

How to measure your body for size



BUST

Place tape measure up under arms and measure the fullest part of the chest, keeping tape parallel to the floor.

WAIST

Tape measure should be straight around waist where pant waistband normally sits.

HIP

Standing with heels together, with tape parallel to the floor, measure the fullest part.

SLEEVE

With elbow bent, measure from the center of the back at the base of the neck, across the shoulder to the elbow and then down to the wrist.

Ladies' Size

SIZE	NUMERIC SIZE	BUST	WAIST	HIP
X-Small	2	34	26	36.5
Small	4-6	35-36	27-28	37.5-38.5
Medium	8-10	37-38	29-30	39.5-40.5
Large	12-14	39.5-41	31.5-33	42-43.5
XL	16-19	42.5-44.5	34.5-36.5	45-47
2XL	20	46	38	48.5
3XL	22	47.5	39.5	50
4XL	24	49	41	51.5

Women's Plus Size

SIZE	NUMERIC SIZE	BUST	WAIST	HIP
1X	14-16	45-47	39-41	46-48
2X	18-20	48-50	42-44	49-51
3X	22-24	51-53	45-47	52-54
4X	26-28	54-56	48-50	55-57
5X	30-32	57-59	51-53	58-60

These charts represent body measurements, not garment measurements.