

DAMES

ZARA

SIZE GUIDE WOMEN


CLOTHES							
Size	6	8	10	12	14	16	18
Chest (inches)	32.3	33.85	35.4	37	38.6	40.15	41.73
Chest (cm)	82	86	90	94	98	102	106
Waist (inches)	25.2	26	27.5	29.1	30.7	32.3	33.85
Waist (cm)	64	66	70	74	78	82	86
Hips (inches)	35.4	37	38.6	40.15	41.7	43.3	44.9
Hips (cm)	90	94	98	102	106	110	114
Size	XXS	XS	S	M / 85	L / 90	XL	
Chest (inches)	31.5	32.3	33.9	35.4	37.8	40.15	
Chest (cm)	80	82	86	90	96	102	
Waist (inches)	22.8	24.4	26	27.5	30	32.3	
Waist (cm)	58	62	66	70	76	82	
Hips (inches)	33.8	35.4	37	38.6	41	43.3	
Hips (cm)	86	90	94	98	104	110	

CLOTHES								
Size USA	2	4	6	8	10	12	14	
Chest (inches)	32.3	33.85	35.4	37	38.6	40.15	41.73	
Waist (inches)	25.2	26	27.5	29.1	30.7	32.3	33.85	
Hips (inches)	35.4	37	38.6	40.15	41.7	43.3	44.9	
Size USA	XXS	XS	S	M / 85	L / 90	XL		
Chest (inches)	31.5	32.3	33.9	35.4	37.8	40.15		
Waist (inches)	22.8	24.4	26	27.5	30	32.3		
Hips (inches)	33.8	35.4	37	38.6	41	43.3		
TIGHTS AND LEGGINGS								
Size	S/M			M/L				
Height (inches)	5.3 - 5.7			5.5 - 5.11				
Weight (lbs)	100 - 143			120 - 176				
FOOTWEAR								
Size USA	5	6	6 1/2	7 1/2	8	9	10	11
Foot length (inches)	8.80	9.05	9.30	9.56	9.80	10.06	10.31	10.56
Size Europe	35	36	37	38	39	40	41	42
Foot length (cm)	22.35	22.99	23.63	24.27	24.29	25.54	26.18	26.82
Size USA	S		M		L			
Foot length (inches)	9.30		9.80		10.31			
Size Europe	S		M		L			

HOW TO MEASURE

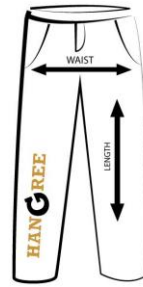


HEREN


SLIM FIT

Full Sleeves Shirts					
	S	M	L	XL	XXL
Collar :	14.5	15.5	16	16.5	17
Chest :	19.5	20.5	22.5	23.5	25.5
Shoulder :	18	18.5	19	19.5	20.5
Sleeves :	24	24.5	25.5	25	26
Length :	28	28.5	29.5	30	31

Half Sleeves Shirts					
	S	M	L	XL	XXL
Collar :	14.5	15.5	16	16.5	17
Chest :	19.5	20.5	22.5	23.5	25.5
Shoulder :	18	18.5	19	19.5	20.5
Sleeves :	9.5	10	10.5	11	11.5
Length :	28	28.5	29.5	30	31



ZARA MEN'S TROUSER (Size Chart)

SIZE	WAIST	LENGTH
S	30-32	38
M	32-34	39
L	34-36	39
XL	36-38	40

Note :

- Measurements mentioned in chart are in Inches.
- Every product has its own size guide.

Size	Chest	Waist	Hips
S	37" 94cm	32" 81.2cm	36" 91.44cm
M	39" 99cm	34" 86.4cm	38" 96.5cm
L	42" 106.7cm	36" 91.4cm	41" 104cm
XL	45" 114.3cm	38" 96.5cm	44" 111.8cm
XXL	48" 121.9cm	40" 101.6cm	47" 119.4cm

MIX

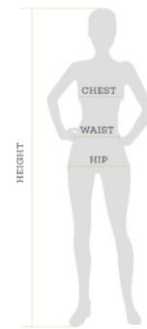
Men

TG	Height (in)	Chest (in)	Waist (in)	Hip (in)
S	5ft4 - 5ft6	36.2 - 38	31.5 - 33	36.2 - 37.8
M	5ft6 - 5ft8	38 - 39.5	33 - 34.5	37.8 - 39.5
L	5ft8 - 6ft	39.5 - 41	34.5 - 36	39.5 - 41
XL	6ft - 6ft2	41 - 42.5	36 - 38	41 - 42.5
XXL	6ft1 - 6ft4	42.5 - 44	38 - 39	42.5 - 44
3XL	6ft3 - 6ft5	44 - 46.5	39 - 41.5	44 - 46.5
4XL	6ft5 - 6ft7	46.5 - 49	41.5 - 44	46.5 - 49
5XL	6ft6 - 6ft8	49 - 51	44 - 46.5	49 - 51



