



SA'S FIRST + FAVOURITE ONLINE STORE FOR CUSTOMISABLE SCRUBS

WWW.GREENSMEDI.CO.ZA

RECOMMENDED SIZING

LADIES + MEN'S TOPS



ACTIVE & PREMIUM PURE

BUST MEASUREMENT = WIDEST PART AROUND YOUR BUST/CHEST
(EXCLUDING THE ELEGANT SCUBA RANGE)

LADIES

MEN'S

IF YOUR CHEST MEASUREMENTS
ARE BETWEEN

WE WOULD RECOMMEND THE
FOLLOWING SIZE TOP
(FOR A REGULAR FIT)

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FOLLOWING SIZE TOP
(FOR A REGULAR FIT)

73 - 83CM

XXS

86 - 91CM

XXS

74 - 87CM

XS

91 - 95CM

XS

88 - 93CM

S

96 - 101CM

S

94 - 99CM

M

102 - 107CM

M

100 - 105CM

L

108 - 113CM

L

106 - 115CM

XL

114 - 123CM

XL

116 - 125CM

2XL

124 - 133CM

2XL

126 - 135CM

3XL

134 - 143CM

3XL

136 - 145CM

4XL

144 - 153CM

4XL

CONTACT US & WE WILL ASSIST YOU
WITH SIZING FOR 5XL AND BIGGER

5XL

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5XL

TOP LENGTH OF GARMENT IN CM

XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
58	60	62	65	67	70	71	71	71	71

TOP LENGTH OF GARMENT IN CM

XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
57	60	62	65	67	70	71	71	71	71



RECOMMENDED SIZING

MENS + LADIES PANTS



ACTIVE & PREMIUM PURE

WE HAVE IMPROVED OUR PANTS LENGTH - NOW AT 73CM (IN-LEG MEASUREMENT).

HIP MEASUREMENT = WIDEST PART AROUND YOUR HIP/BUM

TO NOTE

X SLIM PANTS HAVE THE SAME HIP MEASUREMENT, WE JUST NARROW DOWN THE LEG FOR A SLIMMER FIT.

LADIES

MEN'S

83 - 89CM	XXS
87 - 93CM	XS
93 - 99CM	S
99 - 105CM	M
105 - 112CM	L
113 - 122CM	XL
123 - 132CM	2XL
133 - 142CM	3XL
143 - 152CM	4XL
CONTACT US & WE WILL ASSIST YOU WITH SIZING FOR 5XL AND BIGGER	5XL

73 - 83CM	XXS
84 - 87CM	XS
88 - 93CM	S
94 - 99CM	M
100 - 105CM	L
106 - 115CM	XL
116 - 125CM	2XL
126 - 135CM	3XL
136 - 145CM	4XL
CONTACT US & WE WILL ASSIST YOU WITH SIZING FOR 5XL AND BIGGER	5XL

IN-LEG MEASUREMENT OF GARMENT IN CM

XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
73	73	73	73	73	73	73	73	73	73



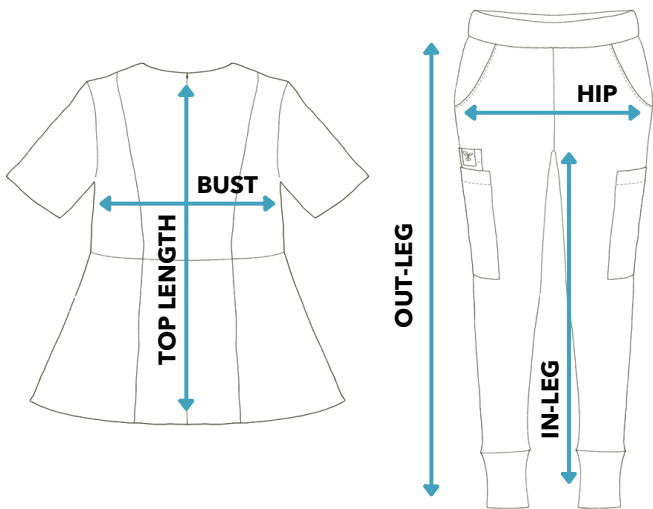
RECOMMENDED
SIZING

ELEGANT SCUBA
SCRUBS



ALL MEASUREMENTS ON OUR ELEGANT RANGE SIZE GUIDE
ARE OF THE ACTUAL GARMENTS

ALL MEASUREMENTS ON THIS SIZE GUIDE ARE OF THE ACTUAL GARMENTS. WHEN CHOOSING SIZES PLEASE MEASURE YOUR BODY AND CHOOSE THE GARMENT THAT MEASURES THE CLOSEST TO YOUR BODY. FOR A TIGHT FIT YOU CAN CHOOSE UP TO 5CM SMALLER THAN YOUR BODY MEASUREMENT AND FOR A LOOSER FIT YOU CAN CHOOSE A SIZE UP TO 5CM BIGGER THAN YOUR BODY MEASUREMENT. THE ELEGANT SCRUBS ARE MORE FITTED THAN REGULAR SCRUBS SO CHOOSING THE CORRECT SIZE IS IMPERATIVE. SHOULD YOU WISH TO DO A VIRTUAL FITTING, PLEASE DON'T HESITATE TO CONTACT US.



