

Figure Shape-Based Guide to Fitting into the EVB Garments

Regardless of your body shape, all you need to measure accurately is your waist at the belly button level. Select a garment size that reflects your waist measurement. If you are a borderline up, select the size up. Please try the garment over another clean underwear for fit. We can always exchange the EVB garment, if you get the size wrong for the first time.

- Size 8: 69 – 77 cm waist
- Size 10: 78 – 84 cm waist
- Size 12: 85 – 90 cm waist
- Size 14: 91 – 99 cm waist
- Size 16: 100 – 106 cm waist
- Size 18: 107 – 114 cm waist

Here are helpful hints on pulling the EVB garment on. Please be reassured that the EVB garments are made well and you will not damage or rip them by wriggling into them. Tight fit is essential for the pants to perform their pelvic floor supporting role, while worn. Having certain body shape makes pulling the EVB garments trickier, but you will soon get used to it and become better at it.



Hourglass figure: You may find it a bit difficult to pull your EVB garment on over your thighs and bum as your waist is smaller than your thighs and bum. Wriggle and persevere. Once on, the garment will be comfortable and supportive and moulding to your small waist.

Rectangle figure: Your hips and thighs measurements are similar to your waist measurement. Pull the waistband up and above the navel. Once on the waist, the garment should feel secure, supportive and not too tight.



Apple and Pear figures: You will find that the EVB garment pulls up fine to the upper thighs level, but will require some determined work pulling it higher. The hips and the bum will need serious wriggling and pulling up of the garment to get over. Once the waistband is secure on the waist, the garment moulds into the body shape, becoming comfortable and supporting.