

# Size Guides

## Measurements

### Standard

IN ☒ CM

IN ☒ CM

| SIZE | NUMERIC SIZE | ARM LENGTH | BUST/CHEST  | ARM LENGTH | BUST/CHEST |
|------|--------------|------------|-------------|------------|------------|
| XXS  | 00           | 74.9       | 81.3        | 29.5       | 32         |
| XS   | 0-2          | 77.5       | 83.8-86.4   | 30.5       | 33-34      |
| S    | 4-6          | 78.7       | 88.9-91.4   | 31         | 35-36      |
| M    | 8-10         | 80.6       | 94-96.5     | 31.75      | 37-38      |
| L    | 12-14        | 82.5       | 99.1-101.6  | 32.5       | 39-40      |
| XL   | 16           | 84.5       | 104.1-109.2 | 33.25      | 41-43      |
| XXL  | 18           | 85.1       | 109.2-114.3 | 33.5       | 43-45      |

### Plus

| SIZE | NUMERIC SIZE | ARM LENGTH | BUST/CHEST  | ARM LENGTH | BUST/CHEST |
|------|--------------|------------|-------------|------------|------------|
| 1X   | 18W          | 82.5       | 114.3-121.9 | 32.5       | 45-48      |
| 2X   | 20W          | 83.8       | 121.9-129.5 | 33         | 48-51      |
| 3X   | 22W          | 85.1       | 129.5-137.2 | 33.5       | 51-54      |

## Measuring Guide



- A. **Arm Length:** Place the tape measure against the center of the back of your neck (you might need a friend to help!) and measure across your shoulder and down the outside of your arm to the wrist bone.
- B. **Bust/Chest:** Place the tape measure under your arms and across the fullest part of your bust then where bra band closure generally lands on your body.