



Breathe in. Finding the right bra is possible.

The **Elila** Step by Step Guide to lookin' good in your curves.

How to measure

Step 1 Pick your most comfortable bra. Make sure it's not padded. After all, we are looking for the real you.

Step 2 Adjust straps and confirm that the fullest part of your bust is approximately halfway between your elbow and shoulder.

Now it's simple, there are just 2 things to pay attention to, ladies...

Step 3

- A. *The Band part 1:* Wrap a tape measure under your armpits and around your chest just above your bust. Relax your shoulders, stand up straight, breath out and look at the measurement. If it's an odd number round up to the nearest even number (39" should become a 40").

- B. *The Band part 2:* Wrap the tape measure around your bottom band keeping the tape measure parallel with the ground and under your bust. Relax, breath out and look at the measurement. If the number is odd add 5" if it is even add 4".
(35 + 5 = 40, 36 + 4 = 40)

The top band and bottom band should be close when it comes to getting the band measurement, if they are different, try both band sizes to see which is more comfortable.

Step 4 *The Cup:* Wrap the tape measure you've become oh-so-fond-of around your back so it comes around the fullest part of your bust, be sure the tape measure is at the same height both at the front and the back i.e. parallel to the ground. Got a number? Ok, here comes the math:

Step 4 (number) - Step 3 (number) = number on our chart to determine your cup size.

Example: If your band measures 40 and the cup measures 48 then $48-40=8$ ” Therefore your size is a 40H. If the A & B band measurements don’t match, do the math for both and order both sizes to try.

So now that you’ve got the right bra for the right curves, let’s try it on.

Step 1: When trying on a bra always lean forward and place your breasts fully into the cups. Fasten the bra on the middle hook and stand up straight.

Step 2: Adjust straps by slipping them off your shoulders so the strap isn’t under stress and adjust accordingly, then place the straps back on your shoulders.

Step 3: Adjust each bust into the cup and give it a little shake to find the best position. Your bust should feel secure without feeling restricted and your nipple should be placed in the middle of the cup.

Comfortable? Ok, breathe out.

Reminder, it’s helpful to order the band size/cup size you measure and one band size smaller /one cup size bigger to see what fits best. If you are a 40H try a 38I.

Cup	1”	2”	3”	4”	5”	6”	7”	8”	9”	10”	11”	12”	13”	14”
Elila	A	B	C	D	E/DD	F	G	H	I	J	K	L	M	N

A few good bras go a long way, Get there!

- **One to Wear....**sexy, supportive and not too tight
- **One to Wash...**not too hot, not too cold....just right
- **One to Rest...**’cuz we all need a little shut eye at night

About **Elila**:

Proudly designed by a woman; **Elila** handcrafts each piece of its full figure intimate apparel with top quality, avant-garde materials, while maintaining a distinct focus on added support, firm control, elegant structure, and unique design. Ensuring the wearer feels more confident from the first snap, **Elila** strives to empower women by producing garments with unparalleled engineering to make a difference where it matters. At **Elila**, technology meets knowledge, delivering unexpectedly sexy, supportive, every day (and every-night) styles for the full figure woman, in sizes from 34 – 54 and B – N.

Be Sexy, Be Comfortable, Be 100% You