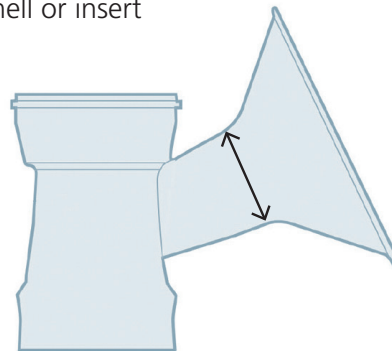


Breastshell Sizing - Nipple Measurement Guide

Measure your nipple excluding the areola to the widest part



Breastshell size refers to the inner diameter of the shell or insert



Try the breastshell 4mm larger than your nipple diameter

Nipple Diameter	22mm Insert (fits in 26mm)	26mm Breastshell	28mm Insert (fits in 31mm)	31mm Breastshell	36mm Breastshell
Up to 18mm	●				
Up to 22mm		●			
Up to 24mm			●		
Up to 27mm				○	
Up to 32mm					○