

Compression Sock Sizing

Sock Size	Shoe Size
Size 1	6-9
Size 2	8-11

Maternity Support Wrap Sizing

Wrap Size	Belly Size
XS	28-32" 71-83cm
S	33-37" 84-95cm
M	38-43" 96-111cm
L	44-49" 112-126cm
XL	50-57" 127-145cm

Measure the largest part of your waist where the band will be worn like a cradle, typically below your belly button.

Maternity Support Belt Sizing

Belt Size	Hip Size
Size 1	S-M (0-8)
Size 2	L-XXL (10-18)