

International Size Conversions

Turkey / Germany	US	UK	Japan	Italy	Spain
24	XXXXS - 000	0	1	32	26
26	XXS - 00	2	1	34	28
28	XS - 0	4	3	36	30
30	XS - 2	6	5	38	32
32	S - 4	8	7	40	34
34	S - 6	10	9	42	36
36	M - 8	12	11	44	38
38	M - 10	14	13	46	40
40	L - 12	16	15	48	42
42	L - 14	18	17	50	44
44	XL - 16	20	19	52	46
46	XL - 18	22	21	54	48
48	XXL - 20	24	23	56	50

All size conversions are approximate.

Fits may vary by style or personal preferences; sizes may vary by manufacturers.

Finding the right size

Use a fabric tape measure to find your measurements, and then follow our guidelines to make sure you are ordering the right size.

Try to wear little or no clothing to get the most accurate reading.

Waist

Measure around your natural waistline, keeping the tape comfortably loose

Hips

Stand with your heels together and measure the fullest part of your hips.

Chest

Wrap the tape around fullest part of your chest or bust, including your shoulder blades, and then drop your arms to your sides to measure.