

B-Series Girdles

Size Chart & Measuring Instructions

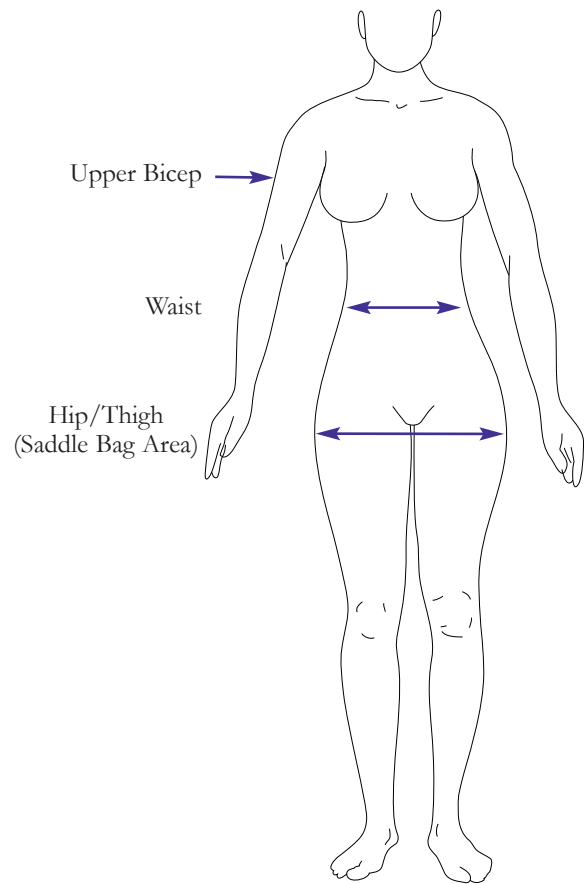
This size chart is intended for use with the following styles: B85, B165, B853, B1653, B855, B1655, BA85, BA853, BA855, B850TCP.

MEASURING INSTRUCTIONS

Waist: Measure around the **smallest** part of the waistline.

Hip/Thigh: Measure around the **fullest** part of the hips (Saddle Bag Area), 23-26 cm from the waist. Keep the tape measure parallel to the floor.

Upper Bicep: You will need assistance to take this measurement. With arms relaxed at your sides, measure the **fullest** part of the upper arm, at or above the Bicep.



Match your waist and hip measurements to the chart below to find the appropriate size.

If your measurements fall into different sizes, choose the larger size.

Size (cm)	Waist	Hip	Biceps
XS	53 - 59	79 - 84	24 - 26
S	60 - 66	85 - 92	27 - 28
M	67 - 74	93 - 100	29 - 31
L	75 - 82	101 - 108	32 - 33
XL	83 - 89	109 - 114	34 - 36
XXL	90 - 100	115 - 122	37 - 39
3X	101 - 110	123 - 133	40 - 42
4X	111 - 120	134 - 142	43 - 46

Measuring and fit tips...

- To ensure a proper fit, please have someone else take your measurements and avoid wearing bulky clothes.
- Your feet should be 5-8 cm apart and your arms relaxed at your sides.
- Use a cloth measuring tape & measure twice for accuracy.
- Hold the tape level and firm, but do not allow it to “dig” into your skin or clothing.
- When between sizes, choose the larger size.

For expert advice or more information, contact
Customer Service at 800.442.5800 or
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