Swimwear Size Chart

UK		<u>6</u>	<u>8</u>	<u>10</u>	<u>12</u>	<u>14</u>	<u>16</u>
Europe		34	36	38	40	42	44
Asia		7	9	11	13	15	17
US		4	6	8	10	12	14
US Letter		S	S	M	M	L	L
BUST	Inches	33.5	34.5	35.5	36.5	38	39.5
	cm	85	87.	90	92.5	96.5	100.5
WAIST	Inches	25	26	27	28	29.5	31
	cm	63.5	66	68.5	71	75	79
HIP	Inches	35.	36.5	37.5	38.5	40	41.5
	cm	90	93	95	98	101.5	105.5

Womenswear

CLO'	CLOTHING - SINGLE SIZE CONVERSION																							
U	UK 4		6	5	8		10		12]	14	16	5	18 20		22		24		26				
EURC	PE	AN	1 3	32 3		4	36		38		40 4		12	44	-	46	6 48		50		52		54	
U	JS			1 2		2	4		6		8		10) 12		14 16		16	18		20		22	
	AUSTRALI 4		6	5	8		10		12]	14 16		5	18	20		22		24		26			
CLO'	CLOTHING - SINGLE SIZE																							
SING LE SIZE	LE UK 4		UK	6	UK	UK 8		K	UK 12		_	JK 14		K 6			UK 20		UK 22		UK 24		UK 26	
	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N	C M	I N
BUS T	76	30	78½	31	81	32	86	34	91	36	96	38	101	40	108	43	116	45 ½	122	48	128	50 ½	134	53
WAI ST	58	22 3⁄4	60½	23 3⁄4	63	24 3⁄4	68	26 ¾	73	28 3⁄4	78	30 3⁄4	83	32 3⁄4	90½	35 3⁄4	98	38	104	41	110	43 ½	116	46
HIPS	83½	32 3⁄4	86	33 3⁄4	88½	34 3⁄4	93½	36 3⁄4	98½	38 3⁄4	103	40 3⁄4	108 ½	42 ¾	116	45 3⁄4	123	48 ½	129 ½	51	135 ½	53 ½	141	56
	DUAL UK XS				UK S					UK M					UK L					UK XL				
SIZE																								
		C M	IIN	S	iE	CN	$A \mid ^{1}$		CHE S		CM		NC S	HE	C	CM INCHE		C	CM IN		INCHE S			

BUST	78½	31	81- 86	32-34	91- 78	36-38	101- 108½	40-43	116	451/2
WAIS T	601/2	23¾	63- 68	24¾-26¾	73- 78	28¾-30¾	83- 90½	32¾-35¾	98	381/2
HIPS	86	33¾	88½ - 93½		98½- 103 ½	38¾-40¾	108½ -116	423/4-453/4	123	481/2

The Wash Symbol

Wash



This symbol shows you if the item can be machine washed or if it has to be hand washed. It also tells you what the maximum washing temperature is and what cycle to use when machine washing.

The symbol can also indicate that the clothing item must not be washed. If that's the case it is usually accompanied with an appropriate dry clean symbol.

Can I Wash This Garment?

Some garments, usually the finer ones, needs some extra care when they get dirty. Some of them should not be machine washed while others must be taken to the dry-cleaners for a chemical treatment.

These symbols tells you what extra precautions need to be taken when cleaning the garment.



Machine Wash



Hand Wash



Do Not Wash

The **machine wash symbol** is usually combined with the temperature and cycle marks below.

When you stumble upon a **hand wash symbol** it means the clothing is too delicate to stand the somewhat rough environment in the washing machine and you have to wash it by hand. Some modern washing machines have special hand wash programs that will allow washing delicates, like wool, in the machine, just check the user guide of your washer for directions.

A **do not wash symbol** means that piece of clothing shouldn't be washed in water, not even hand washed. The do not wash symbol is usually accompanied by a dry cleaning symbol that tells the dry cleaner what dry cleaning processes are acceptable.



Machine Wash Cold, 75F/30C



Machine Wash Warm, 105F/40C



Machine Wash Hot, 120F/50C



Machine Wash Hot, 140F/60C



Washing Temperature

Using the right temperature is essential for getting the best washing result.

Too high water temperature will often destroy the textile or make the colors bleed or fade. Too low temperature may leave the clothing item with stains still on it.

The dots inside the wash symbol tells you the highest temperature the garment will take before being damaged.

Machine Wash Hot, 160F/70C



Machine Wash Hot, 200F/95C

Wash Cycle



Delicate Cycle

Wash your delicate items using the delicate cycle on your washing machine and separate from other clothing. You can try putting delicate inside a pillow case and close with a knot to protect them from the washing machine.

Bleach Symbols



Bleach

Bleaching makes the clothing more white and is useful when white textiles have become dull and grey.

There are only three symbols connected to bleaching. Bleach, do not bleach and no chlorine bleach. If no symbol is present it usually means that bleaching is ok.



Bleach

Bleach

You may bleach this garment with any laundry bleach. Just follow the instructions carefully as too much chlorine based bleach can destroy your garments.



Do Not Bleach



Do Not Bleach

Do not bleach

Do not use any kind of bleaching agents on this garment.



Non-Chlorine Bleach Only

Non-chlorine bleach only

On this garment, use only bleaches that do not contain chlorine. They are not hard to find, search for a bleach marked *no chlorine* or *colour safe* in the supermarket.

Dry Symbols



Dry

There is four ways you can dry what you have washed. The two most common is in the tumbler and on the line. Some clothing demand more serious drying, like dripping wet hanging on a line or flat drying.

If your clothes demand special drying this is the symbol to search for on the care label. If it's not present you can use line drying and in most cases the tumbler will work as well.



Tumble Dry, Low Heat



Tumble Dry, Medium Heat



Tumble Dry, High Heat

Tumble Dry

The dots indicate the maximum heat setting. If there is no dots you can use any heat setting.



Do Not Dry!



Do Not Tumble Dry

Do Not Dry

You have to dry your clothes eventually if you want to wear them, so this symbol has a bit of a misleading name. When you see a "do not dry" or "do not tumble dry" symbol it means you shouldn't put that piece of clothing in a machine dryer.

Most of the time there will be an additional symbol with the recommended drying method.

Iron Laundry Symbols



Iron

The ironing symbols tells you what the best temperature is for ironing your laundry. If you use a higher temperature than the one indicated on the label you could destroy both the clothing and the iron. If the fabric contains syntetic fibres it can even melt and make a sticky mess of the iron and board.

Some garments must not be steam ironed and there's a special symbol for that. Some garments you are not allowed to iron at all, they will have the do not iron symbol on the label.



Do Not Iron!

Do Not Iron!

When you see this symbol, do not iron that item!

Dry Cleaning Symbols



Dry Clean

If one or several of the dry-cleaning symbols are present it is usually accompanied with a donot-wash symbol. Most of the time you don't need to understand the different symbols for dry-cleaning as a professional dry-cleaner will know what they mean when you take the garment there.



Do Not Dry Clean