

quality handbook

ginatricot

fabrics

Our clothing is manufactured from natural fibres, synthetic fibres, artificial fibres, or a blend of various types of fibres.

natural fibres

Natural fibres come from animals and plants. Examples include cotton, wool, linen, and silk. Garments made from natural fibres have certain qualities, such as comfort, moisture wicking, and keeping the wearer extra warm when it is cold outside. Natural fibres are often more expensive and require more time for yarn and fabric manufacturing compared to synthetic fibres. This is why it is particularly important to care for garments in the right way and follow the care instructions. Failure to do so could result in shrinkage.

synthetic fibres

Synthetic fibres are manufactured from crude oil, mixed with various types of chemicals. These substances react with each other when pressure and heat are applied. The resulting liquid is spun into long filaments, which are then made into yarn or cut into fibres. Examples include polyester and acrylic. Synthetic fibres are strong and they do not wrinkle or shrink as easily as natural fibres. One drawback, however, with synthetic fibres is that they easily pill. Another is that from an environmental perspective, they are not sustainable. But today, both recycled polyester and polyamide are available. These come from old clothing and PET bottles, which can now be recycled and used to make new fibres.

artificial fibres

Artificial fibres are those made from cellulose, such as viscose, modal, and lyocell. Cellulose is wood fibre that is mixed with chemicals and then spun into yarn. These fibres can shrink when they are washed and are sensitive to mechanical processes (for example, long washing cycles). Lyocell is the most sustainable of all artificial fibres because it is biodegradable.

natural fibres

what is cotton?

Cotton is a natural fibre that must be grown in a warm climate, that is, one that is frost-free for at least six months of the year. A unique quality of cotton is that as fibre length increases, the fibre diameter decreases

– and the stronger the fibre will be. In terms of quality, longer cotton fibres are generally better than shorter cotton fibres.

characteristics of cotton

Cotton is a very durable material in terms of heat, in both washing and ironing. Very high temperatures, however, create a risk of shrinkage. When wet, cotton becomes very strong, so a garment can be stretched and re-shaped after washing – without risk that it will tear. It is a very soft material that is pleasant to wear against the skin.

Cotton is able to absorb a lot of moisture. This makes it a comfortable material, but it is not the best choice for very strenuous exercise that causes a lot of perspiration.

- Resists heat well
- Cool and comfortable against the skin
- Absorbs a lot of moisture
- Strong when wet
- May shrink when washed at high temperatures
- Does not pill
- Wrinkles easily

organic cotton

Organic cotton is grown in an eco-friendly manner without pesticides or chemicals. In order for a garment to be labelled and sold as organic, it must be certified by an independent body. For this purpose, Gina Tricot uses GOTS (Global Organic Textile Standard) and OCS (Organic Content Standard). These organisations test, approve, and certify the material.

what is better cotton?

Better Cotton is cotton that has been manufactured in accordance with the directives issued by the Better Cotton Initiative (BCI). BCI strives to make cotton farming more sustainable, for example by training tens of thousands of cotton farmers in more sustainable ways of growing cotton. These programmes cover everything from water and fertiliser use to insect control. The goal is not to create organic cotton, but rather to help farmers achieve better, more sustainable cotton production.

what is wool?

Wool is a natural fibre produced from fur and hair of animals. Different types of wool are manufactured from different species of animals. The most common type of wool comes from domestic sheep, but many other types exist, such as cashmere, merino, and alpaca. Wool is produced in nearly all parts of the world, but 75 % of production occurs in Australia, New Zealand, Russia, and South America. The quality and characteristics of wool can vary, depending on the living conditions of the animal.

characteristics of wool

Wool is usually soft and smooth. The curly, spring-like structure of the fibre has an insulating effect against both cold and heat. Wool is able to absorb up to 30 per cent of its own weight in moisture, but without feeling damp. It also wicks moisture, so that when moisture increases inside the garment, the wool works actively to absorb the moisture and transport it outward so that a balance is reached both inside and outside the garment. As a result, heat insulation increases, and the wearer is also kept dry. Wool is self-cleaning and does not retain odours, so wool garments can usually be aired instead of requiring machine washing. This assumes that the garment has no stains; if stains are present, the garment must be washed. Because it easily shrinks, wool should be washed at a maximum of 30 °C. The fabric also tends to pill, particularly when exposed to friction, such as under the arms of a garment. This pilling tends to disappear on its own as the garment is used. Alternatively, pills can easily be removed with a razor or fabric shaver.

