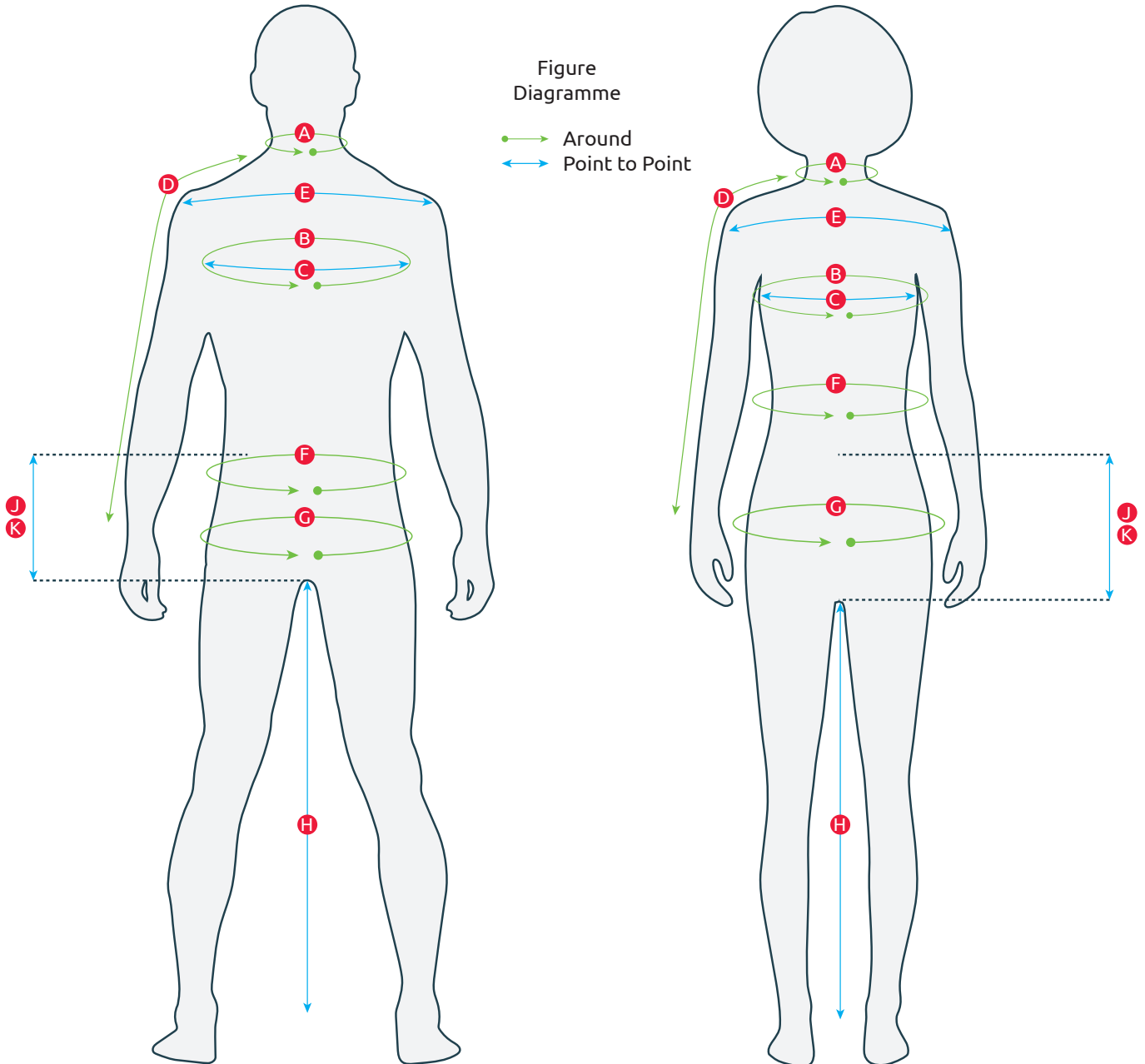




Measurements & Your Body

1. Select the item you are interested in
2. Check the Sizing Table attached to the item for available measurements
3. Measure your body using the guide below to match it to the measurements available on the item's Sizing Table and select your size.



