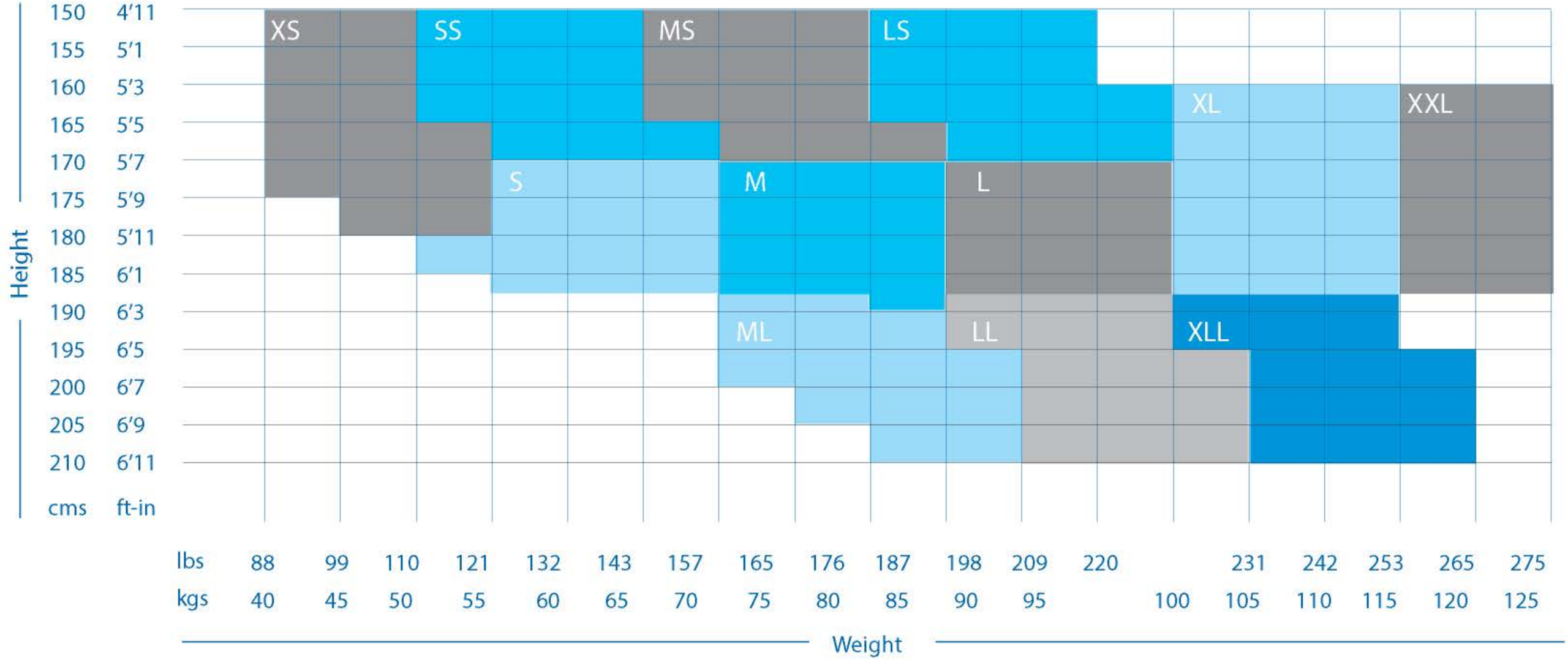
Size chart

if you fall in between sizes, we recommend the smaller size