

# HOW TO MEASURE

## WAIST

Measure around the waist, above the belly button along the slimmest part; without tightening the measuring tape

## BUST

Place the measuring tape under your arms, around your bustline along the fullest part.

## HIPS

Standing with your feet together, measure along the fullest part of your hips

# MEASURING GUIDE

• **Tops** • **T-Shirts** • **Sweaters** • **Pullovers** • **Cardigans** • **Sweatshirts**

\*body measurements in INCHES

UK	XS	S	M	L	XL	XXL
EU	34	36	38	40	42	44
FIT TO BUST	32-33	34-35	36-37	38.5-40	41.5-43	44
SHOULDERS	14-15	15-16	16-16.5	16.5-17	17	17.5-18