

SIZING GUIDE (INCHES)

The Native Spirit size guide for men, women and children will help you choose the right size and create an eco-friendly wardrobe suited to your body type.

Take your measurements on the body itself, without over-tightening. If you're between sizes, go for the larger size.

Measure the breasts at the fullest part and, if possible, with your bra on.

Measure the waist at the narrowest part of the waist.

Measure the hips at the widest part of the hips.

MEN / UNISEX

tops

Size	XXS		XS		S		M		L		XL		XXL		3XL		4XL		5XL	
Size FR	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68					
Size EN	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58					
Chest to fit	31-32	32-33	33-35	35-37	37-38	38-40	40-42	42-43	43-44	44-46.5	46.5-48	48-49	49-51	51-53	53-54.5					
Waist size	24.5-26	26-27	27-29	29-31	31-31.5	31.5-34	34-36	36-38	38-38.5	38.5-41.5	41.5-44	44-44.5	44.5-47.5	47.5-49.5	49.5-50.5					
Collar	13-13.5	13.5	13.5-14	14-14.5	14.5-15	15-15.5	15.5-16	16	16-16.5	16.5-17	17-17.5	17.5	17.5-18	18-18.5	18.5-19					

trousers & shorts

Size	XXS		XS		S		M		L		XL		XXL		3XL		4XL		5XL	
Size FR	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60					
Size EN	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50					
Waist size	24.5-26	26-27	27-29	29-31	31-31.5	31.5-34	34-36	36-38	38-38.5	38.5-41.5	41.5-44	44-44.5	44.5-47.5	47.5-49.5	49.5-50.5					
Hips to fit	32.5-34	34-34.5	34.5-36	36-37	37-37.5	37.5-39	39-40	40-41	41-41.5	41.5-42.5	42.5-43	43-43.5	43.5-45	45.5-46						

LADIES

tops

Size	XS		S		M		L		XL		XXL		3XL	
Size FR	32	34	36	38	40	42	44	46	48	50				
Size EN	6	8	10	12	14	16	18	20	22	24				
Chest to fit	30-31.5	31.5-32	32-34.5	34.5-36	36-38	38-38.5	38.5-41	41-42.5	42.5-43.5	43.5-46				
Waist size	21.5-23.5	23.5-24.5	24.5-27.5	27.5-29.5	29.5-31.5	31.5-32	32-35.5	35.5-37.5	37.5-38	38-41.5				
Collar	11.5-12	12	12-12.5	12.5-13	13	13-13.5	13.5-14	14	14-14.5	14.5-15				

trousers & shorts

Size	XS		S		M		L		XL		XXL		3XL	
Size FR	32	34	36	38	40	42	44	46	48	50				
Size EN	6	8	10	12	14	16	18	20	22	24				
Waist size	21.5-23.5	23.5-24.5	24.5-27.5	27.5-29.5	29.5-31.5	31.5-32	32-35.5	35.5-37.5	37.5-38	38-41.5				
Hips to fit	33-34.5	34.5-35	35-37	37-38.5	38.5-40	40-40.5	40.5-42.5	42.5-44	44-45	45-47				

KIDS

Size	2/4 YEARS		4/6 YEARS		6/8 YEARS		8/10 YEARS		10/12 YEARS		12/14 YEARS	
Stature	34-41	41-45.5	45.5-50.5	50.5-55	55-60	60-64.5						