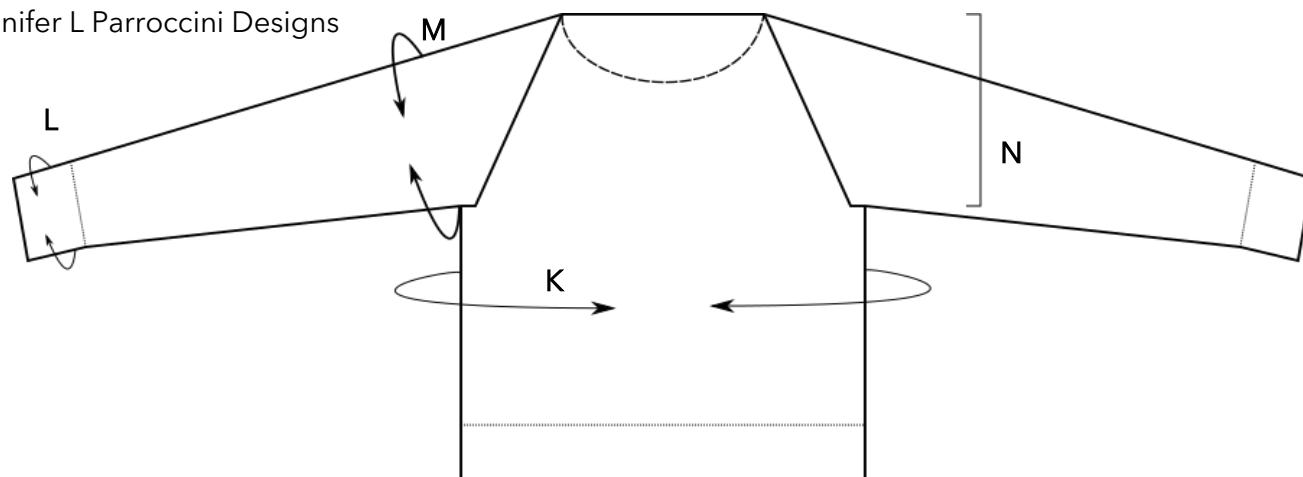


# Herbalist

Jennifer L Parroccini Designs



## Finished Measurements - Sizes A - I

In inches

**K - Upper chest:** 34.25 (36.25, 37.75, 40, 42.25) (44.25, 45.75, 48, 50.25)  
**L - Wrist:** 8 (8.5, 8.5, 8.75, 8.75) (9.25, 9.25, 9.5, 9.5)  
**M - Bicep:** 13.25 (13.75, 14, 14.5, 15.25) (15.5, 16, 16.75, 17.25)  
**N - Armhole depth:** 8.25 (8.5, 8.5, 8.75, 9) (9, 9.25, 9.5, 9.5)

In cm

**K - Upper chest:** 85.5 (90.5, 94.5, 100, 105.5) (110.5, 114.5, 120, 125.5)  
**L - Wrist:** 20 (21, 21, 22, 22) (23, 23, 24, 24)  
**M - Bicep:** 33.5 (34.5, 35, 36, 38) (39, 40, 42, 43)  
**N - Armhole depth:** 20.5 (21.5, 21.5, 22, 22.5) (22.5, 23, 23.5, 23.5)

## Finished Measurements - Sizes J - R

In inches

**K - Upper chest:** 52.25 (53.75, 56, 58.25, 60.25) (61.75, 64, 66.25, 68.25)  
**L - Wrist:** 10 (10.25, 10.25, 10.75, 10.75) (11, 11, 11.5, 11.5)  
**M - Bicep:** 18 (18.75, 19.5, 20.25, 21) (22, 22.75, 23.25, 23.5)  
**N - Armhole depth:** 9.75 (9.75, 10, 10.25, 10.25) (10.5, 10.75, 10.75, 11)

In cm

**K - Upper chest:** 130.5 (134.5, 140, 145.5, 150.5) (154.5, 160, 165.5, 170.5)  
**L - Wrist:** 25 (25.5, 25.5, 26.5, 26.5) (27.5, 27.5, 28.5, 28.5)  
**M - Bicep:** 45 (46.5, 48.5, 50.5, 52.5) (55, 57, 58, 59)  
**N - Armhole depth:** 24.5 (24.5, 25, 25.5, 25.5) (26.5, 27, 27, 27.5)

## Picking a size

Choose the size closest to your actual upper chest measurement: The upper chest is measured above the full bust, then at an angle close to diagonal beneath the underarms, and straight across the back. Herbalist is designed to fit with 3 - 5 inches / 7.5 - 12.5 cm of positive ease at the fullest part of the chest, and 3.5 - 4 inches / 9 - 10 cm of positive ease in the sleeves.

For your size, compare the Full Chest measurement to your body measurements at the fullest part of the chest. If you have less than 3 inches / 7.5 cm of positive ease, consider adding 1 or 2 inches (2.5 or 5 cm) of additional width in the front only. If you need additional width, you may wish to size up.

For more info on sizing recommendations based on the upper chest, visit my website:

<https://www.jpknitsthings.com/post/upper-chest-what-why-and-how>

**Sizes:** A (B, C, D, E) (F, G, H, I)

**Upper chest:** 31 (32.75, 34.25, 36, 37.5) (39.25, 40.75, 42.5, 44) inches / 77.5 (81.5, 85.5, 89.5, 94) (98, 102, 106, 110) cm.

**DK weight superwash merino:** 1350 (1420, 1470, 1550, 1630) (1690, 1750, 1860, 1910) yds / 1230 (1300, 1340, 1420, 1485) (1545, 1605, 1700, 1750) m

**Sizes:** J (K, L, M, N) (O, P, Q, R)

**Upper chest:** 45.75 (47.25, 49, 50.5, 52.25) (53.75, 55.5, 57, 58.75) inches / 114 (118, 122, 126.5, 130.5) (134.5, 138.5, 142.5, 146.5) cm

**DK weight superwash merino:** 2020 (2100, 2210, 2320, 2400) (2520, 2650, 2720, 2810) yds / 1850 (1920, 2025, 2115, 2190) (2305, 2420, 2485, 2570) m

**jp**  
**knits**