- Soft and smooth
- Heat insulation
- Moisture-absorbent
- Self-cleaning
- May shrink when washed
- May pill when exposed to friction

cashmere

Cashmere is a type of wool that comes from cashmere goats. Because they live in a cold climate, their undercoat is very soft and fluffy. Cashmere is a luxurious fabric used in such garments as knitted sweaters and scarves. It is limited in supply, which is why it is also expensive. It takes approximately two to four years for one goat to produce enough wool for a single sweater.

merino

Merino wool comes from merino sheep. This fibre is very soft and comfortable to wear. One issue concerning merino wool that has attracted widespread attention is mulesing. This is a painful process for the sheep, in which shearers clip away skin from the sheep's buttocks, without anaesthesia, to avoid parasitic infection. The method has met with severe criticism and Gina Tricot buys only mulesing-free merino wool.

alpaca

Alpaca wool comes from alpacas, animals that are similar in appearance to llamas, living at high altitudes in the Andes mountain system in South America. This wool is one of the finest, softest fibres in existence. It is durable, warm, and comfortable against the skin. It has a silky feel and is expensive owing to its limited availability.

mohair

Mohair wool comes from Angora goats. Mohair is often mixed into the yarn of chunky-knit garments to add fullness and a natural effect. These fibres are glossy and usually quite long, so they create a fluffy look when they stick out from the garment surface.

what is silk?

Silk is a natural fibre made up of glandular secretions produced by the silkworm as it spins a cocoon around itself. To make silk, these secretions are dissolved, producing long filaments which are then spun into yarn. Most silk production occurs in China, Japan, India, and Thailand. It is expensive because it requires very complex manufacturing techniques. Silk has a smooth, airy feel.

characteristics of silk

Although silk is a relatively strong fibre, it is considered delicate because the individual fibres are quite slender. Silk fabrics should be handled with care. There is a risk of seam slippage, so be sure to advise customers not to choose a size that will be too small. Silk is sensitive to salts, so the fabric may become weak in areas of perspiration, such as the armholes. Silk garments should be washed at low temperatures. Often, dry cleaning is recommended.

- Comfortable against the skin
- Lightweight
- Reacts easily to salts, so less durable in areas of perspiration
- Relatively light sensitive

what is linen?

Linen is a natural fibre derived from flax plants. Once the flax is harvested, several processes are required in order to produce finished linen yarn. Linen is a natural fibre produced from plants. It is a living material. Linen fabrics change as they age. In fact, they improve with time, provided that they are cared for in the right way.

characteristics of linen

Linen has a beautiful sheen and it is a soft, cool fabric to wear. The fabric easily absorbs water, dries quickly, and is very durable. Linen garments wrinkle when worn, but that's simply part of their charm. The first time that they are washed, linen garments shrink approximately 4 – 7 %.

- Lustrous
- Cool and comfortable
- Dries quickly
- Very durable
- Wrinkles when worn

what is ramie?

Ramie is a plant belonging to the nettle family. It is native to China and India, and is sometimes referred to as China grass. Ramie fibres are very long, but after they have been extracted from the plant, they are cut to shorter lengths to enable spinning into yarn in the same way as cotton.

characteristics of ramie

In many ways, the appearance, characteristics, and usage of ramie are similar to those of linen. Ramie has a relatively high tensile strength and low extensibility. As a result, ramie fabrics and garments have low elasticity and they wrinkle easily. Ramie and cotton are often blended, resulting in softer garments.

- Strong
- Low extensibility
- Wrinkles easily
- Often blended with cotton

what is leather?

