



# Chest Binders

Available in 2 styles:

Double-front (2 layers- long)  
Tri-Top Chest Binder (3 layers- short)

Made of 70% nylon and 30% spandex,

First take a snug measurement around your ribcage with a tape measure. Next take another measurement over the fullest part of your chest. Again not too tight but not too loose. Take the average of these two measurements and apply the result to the scale provided below. Each binder style has a different scale based on the elasticity of the fabric used and the cut of the garment.

## *Double-Front*

XSmall 29" - 31"  
Small 32" - 34"  
Medium 35" - 39"  
Large 40" - 44"  
XLarge 45" - 48"  
XXLarge 48" - 52"  
XXXLarge 53" - 56"

## *Tri-Top*

Xsmall 28" - 30"  
Small 30" - 33"  
Medium 34" - 36"  
Large 37" - 40"  
Xlarge 41" - 44"  
XXLarge 45" - 48"  
XXXL 49" - 52"