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Flexees® - Shapewear		
Shapewear Size	Dress Size	Hip (in.)
S	4-6	34-38
M	8-10	39-41
L	12-14	42-44
XL	14-16	45-47
2XL	18-20	48-50
3XL	22-24	51-53
4XL	26-28	54-56

Shapewear Size	Dress Size	Hip (in.)	Equivalent Bra Size
S	4-6	34-38	32A-C 34A-C
M	8-10	39-41	34A-D 36A-D
L	12-14	42-44	34DD 36A-D
XL	14-16	45-47	36DD 38B-D
2XL	18-20	48-50	38DD 40B-D

When purchasing shapewear

Use your dress size as your guide. If your shapewear is too small, the waist and leg bands will cut into your skin.

How to Put on Shapewear

Step into your Shapewear-even with a camisole. The secret is to gather up the garment like you do with pantyhose.

Step into it and secure the crotch against your body, then pull down the legs. Next pull it up to your waist, under your bust or over your shoulders depending on the style of shapewear.