Measurement Guide
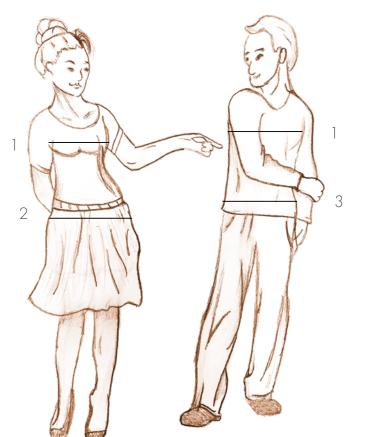
How to find your perfect size

To feel completely comfortable, your clothing needs to fit just right.
With the help of the size charts and tips below, you can easily find your ideal size.
Please note the separate size information for wellness trousers and jeans.

1 Chest measurement
2 Hip measurement
3 Waist measurement

All sizes are carefully developed, including larger sizes. The materials are slightly stretchy and very comfortable. The half width measurements increase by +4 cm for tops and by +3 cm for trousers per order size for both women and men. The total length increases by +1.5 cm. The sleeve length of women's short-sleeved shirts increases by approximately 2 cm per size. The waist tapering of women's shirts is significantly reduced in larger sizes.

Correct measuring:
Bust: Measure horizontally around the fullest part of your bust.
Hips: Measure horizontally at the widest point of your hips.
Waist: Measure at the level of your trouser waistband.

Women

Order size	Clothing size (EU)	Bust (cm)	Hips (cm)
XS	34	up to 78	86 – 91
S	36/38	78 – 85	92 – 97
M	38/40	86 – 93	98 – 103
L	42	94 – 101	104 – 110
XL	44/46	102 – 110	111 – 117
XXL	48/50	111 – 119	118 – 124

Men

Order size Shirts	Clothing size	Chest (cm)	Waist (cm)
S	44/46	86-93	72-84
M	48/50	94-101	85-98
L	52/54	102-109	99-109
XL	56/58	110-117	110-118
XXL	60/62	118-125	118-125

Wellnesshosen for women and men

* Unisex cut
* Optimal fit for women and men
* Relaxed leg width
* Adjustable waist with drawstring
* Leg length can be easily shortened

Women

Order size	Clothing size (EU)	Hips (cm)	Outer leg length (cm)
XS	34 /36	86 - 91	102
S	36/38	92 - 97	104
M	38/40	98 - 103	105
L	42	104 - 110	106
XL	44/46	111 - 117	107
XXL	48/50	118 - 124	107

Men

Order size	Clothing size (EU)	Hips (cm)	Outer leg length (cm)
M	S 44/46	72 - 84	105
L	M 48/50	85 - 98	106
XL	L 52/54	99 - 109	107
XXL	XL 56/58	110 - 118	107
XXL	XXL 60/62	118 - 125	107

(For men, please choose one size larger than your usual standard size – see table.)