

Body measurement charts for high-street fashion garments

(This size chart is useful for students creating high fashion wear to fit model figures.)

The retail sector that sells high fashion to the young market uses size charts that fit a youthful or athletic figure. Their ranges appeal to young teenagers and therefore many companies in this market have extended the lower end of their size range and reduced the upper end of the range. This size chart reflects these marketing pressures. The even size increments between the sizes have been constructed for simple grades.

Note For garment sizes (e.g. cuff sizes and trouser bottom widths) see the size chart on page 11.

4cm increments

Young women of medium height, 160–172 cm (5ft 3 in–5ft 7½ in)						
Size code	6	8	10	12	14	16
bust	76	80	84	88	92	96
waist	56	60	64	68	72	76
low waist (5cm below natural waist)	66	70	74	78	82	86
hips	82	86	90	94	98	102
back width	31.4	32.4	33.4	34.4	35.4	36.4
chest	28.8	30	31.2	32.4	33.6	34.8
shoulder	11.5	11.75	12	12.25	12.5	12.75
neck size	34	35	36	37	38	39
dart	5.2	5.8	6.4	7	7.6	8.2
top arm	25.5	26.5	27.5	28.5	29.5	30.5
wrist	14.5	15	15.5	16	16.5	17
ankle	22.5	23	23.5	24	24.5	25
high ankle	19.5	20	20.5	21	21.5	22
nape to waist	39.8	40.2	40.6	41	41.4	41.8
front shoulder to waist	39.8	40.2	40.6	41	41.4	41.8
armscye depth	19.8	20.2	20.6	21	21.4	21.8
waist to knee	57	57.5	58	58.5	59	59.5
waist to hip	19.7	20	20.3	20.6	20.9	21.2
waist to floor	101	102	103	104	105	106
body rise	25.9	26.6	27.3	28	28.7	29.4
sleeve length	57	57.5	58	58.5	59	59.5
sleeve length (jersey)	53	53.5	54	54.5	55	55.5

XS, S, M, L, XL – 6cm increments

- XS = extra small
- S = small
- M = medium
- L = large
- XL = extra large

Size symbol	XS 6	S 8–10	M 12	L 14–16	XL 18
bust	76	82	88	94	100
waist	56	62	68	74	80
low waist (5cm below natural waist)	66	72	78	84	86
hips	82	88	94	100	106
back width	31.4	32.9	34.4	35.9	37.4
chest	28.8	30.6	32.4	34.2	36
shoulder	11.4	11.8	12.2	12.6	13
neck size	34	35.5	37	38.5	40
dart	5	6	7	8	9
top arm	25.5	27	28.5	30	31.5
wrist	14.6	15.3	16	16.7	17.4
ankle	22.6	23.3	24	24.7	25.4
high ankle	19.6	20.3	21	21.7	22.4
nape to waist	39.8	40.4	41	41.6	42.2
front shoulder to waist	39.8	40.4	41	41.6	42.2
armscye depth	19.8	20.4	21	21.6	22.2
waist to knee	57.1	57.8	58.5	59.2	59.9
waist to hip	19.8	20.2	20.6	21	21.4
waist to floor	101	102.5	104	105.5	107
body rise	26	27	28	29	30
sleeve length	57.1	57.8	58.5	59.2	59.9
sleeve length (jersey)	53.1	53.8	54.5	55.2	56.9