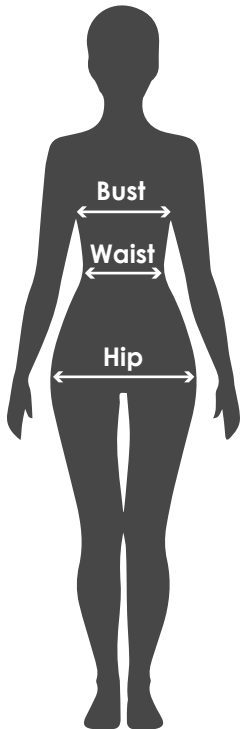
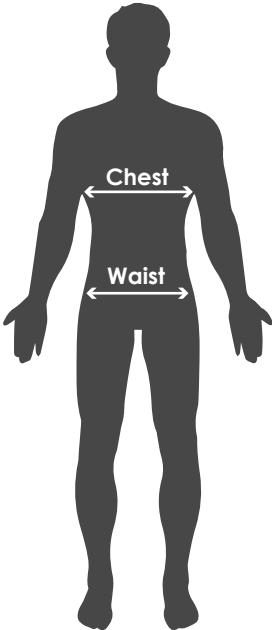


## Womens Body Measurement



Size:		6/XXS	8/XS	10/S	12/M	14/L	16/XL	18/2XL	20/3XL	22/4XL	24/5XL
Height	cm	150-160	155-165	160 - 170	165 - 175	170 - 175	180 - 190	180 - 190	185 -195	185 -195	185 -195
Bust	cm	74 - 79	79 - 84	84 - 89	89 - 94	94 - 99	99 - 104	104 - 109	109 - 115	115 - 120	120 - 125
Waist	cm	55-60	60 - 65	65 - 70	70 - 75	75 - 80	80 - 85	85 - 90	90 - 95	95 - 100	100-105
Hip	cm	83 - 88	88 - 93	93 - 98	98 - 103	103 - 108	108 - 113	113 - 118	118 - 123	123 - 128	128 - 133

## Mens Body Measurements



		72/XXS	74/XS	82/S	78/M	87/L	92/XL	97/2XL	102/3XL	107/4XL	112/5XL	127/6XL
Height	cm	155-165	155-165	165 - 175	175 - 185	175 - 185	185 - 200	185 - 200	185 - 200	185 - 200	185 - 200	185 - 200
Chest	cm	82 - 86	87 - 91	92 - 96	97 - 101	102 - 107	108 - 113	114 - 119	120 - 125	126 - 131	132 - 137	138 - 144
Waist	cm	68 - 72	73 - 77	78 - 82	83 - 87	88 - 92	93 - 97	98 - 102	103 - 107	108 - 112	113 - 117	118 - 127

## How to Measure Womens Body Dimensions

### Chest/Bust

Place the measuring tape from bottom of the armpit across the shoulder blades horizontally to measure. For the bust, measure the top of the bust

### Waist

Measure the thinnest part of the waist. However, depending on the product, the garment may be designed to be worn low on the waist. Depending on the waist size indication, the actual size would be somewhat larger.

### Shoulder Width

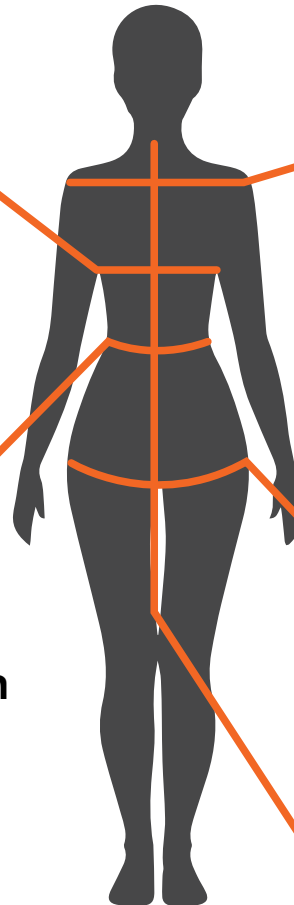
Measure between the tips of both shoulders, passing through the bone (cervical vertebrae) that sticks out when you tilt your neck forward.

### Hip

Whilst standing straight, measure the fullest part of the hip.

