

## Women's Size Guide

SIZE	XXS	XS	S	M	L	XL	XXL
UK Size	6	8	10	12	14	16	18
Bust	31	32	34	36	38	40	42
Waist	26	27	28	30	32	34	36
Hips	34	36	38	40	42	44	46
Inside Leg	28.5	29	30	30.25	30.5	31	31.25
Sleeve/Shoulder	28.75	29.5	30	30.5	31	31.5	32

Recommend: women size-up. If you are normally a size “M”, size-up to “L” for a comfortable fit. For men, shop your regular size. If you are normally a size “M”, then shop size “M” for the best fit.

### How to Find Your Measurements

#### Sleeve:

Measure from your shoulder at side neck point to just past your wrist bone, bend your elbow slightly when measuring to allow for ease.

#### Chest/Bust:

Measure the fullest part of your chest, under your arms, with the tape measure level.

#### Waist:

Measure around your natural waistline, at the narrowest part.

#### Inside Leg:

From a standing position, measure from your crotch to your ankle bone.

#### Recommend:

women size-up. If ‘M’, size-up to ‘L’ for comfortable fit. Men shop regular size. If ‘M’, shop size ‘M’ for best fit.

*Please note: Measurements refer to your body size, not the garment dimensions*



Sleeve

Chest

Waist

Inside Leg