

HOW TO MEASURE

VASTEC® COMPRESSION WEAR - REAL LIFE SIZE GUIDE

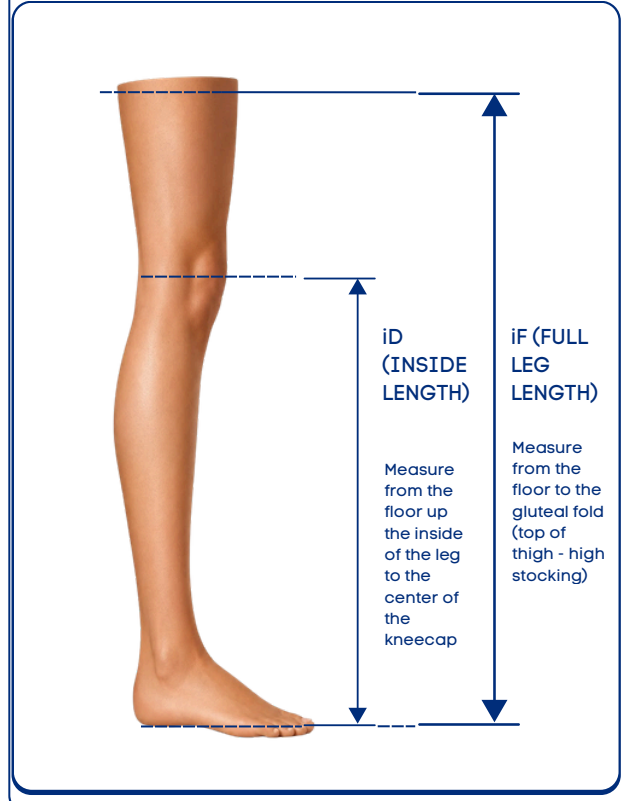
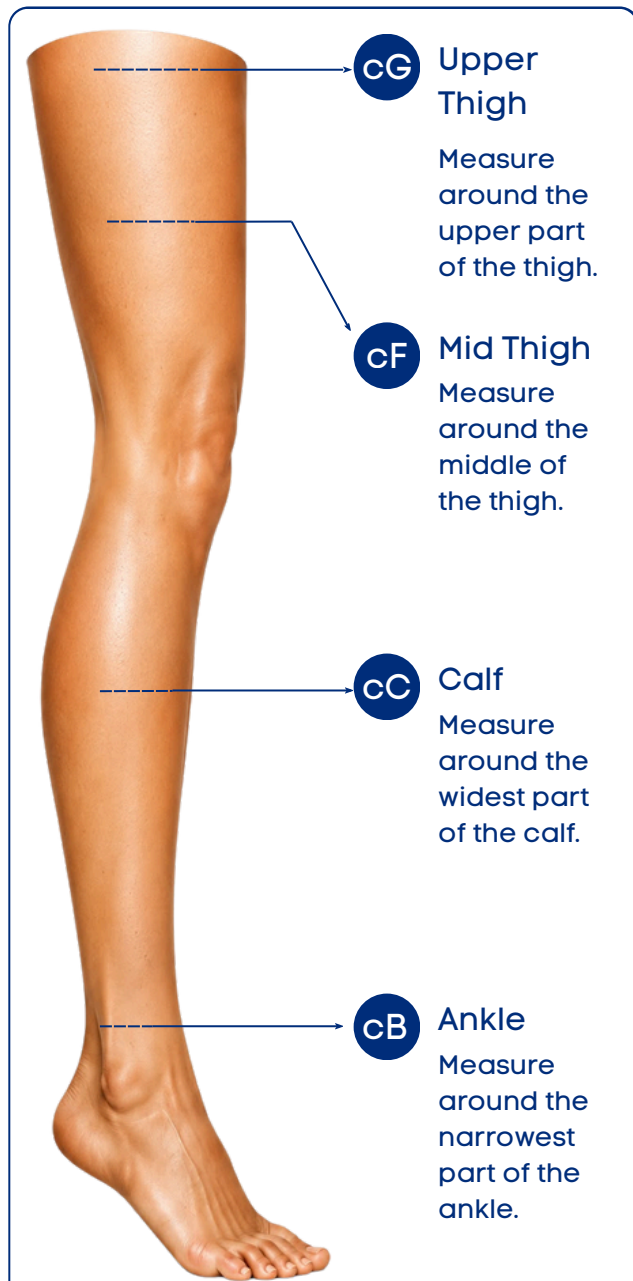


VASTEC®

COMPRESSION WEAR

REAL BODIES. REAL FIT. REAL SUPPORT.