Leather is a sustainable material that improves with use. At Gina Tricot, we use leather from pigs, cows, lambs, and goats that have been reared for food production. It's a more sustainable process, because the leather is a by-product that would otherwise go to waste. This means that we do not use leather from animals reared only for their hides. Furthermore, the leather we use comes from selected tanneries, where we check the work environment and use of water/chemicals.

characteristics of leather

Leather is a very durable material that adapts to changes in temperature and humidity by absorbing moisture and allowing this moisture to move through the fabric. Leather is easily shaped and adapts to the contours of the wearer's body.

- Durable
- Easy to shape
- Allows water-vapour transmission

what is suede?

Suede is a type of leather, made from the underside of the skin, or by splitting the skin so that it can be buffed to a matte finish.

characteristics of suede

Suede has the same properties as leather, but is more sensitive to stains.

Examples of natural materials that Gina Tricot does not use include down/feathers, fur, and angora. This is because we only use materials that are by-products of food production. In other words, we do not use fur or

down, for example, because the animals have been raised solely for their hides, coats, or feathers. Another reason that we do not use down and angora is that it is difficult to ensure that production is carried out in a responsible manner.

Natural fibres are the most classic and luxurious of all fibres.

synthetic fibres

what is polyester?

Polyester is a synthetic fibre, made from crude oil to which carbon, hydrogen, lime, salt, glucose, and water have been added. These substances react with each other when pressure and heat are applied. The resulting liquid is spun into long filaments, which are then made into yarn or cut into fibres. When making yarn from synthetic fibre, it is possible, to a certain extent, to adapt production methods to give the yarn certain characteristics.

characteristics of polyester

Polyester is strong, does not wrinkle as easily as natural fibres and keeps its shape well. It is easy to maintain and needs little or no ironing. Polyester is prone to static, and it can attract dirt and dust. It does not attract moisture and it dries quickly after washing. With use, the garment may pill.

- Strong
- Does not wrinkle
- Dries quickly
- May pill

what is polyamide?

Polyamide is a synthetic fibre. It is the strongest of all synthetic fibres and it is also made from crude oil.

characteristics of polyamide

Polyamide is a very elastic and soft material, which makes it the perfect choice when manufacturing tights, socks, and stockings. Polyamide can also be blended with other fibres to improve a garment's durability. In addition, nylon is easier to dye than other synthetic materials. Although it does not wrinkle, it can pill when exposed to friction.

- Strong
- Elastic
- Does not wrinkle
- May pill

what is acrylic?

Acrylic is a synthetic fibre; like polyester, it is made from crude oil. It has been produced to have characteristics similar to those of wool. Wool and acrylic are often blended because acrylic retains its shape better than wool. Is used quite often in tricot items and other wool-like garments.

characteristics of acrylic

Acrylic holds up well when exposed to sunlight. It is also relatively strong and does not wrinkle. This material is prone to static. Acrylic may shrink when washed. It should not be washed or ironed at high temperatures, and it may pill.

- Does not wrinkle
- Feels like wool

- Cannot withstand high washing or ironing temperatures
- May pill

what is elastane?

Elastane is a synthetic fibre similar to rubber, but it is stronger and it can be stretched up to 700 %. This fibre is not used on its own; instead, it is blended with other fibres to increase the elasticity of a garment. It is often used in jeans, lingerie, and swimwear.

characteristics of elastane

Elastane is highly extensible and elastic. This material can be stretched up to 700 % and still return to its original shape.

- High extensibility
- High elasticity
- Blended with other fibres

what are metallic fibres?

Metallic-fibre yarn is added to a garment to give it a certain effect. Such yarn typically has a synthetic fibre or artificial fibre as its base, around which metallic fibres or metal-coated plastic fibres are wound. Lurex® is an example of a brand-name metallic-fibre yarn.

characteristics of metallic fibres

The primary purpose of metallic fibre is to produce a special appearance in a garment. It's important to use care when wearing a garment containing metallic fibres, because the yarn is very delicate. If the yarn is accidentally "pulled", it can break, exposing the white inner core of the yarn. When washing metallic-fibre garments by machine, a wash bag should be used to reduce the risk of yarn breakage. The other fibre content of the garment determines the care instructions, unless the garment consists entirely of metallic fibres.

