

PANTIES

INCHES

CENTIMETERS

SIZE	WAIST (A)	HIPS (B)
XS	62-65	88-90
S	67-70	93-95
M	72-75	98-100
L	77-80	102-105
XL	85-98	110-113

PANTIES

INCHES

CENTIMETERS

SIZE	WAIST (A)	HIPS (B)
XS	24.5-25.5	23.5-25.5
S	26.5-27.5	36.5-37.5
M	28.5-29.5	38.5-39.5
L	30.5-31.5	40.5-41.5
XL	33.5-34.5	43.5-44.5



HOW TO MEASURE

- (A) **WAIST:** Measure around 5cm below natural waist where the waistband of trousers normally sits on the body.
- (B) **HIPS:** Measure around fullest part of the hips and the bottom.