



Measure Up

1. Bust

Using a tape measure, take a loose measurement over the fullest part of your bust.

2. Waist

Using a tape measure, measure around your body at the narrowest part of your waist. The natural crease your body makes when bending to the side also represents the narrowest part of your waist.

3. Hips

Stand with your heels together and use a tape measure to measure around your body at the fullest part of your hips and rear.

4. Inseam

Using a pair of pants that fit you best, use a tape measure to measure from the top inner thigh to the bottom of the hem.

The Gaiam Fit Size Chart

	Size	Bust	Waist	Hips
XS	0-2	32-34"	24-26"	34-36"
S	4-6	34.5-36"	26.5-28.5"	36.5-38.5"
M	8-10	36.5-38.5"	29-31"	39-41"
L	12-14	39-41"	31.5-33.5"	41.5-43.5"
XL	16	41.5-43"	34-37"	44-46"

Size chart is a general guide. It may include sizes that are unavailable for this item.