### Skirt Length

Measure from the top of the waist to the hem of the skirt



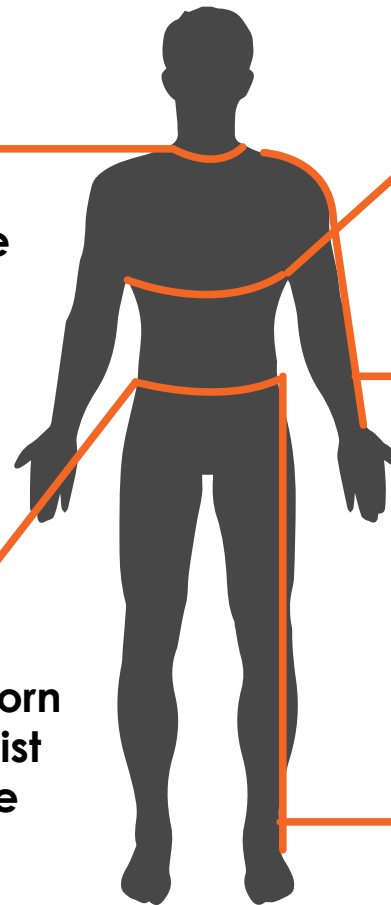
## How to Measure Mens Body Dimensions

### Neck size

Measure one of the shirts you have around the neck. Flatten the collar and measure from the centre of the top button to the furthest edge of the button hole.

### Waist

Measure the thinnest part of the waist. However, depending on the product, the garment may be designed to be worn low on the waist. Depending on the waist size indication, the actual size would be somewhat larger.



### Chest

Place the measuring tape from bottom of the armpit across the shoulder blades horizontally to measure.

### Sleeve Length (Centre Back)

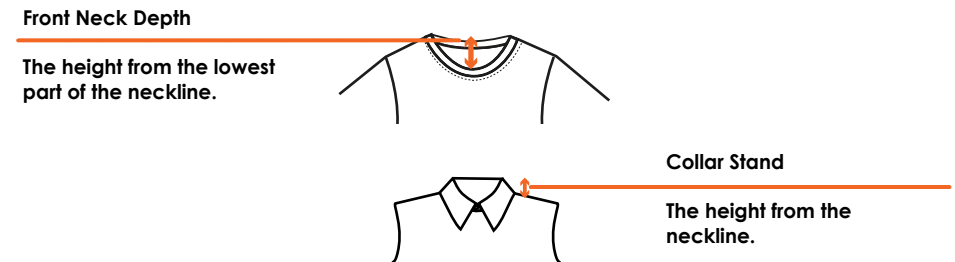
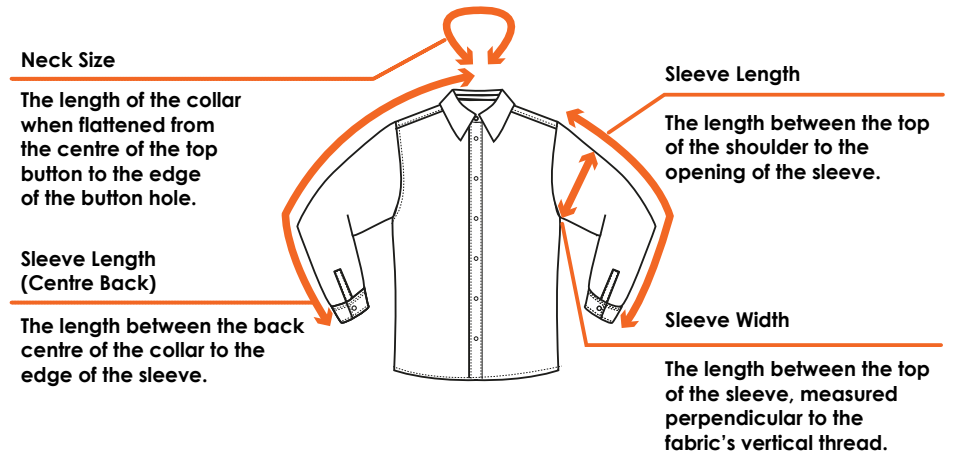
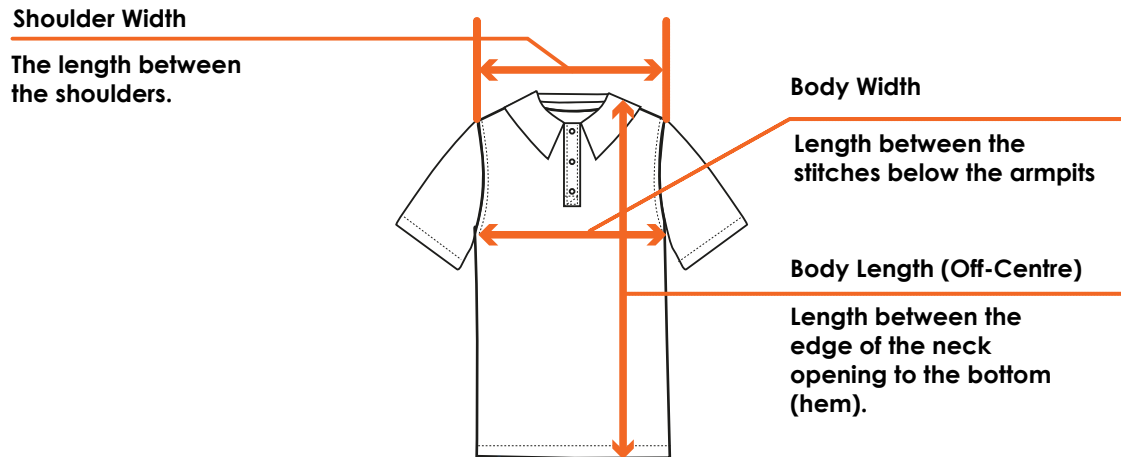
Measure the length between the centre of the collar through the outer side of the arm and elbow, towards the wrist.

