

**LOVE IT**  
**IN THE BUFF**



## LOVEITINTHEBUFF.COM SIZE GUIDE

---

[INTERNATIONAL SIZE GUIDE](#)

[INTERNATIONAL SHOE SIZE](#)

[ESPIRAL LINGERIE](#)

[OBSESSION LINGERIE](#)

[MEN'S UNDERWEAR](#)

[KONRAD LINGERIE BAND SIZE](#)

[KONRAD LINGERIE CUP SIZE](#)

[KONRAD LINGERIE PANTIES](#)

## INTERNATIONAL SIZE GUIDE

	S	M	L	S/M	M/L	1X2X	3X4X	OS	QUEEN S
UK	6-8	10-12	14-16	6-10	12-16	18-20	22-24	6-16	18-24
FRANCE/SPAIN	34-36	38-40	42-44	34-38	40-44	46-48	50-52	34-44	46-52
GERMANY	32-34	36-38	40-42	32-36	38-42	44-46	48-50	32-42	44-50
ITALY	38-40	42-44	46-48	38-42	44-48	50-52	54-56	38-48	50-56
USA	4-6	8-10	12-14	2-6	6-12	12-16	16-20	2-12	12-20
CUP	A/B	B/C	C/D	A/B	B/C	D/DD	DD	B/C	D/DD
BUST (cm)	81-86	86-91	91-97	81-86	91-97	90-108	108-122	72-81	90-108
WAIST (cm)	61-66	66-71	71-81	61-66	71-81	81-102	102-112	61-81	97-112
HIPS (cm)	86-91	91-97	97-102	86-91	97-102	106-122	127-142	86-97	100-122
INSEAM (cm)	88	89	90	89	90	93	94	89	93
RISE (cm)	18-19	19-20	20-22	19-20	20-22	23-24	24-25	19-20	23-24
WEIGHT	40-55	55-65	65-75	45-60	60-75	75-105	105-125	40-70	75-115

### FITTING YOUR CORSET

You would measure for your corset like you would measure the bandwidth for your bra.

### FITTING YOUR BAND SIZE

Standing in front of a mirror, wrap your tape measure snugly around your chest, just under or at the crease beneath your breasts and flush against your back. You may need a friend or partner to help. Record this measurement in inches and write it down. Now you'll need to do some basic maths to find your proper band size.

If the number is even add 4 to get your Band Size

If the number is odd add 5 to get your Band Size

Example: If you wrote down 32 add 4 and your Band Size will be 36, this will also be your corset size. If you have a DD cup size or above you would go one size larger.

### INTERNATIONAL SHOE SIZE

UK LADIES	EUROPEAN LADIES	USA LADIES
3	36	5.5
3.5	36.5	6
4	37	6.5
4.5	37.5	7
5	38	7.5
5.5	38.5	8
6	39	8.5
6.5	39.5	9
7	40	9.5
7.5	40.5	10
8	41	10.5
8.5	41.6	11
9	42	11.5

### ESPIRAL LINGERIE

	SMALL	MEDIUM	LARGE	XLARGE
BUST (cm)	88	93	98	103

WAIST(cm)	<b>63</b>	<b>68</b>	<b>73</b>	<b>78</b>
HIPS (cm)	<b>88</b>	<b>93</b>	<b>98</b>	<b>103</b>

**OBSESSION LINGERIE**

	SMALL	MEDIUM	LARGE	XLARGE	XXL	ONE SIZE
BUST (cm)	<b>81-86</b>	<b>86-94</b>	<b>99-102</b>	<b>99-107</b>	<b>107-117</b>	<b>86-102</b>
CUP SIZE	<b>A-B</b>	<b>B-C</b>	<b>C</b>	<b>C-D</b>	<b>C-DD</b>	<b>A-C</b>
WAIST(cm)	<b>58-64</b>	<b>64-71</b>	<b>71-79</b>	<b>79-86</b>	<b>87-94</b>	<b>58-79</b>
HIPS(cm)	<b>86-91</b>	<b>91-99</b>	<b>99-104</b>	<b>104-112</b>	<b>112-119</b>	<b>90-104</b>

**MEN'S UNDERWEAR**

	SMALL	MEDIUM	LARGE	XLARGE
WAIST				
inch	<b>28-30</b>	<b>32-34</b>	<b>36-38</b>	<b>40-42</b>
cm	<b>71-76</b>	<b>81-86</b>	<b>91-97</b>	<b>102-107</b>
HIP				
inch	<b>34-36</b>	<b>38-40</b>	<b>42-44</b>	<b>45 ½-47</b>
cm	<b>86-91</b>	<b>86-91</b>	<b>107-112</b>	<b>116-120</b>

## KONRAD LINGERIE BAND SIZE

Measurement of the ribcage directly under the bust using a soft-tape measure, not over clothes.

