

Breast Form Size Guide

Welcome to TransLife

Finding the perfect breast form size is essential for comfort, confidence, and a natural appearance. This guide will help you measure accurately and select the right size for you.

How to Measure

What You'll Need

- Soft measuring tape (fabric tape measure)
- A mirror
- Comfortable, relaxed posture

Step-by-Step Measurement

Measure Your Chest Size

- Wrap the measuring tape around your chest at **nipple level**
- Keep the tape snug but comfortable – not tight
- Keep the tape parallel to the ground
- Record this measurement in inches
- This is your **chest size** – the key measurement for selecting your breast form

Example: If your chest measures 42 inches, you'll use 42" on the horizontal axis of the sizing chart

TRANSFORM® Silicone Breast Forms Fitting Guide

Find your chest measurement across the top, then move down to your desired cup size to find your breast form size.

Cup Size 32 34 36 38 40 42 44 46 48 50

A	1	2	3	4	5	6	7	8	9	10
B	2	3	4	5	6	7	8	9	10	11
C	3	4	5	6	7	8	9	10	11	12
D	4	5	6	7	8	9	10	11	12	–
DD	5	6	7	8	9	10	11	12	–	–

Expert Sizing Advice from Sophie

Cup Size Recommendations

C Cup – The Natural Choice

- Recommended for most clients
- Maintains natural, balanced proportions
- Works well with standard dress and blouse sizes
- Best for inverted triangle body shapes (broad shoulders, narrower hips)

D Cup or Larger – Consider Carefully

- May require going up a dress or blouse size
- Works best for clients with a fuller, more portly frame
- Helps balance if you have a rounder midsection
- Risk: Can look out of proportion if hips are too narrow

Body Shape & Balance

Inverted Triangle Frame (broad shoulders, narrow hips)

- Most common male body shape
- Stick with C cup maximum for balanced proportions
- Consider hip padding to balance shoulder width
- Larger cup sizes may make you look top-heavy

Fuller/Portly Frame (rounder midsection)

- Can carry larger cup sizes (D/DD) more naturally
- Blouse flows over the belly, creating better balance
- Proportions remain more realistic

Athletic/Balanced Frame

- More flexibility with cup size choice
- C cup still recommended as starting point
- Can experiment with D cup if desired

Tips for Success

- ✓ **Do** measure at nipple level – this is crucial for accurate sizing
- ✓ **Do** measure in a relaxed, natural posture
- ✓ **Do** consider your body frame when choosing cup size
- ✓ **Do** think about dress/blouse fit – will you need to size up?
- ✓ **Do** start with C cup if you're unsure – it's the most versatile
- ✓ **Don't** pull the tape too tight – this gives inaccurate measurements
- ✓ **Don't** assume bigger is better – proportion is key to looking natural
- ✓ **Don't** hesitate to contact us – we're here to guide you!

Need Expert Advice?

If you're uncertain about your size, body proportions, or which breast form is right for you, **reach out to us**. With over 20 years of experience in the crossdressing community, Sophie and the TransLife team are here to guide you through the selection process.

Email: andrew@translife.co.uk

Phone: Available for consultations

Website: translife.uk

We're committed to helping you feel confident and comfortable. Your satisfaction is our priority!

TransLife – Supporting Your Journey Since 2002