		TOP SIZES								
		6	8	10	12	14	16	18	20	22
BUST MEASUREMENT (OF GARMENT IN CM)		85	87	90	94	99	104	109	114	119
TOP LENGTH MEASUREMENT (CENTRE BACK)		65	65	65	65	65	65	65	65	65

		PANTS SIZES								
		6	8	10	12	14	16	18	20	22
HIP MEASUREMENT (OF GARMENT IN CM)		90	92	95	99	104	109	114	119	124
IN-LEG		73	73	73	73	73	73	73	73	73

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TO BOOK A VIRTUAL FITTING YOU CAN EITHER EMAIL US ON
HELLO@GREENSMEDI.CO.ZA OR SEND US A WATSAPP ON 062 204 9052





WE PLANT A TREE FOR EVERY
100 SCRUBS SOLD

PLANTING TREES

WE PLANT A TREE FOR EVERY 100 SCRUBS SOLD! THIS IS OUR SMALL WAY OF GIVING BACK TO THE ENVIRONMENT.

GREENS MEDI HAS PARTNERED WITH GREENPOP, A CAPE TOWN BASED NGO, TO CONTRIBUTE TOWARDS CONSERVING AND RESTORING ECOSYSTEMS ACROSS SUB-SAHARAN AFRICA. GREENPOP'S WORK INCLUDES PLANTING TREES AND VEGETATION IN URBAN GREENING AND REFORESTATION PROJECTS AND, TO DATE, THEY HAVE PLANTED 139,000 TREES.

IF YOU ORDER FROM US DURING FEBRUARY, OUR TREES WILL BE PLANTED AT PLATBOS REFORESTATION PROJECT (-34.567646, 19.433110), OVERBERG, WESTERN CAPE, THIS MONTH.

LEARN MORE ABOUT THEIR WORK AT WWW.GREENPOP.ORG

THE BENEFITS:

WHEN WE CONSERVE AND RESTORE ECOSYSTEMS, EVERYONE WINS.

ENVIRONMENTAL BENEFITS

PUT SIMPLY, BIODIVERSITY PROMOTES LIFE. NOT ONLY DO FUNCTIONING ECOSYSTEMS PRODUCE OXYGEN AND SEQUESTER CARBON DIOXIDE, THEY ALSO PROVIDE HOMES FOR ANIMALS, RECHARGE GROUNDWATER, REPLACE SOIL NITRATES, PREVENT EROSION AND MORE. THE ADDITION OF INDIGENOUS VEGETATION TO ANY ENVIRONMENT WILL HAVE COUNTLESS BENEFITS.

ECONOMIC BENEFITS

MONEY DOES GROW ON TREES! USEFUL INDIGENOUS SPECIES AND FRUIT TREES CAN PROVIDE PRODUCE THAT CAN BE USED IN FEEDING SCHEMES OR SOLD BY SCHOOLS AND COMMUNITIES. INDIGENOUS TREES AND VEGETATION CAN INCREASE PROPERTY VALUES AND CAN PROVIDE NATURAL AIR CONDITIONING FOR HOMES AND CLASSROOMS.

SOCIAL BENEFITS

IN SOUTH AFRICA, THERE IS A HUGE DISPARITY BETWEEN 'LEAFY' PRIVILEGED AREAS AND 'BARREN' UNDERPRIVILEGED AREAS. URBAN GREENING IMPROVES PRIDE OF PLACE AND CAN EVEN REDUCE CRIME AND DRUG ABUSE. ADDITIONALLY, RESEARCH SHOWS THAT LIVING IN A GREEN NEIGHBOURHOOD REDUCES STRESS AND AIDS RECOVERY FROM ILLNESS.

SYMBOLIC BENEFITS

CONSERVING OR RESTORING A NATURAL ECOSYSTEM IS AN INCREDIBLE SYMBOL OF HOPE. IT SYMBOLISES A BELIEF IN THE FUTURE, A POSITIVE WISH FOR OUR COMMUNITIES AND CARE FOR OUR PLANET. IT BRINGS PEOPLE TOGETHER - WITH EACH OTHER AND MOTHER NATURE. IT IS A LIVING, BREATHING GIFT TO THE GENERATIONS TO COME.