### Out leg length

To measure the leg length start from the waist and measure along the outside of pant along stitches to the finished hem of the pants.

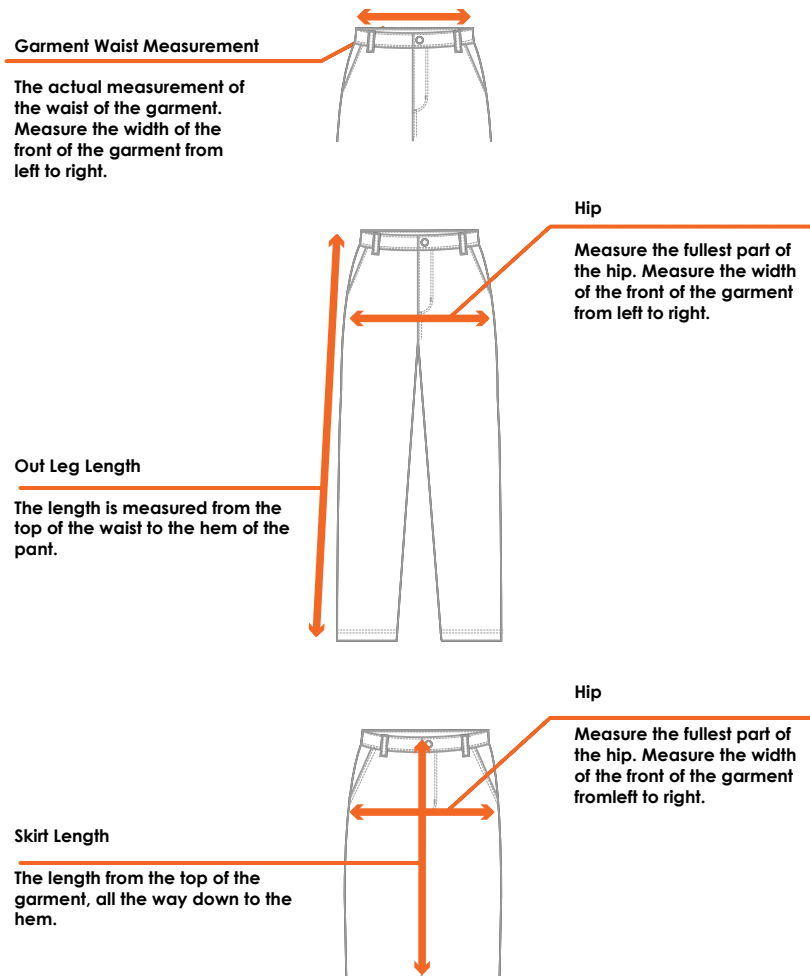
# How to measure Garments

## TOPS



## How to measure Garments

### BOTTOMS



### ACCESSORIES

