



Women's top

Nirvana® Size Chart

SIZE			XS	S	M	L	XL	XXL
1	UNDER BUST	cm	64-69	69-75	75-80	80-85	85-90	90-100
		inch	25-27,5	27-29,5	29,5-31,5	31,5-33,5	33,5-35,5	35,5-39
2	BUST	cm	63-73	73-83	83-93	93-105	105-115	110-120
		inch	25,5-29,5	29,5-33,5	33,5-37,5	37,5-41,5	41,5-45,5	34-43

1. Under bust: Measure right under your bust, keeping tape straight and parallel to the floor.

2. Bust: Measure around the fullest part of your bust, keeping tape straight and parallel to the floor.

*If between sizes: For more compression go towards the smaller size. For more of a comfort fit, go with the larger size.

Women's leggings

Nirvana® Size Chart



SIZE			XS	S	M	L	XL	XXL
1	WAIST	cm	50-60	60-70	70-80	80-95	95-105	100-110
		inch	19,5-23	23-28	28-32	32-37	37-41,5	39-43
2	HIPS	cm	73-85	85-102	102-114	114-124	124-134	134-140
		inch	28,5-33	33-40	40-45	45-49	49-53	52,5-55
3	INSEAM	cm	68	70	72	74	76	76
		inch	26	27	28	29	30	30
4	ANKLE	cm	20	21	22	23	24	24
		inch	7,5	8	8,5	9	9,5	9,5

1. Waist: measure around natural waistline, the narrowest part of the upper body (not over pants or shirt)
2. Hips: measure around the fullest part of the lower body, keeping tape straight and parallel to the floor (not over pants)
3. Inseam: measure inside of the leg, from the crotch down to the ankle bone
4. Ankle: measure around the ankle.

*If between sizes: For more compression go towards the smaller size. For more of a comfort fit, go with the larger size.

Nirvana®
Ultimate Body & Mind System

Women's hoodie

Nirvana® Size Chart



SIZE			XS/S	M/L	XL/XXL
1	CHEST	cm	115	118	120
		inch	45	46,5	74
2	BACK LENGTH	cm	64	67	70
		inch	25	26,5	27,5
3	SLEEVE	cm	51	53	65
		inch	29	21	25,5
4	SHOULDERS	cm	25	54	58
		inch	26,5	21	23

1. Chest: Measure under your arms around the fullest part of your chest 2. Back length: Full length of hoodie from the bottom of the collar to the bottom opening 3. Sleeve length: Length of sleeve from the underarm to the wrist opening 4. Shoulder length: from one shoulder to the other, measured horizontally at the back

*If between sizes: For more compression go towards the smaller size. For more of a comfort fit, go with the larger size.

Nirvana®
Ultimate Body & Mind System



Women's T-shirt

Nirvana® Size Chart

SIZE		XS	S	M	L	XL	XXL
BUST	cm	75-85	80-90	85-97	95-105	100-115	110-120
	inch	29,5-33,5	31,5-35,5	33,5-38	37,5-41	39-45	43,5-47
WAIST	cm	60-75	70-80	74-84	80-90	84-94	90-100
	inch	23,5-29,5	27,5-31,5	29-33	31,5-35,5	33-37	35,5-39,5
BACK LENGTH	cm	57	58	60	60	60	61
	inch	22,5	23	23,5	23,5	23,5	24

- 1. Bust:** Measure around the fullest part of your bust, keeping tape straight and parallel to the floor.
- 2. Waist:** measure around natural waistline, the narrowest part of the upper body (not over pants or shirt)
- 3. Back length:** Full length of hoodie from the bottom of the collar to the bottom opening

*If between sizes: For more compression go towards the smaller size. For more of a comfort fit, go with the larger size.