

## Ladies Size Chart

	XS		S		M		L		XL		2XL
Size	6	8	10	12	14	16	18	20	22	24	26
Bust (Inches)	28	30	32	34	36	38	40	42	44	46	48



### Measuring Yourself Tips - Female

#### Where you need to measure

While very few women actually have 36-24-36 measurements, the three numbers are a good reminder of where you need to measure yourself for clothes. These are the points where a woman's body usually curves in and out the most.

#### Bust/Chest

Let your arms hang naturally at your sides.

Have someone measure you with the measuring tape parallel to the ground.

Have your friend measure under your underarms, around your back and over the fullest part of your bust.

Make sure the measuring tape is snug but not tight.

#### Waist

Bend over to one side to find the spot where your waist naturally creases.

Measure this spot; it should be right under your navel.

Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

#### Hip

Stand up straight with your feet together.

Have a friend measure over your hips and rear, around the fullest part.

Make sure to keep the measuring tape parallel to the floor.