SIZES GUIDELINES

1 HEIGHT

Measure your overall height.

2 BUST /CHEST

Measure around the fullest part, keeping the tape horizontal.

3 WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

4 HIP

Measure around the fullest part of your hips, keeping the tape horizontal.

Size	XS	S	M	J	XL	2 XL	3 XL
Height (cm) - 1	150 - 159	160 - 169	170 - 179	180 - 185	186 - 190	191 - 195	195 +
Chest (cm) - 2	88	92	96	100	105	110	115
Waist (cm) - 3	76	80	84	88	93	98	103
Hips (cm) - 4	92	96	100	104	109	114	119
Weight (kg)	<60	<70	<75	<80	<85	<90	>95



