

# Size guide

Find out which size you are across different countries with our handy conversion guide. It's best to use this as a rule of thumb, since sizes and measurements can vary from brand to brand.

## Size Conversions

EU	INT	FR	IT	UK
42	XS	42	42	32R
44	S	44	44	34R
46	S	46	46	36R
48	M	48	48	38R
50	M	50	50	40R
52	L	52	52	42R
54	XL	54	54	44R
56	XXL	56	56	46R
58	3XL	58	58	48R
60	3XL	60	60	50R
62	4XL	62	62	52R
64	4XL	64	64	54R
66	5XL	66	66	56R
68	5XL	68	68	58R
70	6XL	70	70	60R
72	6XL	72	72	62R
74	7XL	74	74	64R
76	8XL	76	76	66R
78	8XL	78	78	68R
90	XS	90	90	36L
94	S	94	94	38L
98	M	98	98	40L
102	L	102	102	42L
106	XL	106	106	44L
110	XXL	110	110	46L
114	3XL	114	114	48L
118	3XL	118	118	50L

## Body Measurements

EU	INT	BUST	WAIST	HIP
42	XS	84	70	90
44	S	88	74	93
46	S	92	78	96
48	M	96	83	99
50	M	100	88	102
52	L	104	93	105
54	XL	108	98	108
56	XXL	112	102	111
58	3XL	116	107	114
60	3XL	120	111	117
62	4XL	124	115	120
64	4XL	128	119	123
66	5XL	132	123	126
68	5XL	136	127	129
70	6XL	140	131	132
72	6XL	144	135	135
74	7XL	148	139	138
76	8XL	152	143	143
78	8XL	156	147	147
90	XS	92	78	97
94	S	96	82	100
98	M	100	87	103
102	L	104	92	106
106	XL	108	97	109
110	XXL	112	101	112
114	3XL	116	106	115
118	3XL	120	110	118

## How to Measure Yourself



### **Bust**

Bring the measuring tape underneath your armpits and measure around the fullest part of your bust

### **Waist**

Bring the measuring tape around your natural waistline and measure between the highest part of your hip bone and your lower ribs

### **Hip**

Bring the measuring tape around your hips and measure around the fullest part of your bottom