



# Find the Perfect Fit



Reference the SPANX® size chart below to find the right size for you!

\*All measurements are designed to be used as a guideline

## Spanx International Shapewear/Apparel Size Conversion Chart

		XS	S		M		L		XL		1X		2X		3X		
		0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	
UK		4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	
GERMANY		34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	
FRANCE		32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	
ITALY		36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	
JAPAN		5	7	9	11	13	15	17	19	21	23	25	27	29	31	33	
KOREA		44	44	55	66	66	77	77	88	88							
AUSTRALIA		6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	
EUROPE		32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	
CHINA		S	M		L		XL		1X		2X		3X		4X		
BUST		IN	32.25	33.5	34.75	36	37.25	38.5	39.75	41	42.25	44	46.25	48.5	50.5	52.5	54.5
		CM	82	85	89	91.5	94.5	98	101	104	107.5	112	117	122	128	133.5	138.5
WAIST		IN	25	27	29	30.5	32	33.5	35	36.5	38	39.5	41	42.5	44.5	46.5	48.5
		CM	63.5	68.5	74	77.5	81.5	85	89	93	96.5	101	104	108	113	118	123
HIPS		IN	33.5	35	36.5	38	39.5	41	42.5	44	45.5	47	48.5	50	52.5	54.5	56.5
		CM	85	89	93	96.5	100.5	104	108	112	115.5	119.5	123	127	133.5	138.5	143.5