- Adds an attractive effect to the garment
- Delicate

what is polyurethane?

Polyurethane is a type of plastic made from crude oil, just like polyester and other synthetic fibres. The plastic is dissolved in a solution and is then laminated with high heat onto the surface of a fabric. The process is often used to create faux leather. The resulting material can also be embossed to create various appearances and effects in a garment or accessory. Polyurethane is also called PU or vegan leather.

characteristics of polyurethane

Polyurethane is a strong, durable material. It is often used for accessories such as handbags to mimic leather. It's also commonly used for jackets and trousers. Various effects can be achieved depending on how the polyurethane is embossed. One negative aspect of polyurethane is the large quantities of solvents and other chemicals used during its manufacture. However, Gina Tricot does not use PVC, a softener, because this chemical is hazardous to health and the environment.

- Strong
- Varied appearance and structure can be achieved
- Inexpensive

Synthetic fibres are good because they can be shaped to obtain certain desired characteristics in a garment. They are inexpensive to use, which makes them suitable for the price ranges of items sold by Gina Tricot.

artificial fibres

what is viscose?

Discovered in the late 1800s, viscose is the oldest artificial fibre. It is manufactured from cellulose (either wood fibre or cotton linters). Cotton linters are a waste product of cotton. They cannot be used to produce regular cotton yarn. For viscose production, the linters are treated with chemicals. Viscose manufacturing methods are not very good for the environment because of the harsh chemicals involved; nor can these chemicals be re-used.

characteristics of viscose

Viscose is a soft material that results in comfortable garments. It is similar to cotton, but not as durable. The material becomes weaker when wet, and this means that viscose garments should not undergo long machine-washing because they can lose their shape. Viscose garments may shrink when washed, but ironing while still damp helps stretch them out again.

- Comfortable and soft material
- Should not be subjected to long machine washing cycles
- Not as durable as cotton
- Iron while still damp
- May shrink
- May pill

what is lenzing viscose®?

Lenzing Viscose® is a particular type of viscose that is manufactured by a company called Lenzing. The company cultivates its own trees for manufacturing viscose. Lenzing uses only sustainably produced, European wood materials. Lenzing Viscose® has a higher level of quality compared to regular viscose because there is less shrinkage and pilling.

- Better for the environment than regular viscose
- Better quality than for regular viscose
- Soft and gives garments a nice drape

what is proviscose®?

Proviscose® is a new material that is a better environmental choice compared to regular viscose. Proviscose® is made of 30 % Tencel® (lyocell) and 70 % Lenzing Viscose®. Tencel® is manufactured from eucalyptus trees. This fibre is produced in a closed-loop manufacturing system, and this is more environmentally friendly. Just like Lenzing Viscose®, Proviscose® has a higher level of quality compared to regular viscose because there is less shrinkage and pilling.

- Better for the environment than regular viscose
- Better quality than for regular viscose
- Soft and gives garments a nice drape

what is modal?

Modal is similar to viscose in terms of its production and some of its characteristics. However, modal differs from viscose in that the wet strength of modal is higher, making it more like cotton fibre. This makes modal appropriate for garments that must be washed frequently, such as underwear and nightwear.

characteristics of modal

Modal has characteristics similar to viscose, but it has better water tolerance.

what is lyocell?

Lyocell is the newest fibre group in the category of artificial fibres. It is manufactured from cellulose, but it is much more environmentally friendly than viscose or modal. Lyocell is made from wood cellulose that is harvested from eucalyptus trees. The cellulose is dissolved with amine oxide to produce the fibre. This is an eco-friendly alternative, since up to 99 % of the amine oxide is typically recovered. Lyocell fibres are also biodegradable. Lenzing's lyocell is called Tencel®.

characteristics of lyocell

Lyocell is stronger and more water-tolerant than viscose. Garments manufactured from Lyocell are soft and have a nice drape. Lyocell may pill and it is prone to shrinkage.

