



Harmonie Sizing Chart

Please note sizing data is provided by Harmonie and should be used as a guide only.

Adult Bodywear

		Weight in Pounds														
		70	80	90	100	110	120	130	140	150	160	170	180	190	200	
Height in Feet and Inches	4'6"	XS	XS													1.40
	4'8"		XS	XS												1.43
	4'10"		XS	XS												1.47
	5'0"		XS	XS	XS											1.52
	5'2"			S	S	S										1.57
	5'4"			S	S	M	M									1.62
	5'6"			S	S	M	M	M								1.67
	5'8"				M	M	M	L								1.72
	5'10"					L	L	L	L	L						1.77
	6'0"						L	L	L	XL	XL	XL	XL	XL	XL/XXL	1.83
	6'2"										XL	XL	XL/XXL	XL/XXL	XXL	1.90
	6'4"												XXL	XXL	XXL	1.94
			34	36	41	45	50	55	59	63	68	72	77	82	86	90
		Weight in Kilograms														

Height in Meters and Centimeters

Adult Knitwear

		Weight in Pounds										
		70	80	90	100	110	120	130	140	150	160	
Height in Feet and Inches	4'6"	XS	XS									1.40
	4'8"		XS	XS								1.43
	4'10"		XS	XS								1.47
	5'0"		XS	XS	XS							1.52
	5'2"			S	S	S						1.57
	5'4"			S	S	M	M					1.62
	5'6"			S	S	M	M	M				1.67
	5'8"				M	M	M	L				1.72
	5'10"					L	L	L	L	L		1.77
	6'0"						L	L	L	XL	XL	1.83
		34	36	41	45	50	55	59	63	68	72	

Height in Meters and Centimeters

Children's Bodywear and Knitwear

		Weight in Pounds												
		40	45	50	55	60	65	70	75	80	85	90		
Height in Feet and Inches	3'0"	S	S										92	
	3'2"	S	S	S									97	
	3'4"	S	S	S									102	
	3'6"	S	S	S									107	
	3'8"	S	S	S	I	I							112	
	3'10"		S	I	I	I							117	
	4'0"			I	I	I	I	M	M				122	
	4'2"			I	I	I	I	M	M				127	
	4'4"				I	I	M	M	M	M	M		132	
	4'6"					M	M	M	M	M	L	L	137	
	4'8"						M	M	M	M	L	L	142	
	4'10"							M	M	L	L	L	147	
	5'0"								L	L	L	L	152	
			18	20	23	25	27	29	32	34	36	39	41	
			Weight in Kilograms											

Height in Centimeters