

## Spanx® Women's Regular Size Chart

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
<b>Womens</b>	<b>0</b>	<b>2-4</b>	<b>6-8</b>	<b>10-12</b>	<b>14-16</b>
Bust	31-33"	33.5-35.5"	36-38"	38-40.5"	41-43.5"
Waist	24.6-26.5"	27-30.5"	31-33"	33.5-35.5"	36-39"
Hip	32-34.5"	35-37.5"	38-40.5"	41-43"	43.5-45.5"

## Spanx® Women's Plus Size Chart

	<b>1X</b>	<b>2X</b>	<b>3X</b>
<b>Womens</b>	<b>18-20</b>	<b>22-24</b>	<b>26-28</b>
Bust	44-47.5"	48-51.5"	52-54"
Waist	39.5-42"	42.5-45"	45.5-48"
Hip	46-49.5"	50-53.5"	54-56"

## Spanx Alpha Bra Size Guide

<b>Band/Cup</b>	<b>30</b>	<b>32</b>	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>
<b>A</b>	<b>X-Small</b>	<b>X-Small</b>	<b>Small</b>	<b>Medium</b>		
<b>B</b>	<b>X-Small</b>	<b>X-Small/Small</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>	<b>X-Large</b>
<b>C</b>	<b>X-Small/Small</b>	<b>Small</b>	<b>Medium</b>	<b>Medium/Large</b>	<b>Large/X-Large</b>	<b>X-Large</b>
<b>D</b>	<b>Small</b>	<b>Small/Medium</b>	<b>Medium/Large</b>	<b>Large/X-Large</b>	<b>X-Large</b>	
<b>DD</b>	<b>Small/Medium</b>	<b>Medium</b>	<b>Large</b>	<b>X-Large</b>		

The measurements shown on the size chart above are body measurements. Locate your body measurements on the size chart to determine which size you should purchase.

To get an accurate body measurement, always keep the measuring tape parallel to the floor. Wear undergarments only; do not measure over clothing.

Once you know your body measurements, consult the Size Chart and Fit Tips on the product pages to determine which size you should purchase.

<p><b>Clothing Measurements:</b></p> <p><b>Tops, Coats and Dresses: Length from Shoulder</b> Measure from the garment's high point of shoulder to hem.</p> <p><b>Skirts: Length</b> Measure from the center waistband to hem.</p> <p><b>Pants: Inseam</b> Measure from the bottom of the crotch seam to the bottom of the hem along the inside seam.</p>		<p><b>Body Measurements:</b></p> <p><b>Bust</b> Measure around the fullest part of your bust.</p> <p><b>Waist</b> Bend to one side to find the natural crease of your waist; measure across at this point.</p> <p><b>Hip</b> Standing with feet together, measure around the fullest part of your hips and rear.</p>
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