- Eco-friendly
- Biodegradable
- Soft, with a nice drape
- May pill
- May shrink
- May be ironed after washing

what is cupro?

Cupro is another artificial fibre, but it is manufactured from cotton linters rather than wood cellulose. Cotton linters are a waste product of cotton. They cannot be used to produce regular cotton yarn.

characteristics of cupro

Garments made of cupro have characteristics similar to viscose, but cupro has a higher wet strength and is more wrinkle resistant. Cupro has been manufactured as a silk substitute and is one of the more expensive artificial fibres.

- Expensive artificial fibre
- Characteristics similar to viscose
- Higher wet strength than viscose
- Soft, with a nice drape

what is acetate?

Just like viscose and cupro, acetate is manufactured from cotton linters, but the solvent used in manufacturing is acetic acid.

characteristics of acetate

Just like fabrics made from viscose and other artificial fibres, acetate fabrics have a nice drape and lustre. They shrink less compared to fabrics made from other artificial fibres and are more wrinkle resistant. However, acetate pills during use and the fabric is not very strong.

- Nice drape
- Soft and silky
- Wrinkle-resistant
- Not very strong
- May pill

Artificial fibres are a very good alternative to natural fibres, particularly since Gina Tricot prefers to use Lenzing Viscose® or Proviscose®, which are more eco-friendly than many other types of fibres. These fibres make garments soft and comfortable, so they feel more luxurious.

fibre blends

Fibres are often blended in yarns to give garments certain characteristics that would be lacking if only one type of material were used. Here are some of the most common blends used by Gina Tricot.

cotton with polyester

When cotton and polyester are blended, the resulting fabric will be more wrinkle resistant compared to 100 % cotton fabrics. Polyester also makes the fabric more durable. With a higher percentage of polyester, the resulting fabric may pill. There is also a risk that the garment may shrink a little when washed.

elastane blended with other fibres

Example: Cotton/Elastane, Viscose/Elastane, Polyester/Elastane and Polyamide/Elastane. Elastane content in yarn adds stretch to fabrics. It is often used in jeans, lingerie, and certain types of tops. Elastane gives the garment a better shape and makes it more form-fitting. The amount of elastane in a garment is based on the desired amount of stretch, but content is typically 2 – 10 %. In jeans, it is common for fabric to be 98 % cotton and 2 % elastane.

viscose blended with polyester/elastane

Polyester is blended with viscose to make the fabric stronger. Among other things, the resulting fabric is more durable when washed, because the polyester improves the wet strength of viscose. Garments will also keep their shape better and will be less expensive. Elastane adds stretch to a garment and helps it keep its shape.

cotton with acrylic

When synthetic fibres are blended with cotton, the added fibres give specific characteristics to the resulting fabric. Cotton improves the garment's feel, antistatic properties, and moisture absorption. Synthetic fibres, in this case acrylic, help make a garment more durable and wrinkle resistant, but the risk of shrinkage increases compared with garments made from 100 % cotton.

wool with acrylic/polyamide

Wool is often blended with acrylic because the two fibre types have such similar characteristics. Acrylic makes a garment more durable and helps it hold up better during machine washing. The fabric can be made thinner, compared with 100 % wool fabrics, and it will also be significantly less expensive. Polyamide adds strength to a garment.

Fibre blends are ideal because the characteristics of each component fibre are amplified and highlighted. The different fibre types complement each other, offering the best of both worlds.

manufacturing techniques

Clothing is manufactured from fabrics that are made using various techniques.

knitted fabrics

Knitting is one way to produce fabric. Knitted fabrics consist of consecutive rows of interlocking loops of yarn. Two main types of knitting are used in manufacturing today. Flat knitting – this creates an ordinary, rectangular length of fabric that is commonly used in chunky-knit garments. Circular knitting – creates a round tube of fabric, without side seams; the tube must be cut along its length to create a flat piece of fabric. This fabric is most commonly used for fine-knit tricot garments. Flat knits and circular knits share the same basic production method, but have different appearances depending on the yarns and knitting techniques that are used.