Bra Band Size	inches	<b>32</b>	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>	<b>42</b>	<b>44</b>
	Cm	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>	<b>90</b>	<b>95</b>	<b>100</b>
Chest Size Measurement	inches	<b>27-28</b>	<b>29-30</b>	<b>31-32</b>	<b>33-34</b>	<b>35-36</b>	<b>37-38</b>	<b>39-40</b>
	Cm	<b>68-72</b>	<b>73-77</b>	<b>78-82</b>	<b>83-87</b>	<b>88-92</b>	<b>93-97</b>	<b>98-102</b>

## KONRAD LINGERIE CUP SIZE

Difference between Bust Measurement and the Bra Band Size or Rib Measurement

Bra Cup Size		A	B	C	D	E	F	G	H
Bust Measurement - Bra Band Size (see table 1 above)	inches	<b>0.5 - 1</b>	<b>1 - 2</b>	<b>2 - 2.5</b>	<b>2.5-3.5</b>	<b>3.5 - 4</b>	<b>4 - 5</b>	<b>5 - 6</b>	<b>6 - 7</b>
Bust Measurement – Rib Measurement	inches	<b>4.5 - 5</b>	<b>5 - 6</b>	<b>6 - 6.5</b>	<b>6.5-7.5</b>	<b>7.5 - 8</b>	<b>8 - 9</b>	<b>9 - 10</b>	<b>10 - 11</b>
	Cm	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>

		A	B	C	D	E	F	G	H
32	70	32.3-33 82-84	33-33.8 84-86	33.8-34.6 86-88	34.6-35.4 88-90	35.4-36.2 90-92	36.2-37 92-94	37-37.8 94-96	37.8-38.6 96-98
34	75	34.2-35 87-89	35-35.8 89-91	35.8-36.6 91-93	36.6-37.4 93-95	37.4-38.2 95-97	38.2-39 97-99	39-39.8 99-101	39.8-40.5 101-103
36	80	36.2-37 92-94	37-37.8 94-96	37.8-38.6 96-98	38.6-39.4 98-100	39.4-40.2 100-102	40.2-40.9 102-104	40.9-41.7 104-106	
38	85	38.2-39 97-99	39-39.8 99-101	39.8-40.5 101-103	40.5-41.3 103-105	41.3-42 105-107	42-42.9 107-109	42.9-43.7 109-111	
40	90	40.2-40.9 102-104	40.9-41.7 104-106	41.7-42.5 106-108	42.5-43.3 108-110	43.3-44 110-112	44-44.9 112-114		
42	95	42-42.9 107-109	42.9-43.7 109-111	43.7-44.5 111-113	44.5-45.3 113-115	45.3-46 115-117	46-46.9 117-119		
44	100	44-44.9 112-114	44.9-45.7 114-116	45.7-46.5 116-118	46.5-47.2 118-120	47.2-48 120-122	48-48.8 122-124		

**Step 1:** The measurement under the breast and around the rib cage is 30". Add 4 inches. The band size is 34.

**Step 2:** The measurement over the fullest part of the breast and around the back is 37".

**Step 3:** 37 - 34 = 3" difference. The cup size is D

**Step 4:** Try a 34D bra

## KONRAD LINGERIE PANTIES

	cm	inches
S	<b>96-100</b>	<b>38 - 39.5</b>
M	<b>100-104</b>	<b>39.5 – 41</b>
L	<b>104-108</b>	<b>41 – 42.5</b>
XL	<b>108-112</b>	<b>42.5 – 44</b>
XXL	<b>112-116</b>	<b>44 – 45.7</b>