

International Shapewear Size Conversion Chart						
SIZE	HEIGHT Feet / Inches	HEIGHT (cm)	WEIGHT (lb)	WEIGHT (kg)	HIPS (in)	HIPS (cm)
SMALL / MEDIUM	5' 0" - 5' 6"	152 - 168	97 - 155	44 - 70	34" - 40"	86 - 102
MEDIUM / LARGE	5' 4" - 5' 10"	163 - 178	111 - 174	50 - 79	40" - 48"	102 - 122

If your measurements are at the boundaries between sizes, you may wish to take the larger size for comfort