

Rubenesque Girdles

Size Chart & Measuring Instructions

This size chart is intended for use with the following styles: R750, R754, R756, R850, R854, R856.

Your Design Veronique Rubenesque Girdle size is based upon your waist and lower hip measurements.

Keep in mind that compression garments are designed for a snug fit. Optimal compression and support require accurate measurements. To accommodate dressings or excessive swelling, you may prefer a larger size.

MEASURING INSTRUCTIONS:

To ensure a proper fit, please have someone else take your measurements and avoid wearing bulky clothes. Your feet should be hip width apart and your arms relaxed at your sides. We recommend using a cloth measuring tape. Hold the tape level and firmly, but do not allow it to “dig” into your skin or clothing

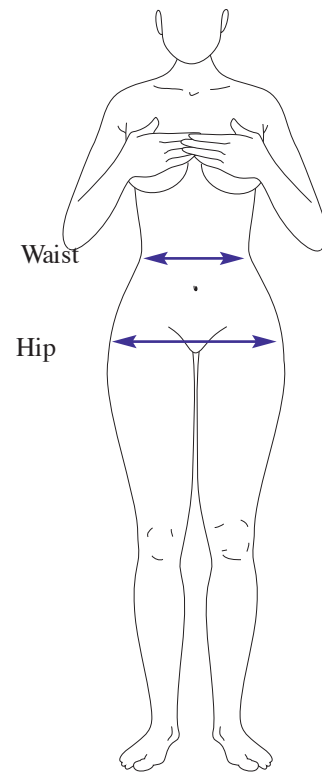
Waist: Measure around the narrowest part of the waistline around or above the navel.

Hip: Measure around the fullest part of the lower hip area, keep tape measure parallel to the floor.

Measuring and fit tips...

- Rubenesque garments are designed for women with fuller hips and a smaller waist. The inner panels provide additional compression and a contoured fit.
- Measure twice for accuracy.
- Remove shoes.
- When between sizes; choose the larger size.

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Match your waist and hip measurements to the chart below to find the appropriate size. If your measurements fall into different sizes, choose the larger size. For instance, your hips are M (39") & waist is L (29"), choose size L

Size (inch)	Waist	Hip
XS	18" - 20"	31" - 33"
S	21" - 23"	34" - 36"
M	24" - 26"	37" - 39"
L	27" - 29"	40" - 42"
XL	30" - 32"	43" - 45"
XXL	33" - 36"	45" - 48"
3X	37" - 40"	49" - 52"
4X	41" - 44"	53" - 56"

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