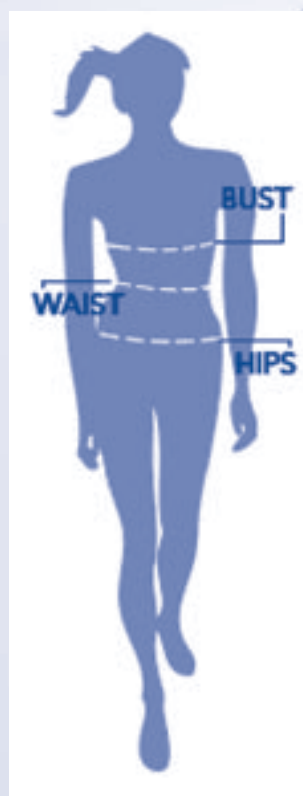


## Ladies Size Chart

Order Size	8	10	12	14	16	18	20	22	24	26	28	30
Bust cm	76	81	86	91	96	101	106	112	117	122	127	132
Bust In	30	32	34	36	38	40	42	44	46	48	50	52
Waist cm	56	61	66	71	76	81	86	91	96	101	106	112
Waist In	22	24	26	28	30	32	34	36	38	40	42	44
Hips cm	81	86	91	96	101	106	112	117	122	127	132	137
Hips In	32	34	36	38	40	42	44	46	48	50	52	54



### 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.