

## LADIES SIZE GUIDE

## 1. BUST

 Measure under the arms at the fullest part around the bust horizontally.
## 2. WAIST

Measure around your waist (where you normally wear your trousers). Measure your body not over a trouser.


| SIZE | $\mathbf{6}$ | $\mathbf{8}$ | 10 | $\mathbf{1 2}$ | $\mathbf{1 4}$ | $\mathbf{1 6}$ | $\mathbf{1 8}$ | $\mathbf{2 0}$ | $\mathbf{2 2}$ | $\mathbf{2 4}$ | $\mathbf{2 6}$ | $\mathbf{2 8}$ | $\mathbf{3 0}$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BUST <br> INCHES | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 |
| BUST <br> CMS | 77 | 82 | 87 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 |
| WAIST | 23 | 25 | 27 | 29 | 31 | 33 | 35 | 37 | 39 | 41 | 43 | 45 | 47 |
| WCHES | 23 |  |  |  |  |  |  |  |  |  |  |  |  |
| WAIST <br> CMS | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 | 104 | 109 | 114 | 119 |
| HIPS <br> NCHES | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 |
| HPS <br> CMS | 82 | 87 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 | 142 |

