

How to find your Joeyband™ Measurement:

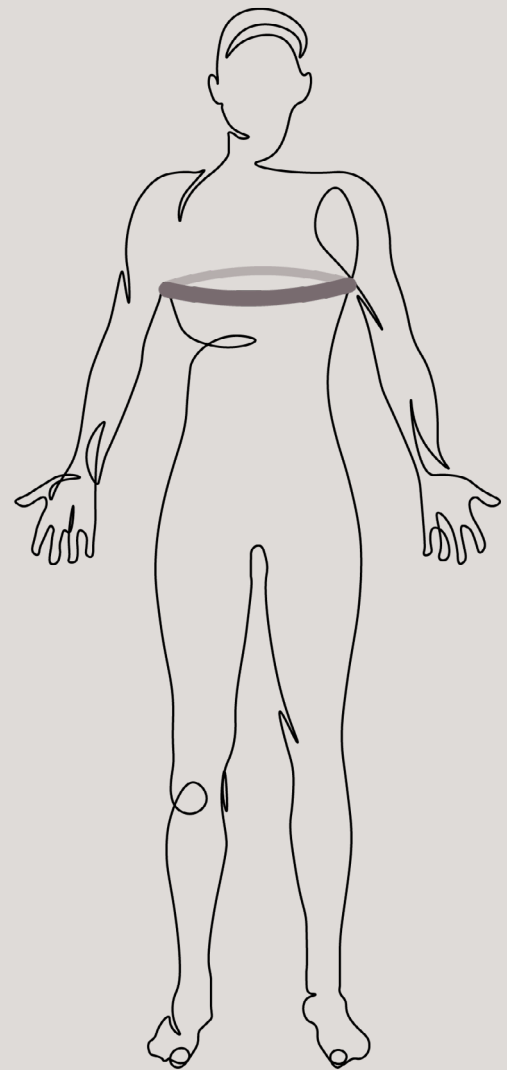
Grab a measuring tape and wrap it under your armpits at the fullest part of your chest, across your nipples. Position it so that the tape is horizontal to the ground and bring it around your back so that the ends come together in front. Stand straight and don't puff out your chest. Keep the tape measure taut, but not constricting and make sure the tape measure is not twisted.

Hot Tips:

If you don't have a measuring tape, use a string, rope, long shoelace or exercise band and measure it afterwards with a ruler. Take care not to stretch your string if using something elastic.

If possible, have a friend take your measurement. Alternatively, take your chest measurement in front of a mirror. This way you can easily check if the tape is parallel to the ground all the way around, and read the numbers without having to look down, which can shift the tape.

Wear the same type of undergarments you typically wear on a normal day. For example, if you wear a bra, choose the same type you usually wear. If you do not wear a bra, measure your bare skin. If you're nonbinary and you bind your chest, measure with your binder on.



The Joeyband™ supports all peoples of physical abilities and neuro abilities - anyone who is able to do skin to skin care can wear The Joeyband™.

