

As a rule of thumb, select your pre-pregnancy size (or current size if you're not pregnant). Still unsure? Use a measuring tape to confirm your sizing or reach out to a fit expert at [customercare@ingridandisabel.com](mailto:customercare@ingridandisabel.com).

UNIVERSAL SIZE CHART

SIZE	XS		S		M		L		XL
NUMERIC	0	2	4	6	8	10	12	14	16
CHEST	34" - 35"		36" - 37"		38" - 39.5"		40.5" - 42.5"		43" - 44"
HIP	37" - 38"		39" - 40"		41" - 42.5"		43.5" - 45.5"		46" - 47"

Fun fact: We fit on pregnant *and* non-pregnant women, so one size should work from 1st to 4th to forever!

HOW TO MEASURE



CHEST

Wrap the tape around fullest part of your bust, keeping it as level to the floor as possible.



HIPS

Measure at the widest part of your hips (below the bump if you're pregnant).

# Maternity Size Guide

**TD Snyder**



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