

# LADIES SIZE GUIDE

## BUST

Measure around the fullest part of the breast, ensure tape is level all the way round.

## HIPS

Measure the fullest part of your hips, approximately 23 cm below your waist.



## WAIST

Measure the narrowest part of your waist, above your belly button and below your ribcage.

## INSIDE LEG

When buying pants and jeans, measure the inside of your leg from your crotch to your ankle.

## LADIES TOPS

Size	SS	S	M	L	XL	2XL	3XL	4XL
Chest / cm's	77-81 cm	82-86 cm	87-91 cm	92-96 cm	97-101 cm	102-106 cm	110-114 cm	115-119 cm

## LADIES ELASTICATED BOTTOMS

Size	SS	S	M	L	XL	2XL	3XL	4XL
Waist / cm's	60-64 cm	65-69 cm	70-74 cm	75-79 cm	80-84 cm	85-89 cm	93-97 cm	98-101 cm
Hip / cm's	85-89 cm	90-94 cm	95-99 cm	100-104 cm	105-109 cm	110-114 cm	118-122 cm	123-127 cm

## LADIES FIXED WAISTBAND BOTTOMS

Size	30	32	34	36	38	40	42	44
Waist / cm's	60-64 cm	65-69 cm	70-74 cm	75-79 cm	80-84 cm	85-89 cm	93-97 cm	98-101 cm
Hip / cm's	85-89 cm	90-94 cm	95-99 cm	100-104 cm	105-109 cm	110-114 cm	118-122 cm	123-127 cm