woven fabrics

Weaving is a way of producing fabric using an electric or hand-operated loom. There are many types of weaving techniques, and it is possible to create intricate patterns in fabric. This is a complicated method, requiring significant preparation of the yarns and the loom, as well as mathematical calculations. The most common techniques are plain weave and twill. Most jeans are made of twill, which is a woven fabric with a pattern of diagonal, parallel ribs.

care guide

cotton

- Wash at maximum 40 °C
- Warm iron (two dots)
- Do not tumble dry
- May shrink when washed, but has good wet strength and can be stretched to shape when damp
- High resilience for washing detergent and other cleaning agents

wool

- Hand wash
- Maximum 30 °C for machine washing
- Airing is best
- Lay flat to dry
- Do not tumble dry
- Shrinks when washed
- Use enzyme-free washing detergent

silk

- Hand wash
- Cool iron (one dot)
- Do not tumble dry
- Use enzyme-free washing detergent

linen

- Wash at maximum 40 °C
- Do not tumble dry
- Hot iron (three dots)
- Do not use strong washing detergent
- Drip dry

polyester

- Maximum 30 °C (40 °C) for machine washing
- Cool iron (one dot)
- Do not tumble dry

polyamide

- Maximum 30 °C (40 °C) for machine washing
- Do not tumble dry
- Cool iron (one dot)

acrylic

- Maximum 30 °C for machine washing
- Cool iron (one dot)
- Do not tumble dry

elastane

- Do not use fabric softener when washing garments with elastane content; softeners can ruin elastane

metallic fibres

- Wash at maximum 30 °C
- Cool iron (one dot)
- The garment's greatest fibre content typically determines the type of care required, because metallic fibres are usually only added to produce a certain effect

polyurethane (jackets or trousers)

- Wash at maximum 30 °C, delicate cycle
- Maximum warm iron (two dots)
- Turn inside-out when ironing

viscose

- Maximum 30 °C for machine washing
- Do not tumble dry
- Warm iron (two dots)
- Iron while still damp

lyocell

- Maximum 30 °C for machine washing
- Iron while still damp
- Warm iron (two dots)
- Do not tumble dry

cupro

- Maximum 30 °C for machine washing, delicate cycle
- Do not tumble dry
- Do not dry clean
- Cool iron (one dot)

acetate

- Maximum 30 °C for machine washing
- Do not tumble dry
- Cool iron (one dot)

tips for customers

- Always read the care instructions carefully before washing.
- Sort clothes according to washing temperature and colour.
- Use the correct amount of washing detergent according to the instructions on the package. Do not use more detergent than recommended. It is harmful to the environment and it won't get your garment any cleaner. If you use too much detergent, there is a risk that some will remain in clothing even after rinsing, which can cause an allergic reaction or skin irritation. If possible, use a washing detergent with an environmental label.
- Do not wash clothes too often. Many garments need only to be aired.
- Wash at low temperatures. Garments will usually be cleaned just as well as in warmer temperatures, and it's better for the environment.
- Most stains can be removed through water washing. Some stains must be treated immediately; the faster the treatment, the easier it will be to remove the stain.
- You can put certain types of garments in the freezer overnight instead of washing them. This will freshen them up, and cause less wear and tear.
- Always wash a full load if you can, to save energy.
- Choose drip-drying or flat-drying over tumble-drying. Your clothes will hold up better and it is more eco-friendly.
- Make-up, coffee, berry, and chocolate stains will usually come out in the wash. In some cases, the garment may require an additional washing to remove all remnants of the stain.
- Jeans should not be washed often. When you do wash jeans, turn them inside out, and avoid fabric softener so they will retain their stretchiness.
- Remember that jeans can release excess dye the first few times that they are washed.
- Use fabric softeners as little as possible, especially for garments containing elastane (lingerie, jeans, and lace) to avoid damaging the elastane fibres and stretchiness.
- To avoid static electricity occurring in synthetic fabrics, you can mix some water and fabric softener in a spray bottle, spray the mixture onto the garment, and then let it dry.
- It's preferable to air wool garments instead of machine washing them, as long as there are no stains on the garments.
- Delicate garments, e.g. with lace or sequins, should be washed in a wash bag.
- Look after your clothes, regardless of the fabrics or garment cost.
- When you no longer want to use your garment, donate it to someone else in need of it. This will prolong the life of the garment and you will make someone else happy.

