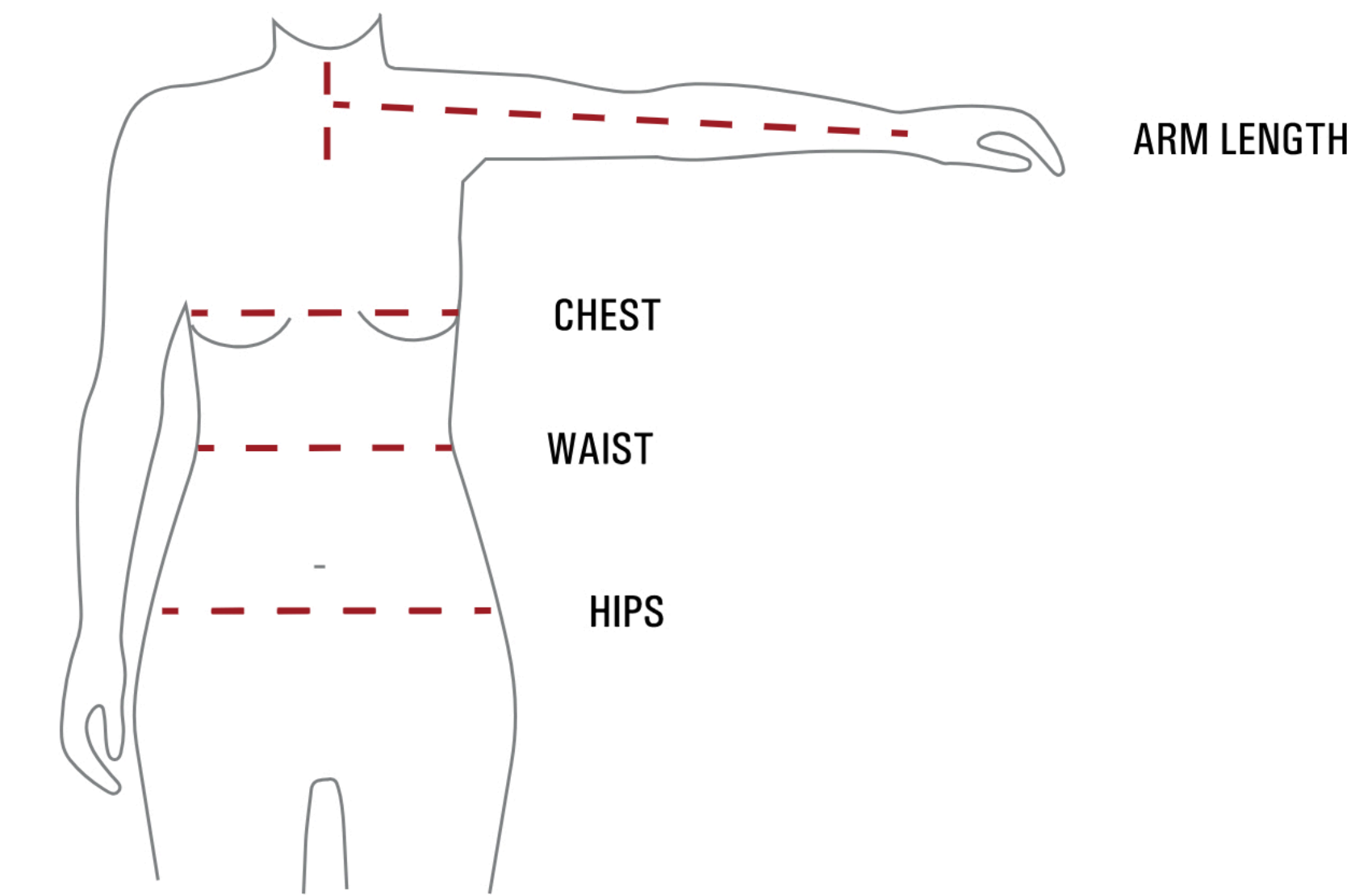


Dimensions

	Metric (cm)	Imperial (Inches)		
			Chest	Waist
			Sleeve	Hips
6 (34)	79cm	65cm	66cm	85cm
8 (36)	84cm	69cm	70cm	89cm
10 (38)	89cm	72cm	70cm	94cm
12 (40)	94cm	76cm	72cm	99cm
14 (42)	99cm	81cm	74cm	104cm
16 (44)	104cm	86cm	76cm	109cm
18 (46)	109cm	91cm	76cm	114cm

N.B. The table above shows body measurements not garment measurements.

How to Measure



For Arm length measure from the centre back of your neck to your wrist.

Measure the full circumference of your Chest just below your armpits.

For your Waist find the top of your hip and measure the full circumference.