



## TO TAKE YOUR MEASUREMENTS

### BUST/CHEST:

After exhaling, measure around your back and over the fullest part of your chest.

### WAIST:

Wrap tape loosely around your waistline where you would wear a belt.

### HIP:

With feet shoulder-width apart, measure around the widest part of your hips.



	Bust	Waist	Hip
XXS	30–31	22–23	32–33
XS	32–33	24–25	34–35
S	34–35	26–27	36–37
M	36–37	28–30	38–40
L	38–40	31–33	41–43
XL	41–44	34–37	44–47
2X	45–48	38–41	48–51
3X	51–54	44–47	54–57

Note: Garments will typically measure larger to ensure ease of movement.