



## SIZING CHART

Size	Typical Underwear Size	Height (in)	Waist (in)	Hip (in)
XXS	8	51-53	25	29 ½
XS	10	53 ½ -55	26	30 ½
S	14	55 ½ -57½	27	32
M	16	58-60	28	33
L	16	60-62	29	34 ½
XL	18	60-62	30	35 ½
XXL	20	60-62	31	37 ½

Measurements are inches. If in between sizes, we recommend sizing up for comfort.

Watch this [video](#) for additional underwear sizing help!