Take measurements while in a relaxed position and make sure that the tape measure is parallel to the floor for horizontal measurements.

A Neck	F Waist
B Full Chest / Bust	G Hips
C 1/2 Chest / Bust	H Leg Inseam
D Arm	J Front Rise
E Cross Back	K Back Rise

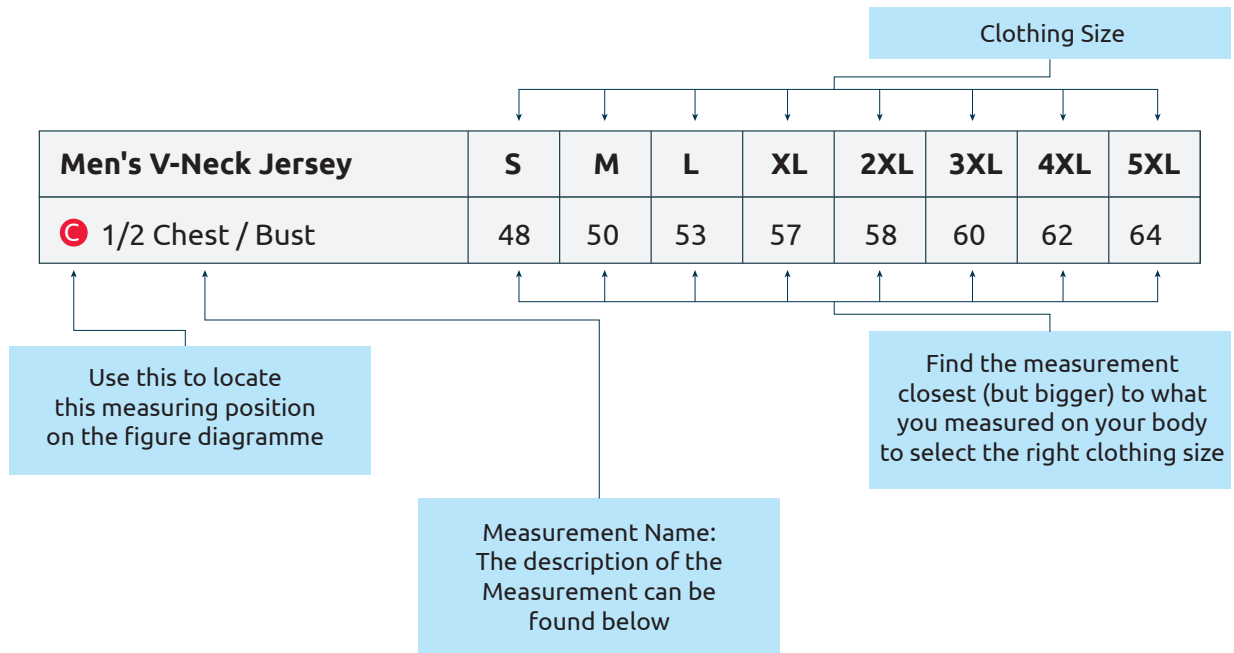
Around
Point to Point



Example Sizing Table

1. Each item will have its own Sizing Table with the appropriate measurements
2. Measure yourself based on the available measures and compare your Measurement to the closest (but higher) equivalent in the table

How to read the Sizing Table



How to take your Measurements

- A Neck**
Take your measurement around your neck just below your adam's apple.
- B Full Chest / Bust**
Take your measurement around the fullest part of your chest/bust normally 2 to 3 cm below your armpit.
- C 1/2 Chest / Bust**
Take your measurement across the front of the fullest part of your chest/bust 2 to 3cm below your armpit from side to side
- D Arm**
Take measurement from your shoulder point to your wrist bone.
- E Cross Back**
Take your cross back measurement by measuring from your left shoulder point across your back to your right shoulder point.
- F Waist**
Measure your natural waist line around over your belly button.
- G Hips**
Take your hip measurement 15 – 20cm below your belly button around over the widest section.
- H Leg Inseam**
Take measurement from your upper and inner thigh (near the crotch area) down to your ankle bone.
- J Front Rise**
This measurement describes the length from the front waistband to the inseam point in the crotch
- K Back Rise**
This measurement describes the length from the back waistband to the inseam point in the crotch