

Size	Top Size	Chest (cm)	Sleeve Length (cm)
XS	0/2	81.3-83.8	76.2
S	4/6	86.4-88.9	78.7
M	8/10	91.4-94	81.3
L	12/14	97.8-101.6	83.8
XL	16	105.4	86.4

CHEST
Measure at the fullest part of the chest, under the armpits and over the shoulder blades, keeping the tape measure firm and level.

WAIST
Measure around the natural waistline, allowing the tape measure to sit comfortably

HIPS
Measure around the fullest part of your hips.

SLEEVE
Start at the center back of your neck and measure across the shoulder and down to the wrist. Round up to the next even number.

