

HOW TO MEASURE FOR GARMENTS

If additional help is desired, please contact Mrs. Deborah Dopson for a personal consultation and assistance. 404-210-7721 or body.basics@live.com

BODY RESHAPERS

Thorax	Hips	Body Magic,		Thorax	Hips	Body Reshaper Long
22-24	32-34	24		22-24	32-34	XXSmall
24-26	34-36	26		24-26	34-36	XSmall
26-28	36-38	28		26-28	36-38	Small
28-30	38-40	30		28-30	38-40	Medium
30-32	40-42	32		30-32	40-42	Large
32-34	42-44	34		32-34	42-44	XLarge
34-36	44-46	36		34-36	44-46	2XLarge
37-39	47-49	38		37-39	47-49	3XLarge
40-42	50-52	40 – 42		40-42	50-52	4XLarge
43-45	53-55	44		43-45	53-55	5XLarge
46-48	56-58	46 - 48		46-48	56-58	6XLarge
49-51	59-61	50		49-51	59-61	7XLarge
52-54	62-64	50		52-54	62-64	8XLarge

**To know your right size, measure your thorax. If your thorax measures 24 inches your size is 24. Size 32 and up: ^ if you are thin, and your thorax measures 32, 34, 36...etc. your size is the same that the measures of your thorax. If you have big rib cage or wide hips probably the right size is the next up. (example: Thorax measurement 32 inches, order size 34). Please take proper measurements before placing your order.

WAIST GARMENT MEASUREMENTS

Thorax	Hips	Panty Reshaper Post Partum
23-26	34-36	XXSmall
27-30	37-39	XSmall
31-33	40-43	Small
34-36	44-46	Medium
37-39	47-49	Large
40-43	50-52	XLarge
44-46	53-55	2XLarge
47-49	56-58	3XLarge
50-53	59-62	4XLarge
54-56	63-65	5XLarge
57-59	66-68	6XLarge
60-62	69-71	7XLarge
63-65	72-74	8XLarge

ANGEL BRA

HOW TO KNOW MY SIZE :

1	2	3	4	5	6	7	8	9	10	11
A	B	C	D	E	F	G	H	I	J	K

- 1.- Measure around your bust line (across the nipples).
- 2.- Measure around your body under the breast (where the bra elastic would go).
- 3.- Subtract the body measurement from the bust line measurement.
- 4.- Match the number to the chart above.

See this example:

Bust line measurement = 46

Body measurement = 38

$46 - 38 = 8$ (8=H see table)

The number "8" corresponds with the letter "H"

The correct size would be: **38H**

MENS GARMENTS

Abdomen Men's Shirt

Pec Size	Shirt Size
30-33	XXSmall
34-37	XSmall
38-40	Small
41-44	Medium
45-48	Large
49-52	XLarge
53-56	2XLarge
57-60	3XLarge
61-64	4XLarge
65-68	5XLarge
69-72	6XLarge
73-76	7XLarge
77-80	8XLarge
81-84	9XLarge

Corsy Men

Pec Size	Shirt Size
35-38	XSmall
39-41	Small
42-44	Medium
45-47	Large
48-50	XLarge
51-52	2XLarge
53-55	3XLarge