Women

TG	TG	Height (in)	Chest (in)	Waist (in)	Hip (in)
XXS	8	4ft3 - 4ft8	28 - 30	23.5 - 25	30 - 32
XS	10	4ft8 - 5ft2	30 - 32.7	25 - 26	32 - 34.6
S	12	5ft2 - 5ft5	33 - 34.5	26 - 28	35.8 - 37.5
M	14	5ft4 - 5ft7	34.5 - 36	28 - 29.5	37.5 - 39
L	16	5ft6 - 5ft9	36 - 38	29.5 - 31	39 - 40.5
XL	18	5ft8 - 6ft1	38 - 39	31 - 33	40.5 - 42
XXL	20	6ft - 6ft2	39 - 41	33 - 34	42 - 43.5
3XL	22	6ft1 - 6ft3	41 - 43	34 - 36.5	43.5 - 46
4XL	24	6ft3 - 6ft5	43 - 45.5	36.5 - 39	46 - 48.5





GIRLS'/BOYS' UNDERWEAR

Size	5	6 – 7	8 – 9	9 – 10	11 – 12	13 – 14
Age	4 – 5 years	6 – 7 years	8 – 9 years	9 – 10 years	11 – 12 years	13 – 14 years
Height (inches)	43.3	47.2	51.2	55.1	59.4	64.6
Chest (inches)	23.2	25.5	27.6	29.1	31.1	33.1
Waist (inches)	21.7	22.8	24.4	25.6	26.8	28
Hip (inches)	24	26.4	28.3	29.9	31.9	33.9
Inside leg (inches)	18.1	20.5	23.6	26	28	29.9

DUAL SIZING IN UNDERWEAR AND SWIMWEAR FOR BABIES

Size	38	39	40	44	46
Age	01 – 06 months	06 – 12 months	12 – 24 months	2 – 3 years	3 – 4 years
Height (inches)	26.8	31.5	36.2	38.6	40.9
Chest (inches)	17.7	19.3	20.9	21.7	22
Waist (inches)	18.1	19.3	20.1	20.5	20.9
Hip (inches)	18.5	20.1	21.7	22.4	22.8
Weight (Kg)	7.5	9.5	12.5	-	-

BABY GIRLS' TIGHTS AND BABY SWIMWEAR

Age	0 -1 months	1 – 6 months	6 – 12 months	12 – 24 months	2 – 3 years	3-4 years
Height (inches)	22	26.8	31.5	36.2	38.6	40.9
Waist (inches)	16.5	18.1	19.3	20.1	20.5	22.8
Hip (inches)	16.9	18.5	20.1	21.7	22.4	16.5
Foot length (inches)	4.1	4.3	4.7	5.1	5.5	6.2
Weight (Kg)	5	7.5	9.5	12.5	-	-

TIGHTS AND BOYS'/GIRLS' SWIMWEAR

Age	4 – 5 years	6 – 7 years	8 – 9 years	9 -10 years	11 -12 years	13 -14 years
Height (inches)	43.3	47.2	51.2	55.1	59.4	64.6
Waist (inches)	21.7	22.8	24.4	25.6	26.8	28
Hip (inches)	24	26.4	28.3	29.9	31.9	33.9
Inside leg (inches)	18.1	20.5	23.6	26	28	29.9
Foot length	6.6	7.3	8.1	8.9	9.7	10.5

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SHOES FOR GIRLS - BOYS

Age (years)	4	4-5	5	5	6	6	7	8	9	10	11	12	13-14	14	14	14
European Size	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
Foot length (cm)	16.3	16.9	17.6	18.3	18.9	19.6	20.3	20.9	21.6	22.3	22.9	23.6	24.3	24.9	25.6	26.3

SHOES FOR GIRLS - BOYS (DUAL SIZES)

Age (years)	4 - 5	5	6	7-8	9-10	11-12	13-14	14
European Size	26 - 27	28 - 29	30 - 31	32 - 33	34 - 35	36 - 37	38 - 39	40-41
Foot length (cm)	16.3 - 16.9	17.6 - 18.3	18.9 - 19.6	20.3 - 20.9	21.6 - 22.3	22.9 - 23.6	24.3 - 24.9	25.6 - 26.3

SHOES FOR BABIES

Age	6 - 9 months	9 - 12 months	1 year	1 year	2 years	2 years	3 years	3 years	4 years	4-5 years
European Size	18	19	20	21	22	23	24	25	26	27
Foot length (cm)	10.9	11.6	12.3	12.9	13.6	14.3	14.9	15.6	16.3	16.9

FOOTWEAR MINI - BOOTIES - NEW-BORN

Age (months)		0 - 3		3 - 6		6 - 9
European Size		13-14		15 - 16		17-18
Foot length (cm)		8.3		9.6		10.9

* Measurements shown in the size guide refer to foot length, not shoe size.