stain removal guide

blood

Soak in cold water and add some salt.

berries/jam

Dip the stain in hot water.

chocolate

Scrape off the chocolate and soak the stain in warm, sudsy water.

deodorant

Rub some washing-up liquid or soap into the stain. Let the soap “work” on the stain a short while before rinsing.

grease

Rub washing-up liquid into the stain before washing.

grass

Use methylated spirits, then soapy water. Rinse in lukewarm water.

cream/milk

Use lukewarm water or soapy water.

coffee

Soak the stain in hot water with a very small amount of soap. Rinse well.

ink/permanent marker

Use methylated spirits, then soapy water. Rinse in lukewarm water.

lipstick

Use methylated spirits.

mascara

Soak in water with some detergent that contains a bleaching agent.

nail polish

Use a cotton ball soaked in acetone if the fabric is suitable for this type of treatment. Warning! Not suitable for artificial fibres!

make-up

Pre-treat by pouring some liquid detergent onto the stain. Rinse well.

perspiration

Wash with diluted vinegar.

sauce

Soak the garment in water with detergent (not suitable for wool or silk).

tea

Use vinegar to bleach the stain. Rinse well.

chewing gum

Put the garment in the freezer for a few hours. Then, crush the gum and pick out the pieces. You may need to use a bit of acetone to get out the very last bits. Wash as usual afterwards.

wine

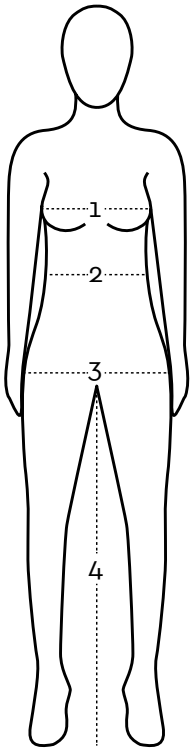
Cover the stain with fine-grain salt. Allow the salt to absorb the wine for about 30 minutes. Rinse in cold water.

beer

Use soapy water or pure alcohol.

measurement list

Remember that a properly fitting garment – one that is neither too large nor too small – will last longer.



- 1 – Take the measurement where the bust is largest. It's a good idea to take the measurement while wearing a smooth, unpadded bra. Make sure that the measuring tape is straight across your back.
- 2 – Take your waist measurement around the point where your waist is smallest.
- 3 – Your hip measurement is taken where it is widest, which is typically about 20 cm below your waist.
- 4 – Inseam measurement is taken from crotch to floor.

32-44

	32	34	36	38	40	42	44
bust (1)	80	84	88	92	96	100	104
waist (2)	62	66	70	74	78	82	86
hips (3)	87	91	95	99	103	107	111
inseam (4)	85	86	87	87	87	87	87

XS-XXL

	XS	S	M	L	XL	XXL
bust (1)	81 (79-83)	87 (85-89)	93 (91-95)	99 (97-101)	105 (103-107)	111 (109-113)
waist (2)	63 (61-65)	69 (67-71)	75 (73-77)	81 (79-83)	87 (85-89)	93 (91-95)
hips (3)	88 (86-90)	94 (92-96)	100 (98-102)	106 (104-108)	112 (110-114)	118 (116-120)
inseam (4)	85	86	87	88	89	90

jeans

	24	25	26	27	28	29	30	31	32	33	34
waist (2)	61.5	64	66.5	69	71.5	74	76.5	79	81.5	84	86.5
hips (3)	86.5	89	91.5	94	96.5	99	101.5	104	106.5	109	111.5

leg length for size 29

30 = 70cm

32 = 76cm

34 = 80cm