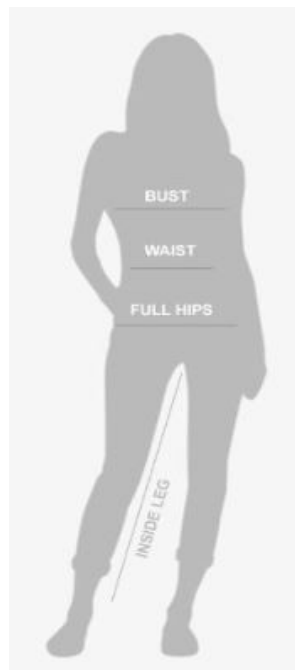


BODY MEASURE SIZE CHART						
SIZE	12	14	16	18	20	22
<b>BUST</b>						
CM	94	99	104	109	115	121
INCHES	37	39	41	43	45½	47½
<b>WAIST</b>						
CM	74	79	84	90	96	102
INCHES	29	31	33	35½	38	40
<b>FULL HIPS</b>						
CM	99	104	109	115	121	127
INCHES	39	41	43	45	47½	50

KNITWEAR SIZE CONVERSION	
SIZE	UK SIZE
MEDIUM	12/14
LARGE	16/18
EXTRA LARGE	20/22

INTERNATIONAL SIZE CONVERSION						
UK	12	14	16	18	20	22
	MEDIUM		LARGE		EXTRA LARGE	
USA	8	10	12	14	16	18
<b>EU</b>						
Austria						
Switzerland	38	40	42	44	46	48
Germany						
Sweden						
<b>EU</b>						
Belgium,Spain						
France	40	42	44	46	48	50
Netherlands						
Portugal						
<b>EU</b>						
Italy	44	46	48	50	52	54



## MEASURING GUIDE

For the most accurate results it is best to take your measurements dressed only in your underwear. Be careful not to pull the tape measure too tight, it's also easier for someone else to help hold the tape measure in the correct position.

### BUST

Place the tape measure around the fullest part of the bust and over the shoulder blades.

### WAIST

Measure around your natural waist, this can be found by bending to the side.

### FULL HIPS

Measure around the fullest part of your bottom this is approximately 20cm below your natural waist.

### INSIDE LEG

We measure our trousers from the top of the inside leg along the seam to the hem.

## LENGTHS OF TOPS, DRESSES AND COATS

We measure our Tops, Dresses and Coats from the shoulder seam at the neck to the hem on the back of the garment.

### SLEEVE OVERARM

This measure is taken from the Centre Back neck along the shoulder and down the overarm of the sleeve to the cuff.