Use your measurements to find your ideal fit.



S
Petite

CIRCUMFERENCE (cm)

Ankle (cB)	19 - 22
Calf (cC)	29 - 34
Mid Thigh (cF)	40 - 48
Upper Thigh (cG)	43 - 50

LEG LENGTH (iF)
Measure from floor to gluteal fold.

Regular	65 - 73 cm
Tall	73 - 77 cm

PANTYHOSE ONLY (CM)

Waist:	60 - 72
Hips:	86 - 98

✓ Best Fit: S

M
Curvy

CIRCUMFERENCE (cm)

Ankle (cB)	21 - 25
Calf (cC)	33 - 40
Mid Thigh (cF)	46 - 56
Upper Thigh (cG)	50 - 60

LEG LENGTH (iF)
Measure from floor to gluteal fold.

Regular	67 - 75 cm
Tall	75 - 79 cm

PANTYHOSE ONLY (CM)

Waist:	70 - 84
Hips:	96 - 110

✓ Best Fit: M

L
Curvy

CIRCUMFERENCE (cm)

Ankle (cB)	24 - 29
Calf (cC)	39 - 47
Mid Thigh (cF)	54 - 64
Upper Thigh (cG)	58 - 68

LEG LENGTH (iF)
Measure from floor to gluteal fold.

Regular	69 - 77 cm
Tall	77 - 81 cm

PANTYHOSE ONLY (CM)

Waist:	82 - 96
Hips:	108 - 122

✓ Best Fit: L

XL
Full Figure

CIRCUMFERENCE (cm)

Ankle (cB)	28 - 33
Calf (cC)	45 - 53
Mid Thigh (cF)	62 - 72
Upper Thigh (cG)	66 - 76

LEG LENGTH (iF)
Measure from floor to gluteal fold.

Regular	71 - 79 cm
Tall	79 - 83 cm

PANTYHOSE ONLY (CM)

Waist:	94 - 108
Hips:	120 - 136

✓ Best Fit: XL

2XL
Plus Size

CIRCUMFERENCE (cm)

Ankle (cB)	32 - 37
Calf (cC)	50 - 58
Mid Thigh (cF)	70 - 80
Upper Thigh (cG)	74 - 84

LEG LENGTH (iF)
Measure from floor to gluteal fold.

Regular	73 - 81 cm
Tall	81 - 85 cm

PANTYHOSE ONLY (CM)

Waist:	106 - 120
Hips:	134 - 150

✓ Best Fit: 2XL

3XL
Fuller Figure

CIRCUMFERENCE (cm)

Ankle (cB)	35 - 40
Calf (cC)	55 - 63
Mid Thigh (cF)	78 - 88
Upper Thigh (cG)	82 - 92

LEG LENGTH (iF)
Measure from floor to gluteal fold.

Regular	75 - 83 cm
Tall	83 - 87 cm

PANTYHOSE ONLY (CM)

Waist:	118 - 132
Hips:	148 - 164

✓ Best Fit: 3XL

4XL
Fullest Figure

CIRCUMFERENCE (cm)

Ankle (cB)	38 - 43
Calf (cC)	60 - 68
Mid Thigh (cF)	86 - 96
Upper Thigh (cG)	90 - 100

LEG LENGTH (iF)
Measure from floor to gluteal fold.

Regular	77 - 85 cm
Tall	83 - 89 cm

PANTYHOSE ONLY (CM)

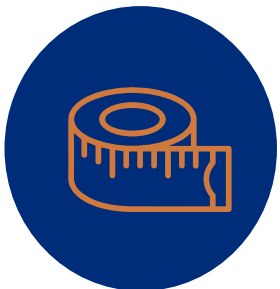
Waist:	130 - 146
Hips:	162 - 178

✓ Best Fit: 4XL



FIT NOTE

If you're between sizes or have fuller calves, thighs, or hips, we recommend sizing up for the best fit and comfort.



MEASUREMENT TIP

Take measurements in the morning when swelling is at its lowest. Measure directly on the skin for best accuracy.



DESIGNED FOR REAL LIFE

Our sizing is thoughtfully developed to support a wide range of body shapes, including fuller calves, thighs, and hips—because comfort and compression should never be one-size-fits-all.