

NIJAYS COUTURE

MEN'S SIZE & FIT GUIDE

Find your best fit

Use a flexible tape over light clothing. Stand naturally and ask someone to help with shoulders and sleeves. This guide uses US men's body measurements in inches.

HOW TO MEASURE

1. Neck

Wrap the tape around the base of your neck where a shirt collar sits. Keep one finger beneath the tape.

2. Shoulders

Measure across your back from one shoulder bone to the other, following the natural curve. Ask someone to help.

3. Chest

Circle the fullest part of your chest, under the arms and across the shoulder blades. Keep the tape level.

4. Sleeve length

Measure from the center back of your neck, across the shoulder, then down a slightly bent arm to the wrist.

5. Waist

Measure around your natural waist or where you prefer your trousers to sit. Do not pull your stomach in.

6. Hips / Seat

With heels together, circle the fullest part of your hips and seat. Check that the tape stays level.

Remember: The chart lists body measurements, not finished garment dimensions. Garments include ease according to their cut.

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US MEN'S BODY SIZES — INCHES

Size	Chest	Waist	Hips / Seat	Neck	Sleeve	Shoulders*
S	35–37	29–31	36–38	14.5–15	32–33	17–17.5
M	38–40	32–34	39–41	15.5–16	33–34	17.5–18
L	41–43	35–37	42–44	16.5–17	34–35	18–18.5
XL	44–46	38–40	45–47	17.5–18	35–36	18.5–19
XXL	47–49	41–43	48–50	18.5–19	36–37	19–19.5

*Shoulder width is an approximate NIJAYS fit reference because shoulder sizing is not standardized across the industry.

INTERNATIONAL CONVERSION

Alpha	US / UK jacket	EU jacket	Chest (cm)	Neck (cm)
S	36	46	89–94	37–38
M	38–40	48–50	97–102	39–41
L	42	52	104–109	42–43
XL	44–46	54–56	112–117	44–46
XXL	48	58	119–124	47–48

US and UK jacket sizes generally use the same chest number; European jacket sizes are usually ten numbers higher. Conversions are approximate and can vary by brand.

BETWEEN SIZES?

Tailored fit: choose the closest chest size and submit your full measurements.

Relaxed fit: choose the larger size when between two ranges.

Different top and bottom sizes: choose Custom for a balanced made-to-measure fit.

Submit your measurements securely at nijays.com/measurement-guide