup must fit closely around the bottom of the bust (ribcage). If there are folds on the top or side of the cups, the cup is too large. Use a smaller cup size with the same ribcage size (for example: 32/70C = 32/70B).

If the breasts hang too low in the cups and do not fit properly into the top of the torselette, the cup is too large. Use a smaller cup size or individual transparent silicon push-up cups. If the breasts are pushed outwards on the side and/or top of the cup, the cup is too small. Use a larger cup size with the same ribcage size. For example: 36/80B = 36/80C. If the underwire supports are too far from the body and/or pressed under the arms, the cups are too small. Use a larger cup size with the same ribcage size.

The lingerie size does not exist. What now?

Poirier lingerie is available in sizes 32/70A to 48/110DD/E. It is possible, however, that your bust size falls outside of this range or that a particular item is not available in the size needed. Here are some possible solutions;

Individual fasteners (hook and eye strap) are available that increase the girth (ribcage) as an insert. For example: 44/100A = 42/95B + hook and eye strap.

Use the table above to determine an alternative size. For example: use an 38/85DD/E for 36/80F.