

Size	C10	C12	C14	L8	L10	L12	L14	L16	L18	L20	L22	L24	L26	L28	L30
Half-Waist (cm)	26.5	29.5	32	34.5	37	39.5	42.5	44.5	47.5	50.5	53.5	56	58.5	61	63.5
Length (cm)	30	31	32	33	34	35	36.5	38	41	43.5	47	50.5	54.5	57.5	61

A suggestion would be to measure the relaxed "half-waist" of any existing garments that fit you well.

If your measurements fall between two sizes, choose the smaller size for a tighter fit or the larger size for a looser fit.

NOTE: Actual garment measurements can vary by +/- 2cm.