

<b>How to Measure Women's Apparel</b>	<b>Women's Size</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	
<b>BUST:</b> Measure around shoulder blades, under arms, and around the fullest part fo bust, holding tape gently, keep tape straight and level.	<i>UK guide</i>	<b>8-10</b>	<b>10-12</b>	<b>12-14</b>	<b>14-16</b>	<b>16-18</b>	<b>18-20</b>	
	<b>Bust</b>	34.5-35.5"	36.5-37.5"	38.5-39.5"	40.5-41.5"	42.5-43.5"	44.5-45.5"	
	<b>Waist</b>	28-29"	30.5-32"	33.5-35"	37-39"	41-43"	45-47"	
	<b>Hip</b>	38-39"	40.5-42"	43.5-45"	47-49"	51-53"	55-57"	
<b>WAIST:</b> Measure around natural waistline. Wearer should be relaxed , not holding breathe.								
<b>HIPS:</b> Measure around fullest part of hip, about 9" below waist.								
<b>How to Measure Men's Apparel</b>	<b>Mens's Size</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>
<b>NECK:</b> Hold tape snug around neck	<i>UK guide</i>	<b>S 34/36"</b>	<b>M 38/40"</b>	<b>L 40/42"</b>	<b>XL 44/46"</b>	<b>2XL 46/48"</b>	<b>3XL 50/52"</b>	<b>4XL 54/56"</b>
	<b>Chest</b>	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"	58-60"
<b>CHEST:</b> Measure around fullest part of chest, under arms and around shoulder blades.	<b>Waist</b>	28-30"	32-34"	36-38"	40-42"	44-46"	48-50"	52-54"
	<b>Hip</b>	32-34"	36-38"	40-42"	44-46"	48-50"	52-54"	56-58"
	<b>Neck</b>	14-14.5"	15-15.5"	16-16.5"	17-17.5"	18-18.5"	19-19.5"	20-20.5"
<b>WAIST:</b> Measure around natural waistline. Above top of hip bones	<b>Sleeve length</b>	32.5-33"	33.5-34"	34.5-35"	35.5-36"	36.5-37"	37.5-38"	38.5-39"
<b>INSEAM:</b> Measure from base of crotch to seam to top of shoe worn								
<b>SLEEVE LENGTH:</b> Hold arm chest high, slightly bent at the elbow. Measure from centre back of collar around elbow to far end of wrist bone.								
<b>Unisex Apparel</b>								
Unisex Sizing is based on men's sizes	For unisex conversion see the men's size conversion chart							