

LADIES

HOW TO MEASURE

BUST Measure under your arms around the fullest part of your chest.

WAIST Measure around the narrowest part of your torso.

HIP Stand with heels apart and measure around the fullest part of the hip and bottom area.

LADIES SIZE	0	2	4	6	8	10	12	14	16	18	20	22	24
ALPHA SIZE	XXS	XS	XS-S	S	M	M-L	L	L-XL	XL	2XL	2-3XL	3XL	
BUST (IN)	30.5	31	33	35	37	39	41	43.5	45.5	47.5	49.5	51.5	53.5
WAIST (IN)	23	24	26	28	30	32	34	36.5	38.5	40.5	42.5	44.5	47
HIP (IN)	34	35	37	39	41	43	45	47.5	49.5	51.5	53.5	55.5	58



BUST

WAIST

HIP