

# spanx pants size guide

**Spanx pants size guide** is an essential resource for anyone looking to purchase these popular shapewear and athleisure pieces. Spanx has gained a reputation for designing high-quality, form-fitting apparel that enhances the body's natural shape while providing comfort and style. However, with the variety of styles and fits available, understanding the sizing can be a bit daunting. In this article, we will break down the Spanx sizing system, provide tips on how to measure yourself, and help you choose the right size to ensure a flattering fit.

## Understanding Spanx Sizing

Spanx sizing can differ from traditional clothing sizes, so it's crucial to familiarize yourself with their specific size guide. Spanx offers a wide range of products, including leggings, pants, and shorts, each with its own sizing standards. The sizes typically range from XS to 3X, with some items also available in petite and tall sizes.

## Spanx Size Chart

To help you navigate the sizing, here's a general Spanx size chart that corresponds to hip and waist measurements:

- XS (0-2): Waist 24-25 inches, Hip 34-35 inches
- S (4-6): Waist 26-27 inches, Hip 36-37 inches
- M (8-10): Waist 28-29 inches, Hip 38-39 inches
- L (12-14): Waist 30-32 inches, Hip 40-42 inches
- XL (16-18): Waist 33-35 inches, Hip 43-45 inches
- 1X (16W-18W): Waist 36-38 inches, Hip 46-48 inches
- 2X (20W-22W): Waist 39-41 inches, Hip 49-51 inches
- 3X (24W-26W): Waist 42-44 inches, Hip 52-54 inches

Note: These measurements may vary slightly based on the specific style of Spanx pants. Always refer to the product label or the Spanx website for the most accurate sizing information.

## How to Measure Yourself for Spanx Pants

Getting the right size requires accurate measurements. Here's a step-by-step guide to measuring yourself effectively:

## **Step 1: Gather Your Tools**

You'll need:

- A soft measuring tape
- A mirror (to ensure the tape is level)
- A notebook or a device to record your measurements

## **Step 2: Measure Your Waist**

1. Stand up straight and locate your natural waist, which is usually just above your belly button.
2. Wrap the measuring tape around your waist, ensuring it's parallel to the floor.
3. Take the measurement at the point where the tape feels snug but not tight. Record this number.

## **Step 3: Measure Your Hips**

1. Stand with your feet together.
2. Place the measuring tape around the fullest part of your hips, typically around the widest part of your buttocks.
3. Ensure the tape is level and snug, then record this measurement.

## **Step 4: Check Your Inseam (if applicable)**

For pants, especially those that require a specific leg length:

1. Measure from the top of your inner thigh down to your ankle.
2. This will help you determine if you need a regular, petite, or tall size.

## **Choosing the Right Style**

Spanx offers a variety of pant styles, each designed for different occasions and body shapes. Here's a quick overview of some popular styles to help you decide:

### **1. Shaping Leggings**

- Description: These leggings provide smoothing and support while being versatile enough for workouts or casual outings.
- Sizing Tip: If you prefer a tighter fit, consider sizing down. If you want more comfort, stick to your regular size.

## **2. Faux Leather Pants**

- Description: These pants offer the look of leather with the comfort of leggings, making them perfect for a night out.
- Sizing Tip: Opt for your usual size, but remember that these may feel snugger due to their material.

## **3. Joggers and Athleisure Pants**

- Description: Designed for comfort, these pants are perfect for lounging or running errands.
- Sizing Tip: These typically run true to size, so stick to the size that matches your measurements.

## **4. Dress Pants**

- Description: Spanx dress pants are great for work or formal occasions while providing a slimming effect.
- Sizing Tip: For a polished look, consider going one size up to ensure comfort throughout the day.

## **Common Fit Questions**

As with any clothing brand, you may have questions regarding fit, especially with shapewear. Here are some common inquiries:

### **1. What if I'm between sizes?**

If your measurements place you between two sizes, consider the following:

- If you prefer a tighter, more shaping fit, opt for the smaller size.
- If you want a more relaxed, comfortable fit, go for the larger size.

### **2. How should Spanx pants fit? What should I look for?**

- Comfort: You should feel supported but not restricted. The pants should move with you without digging into your skin.
- Smoothness: Look for a smooth silhouette; there should be no bunching or rolling at the waist.
- Length: Ensure the pants reach the desired point on your ankle or leg without excessive gathering.

### **3. Can I return or exchange if the fit isn't right?**

Yes, Spanx has a return policy that allows you to return or exchange items if they do not fit correctly. Always check their website for the latest return policies and procedures.

## **Tips for Maintaining Your Spanx Pants**

To keep your Spanx pants looking and feeling great, follow these care instructions:

1. **Washing:** Always wash in cold water with similar colors. Avoid using fabric softeners, which can break down the elastic fibers.
2. **Drying:** Air dry your Spanx pants to prevent shrinkage and maintain elasticity. Avoid using a dryer as the heat can damage the fabric.
3. **Storage:** Store your Spanx pants flat or hang them to prevent creases and maintain their shape.

## **Conclusion**

The Spanx pants size guide is a vital tool for anyone looking to invest in these stylish and functional garments. Understanding how to measure yourself accurately and knowing the sizing nuances will help ensure you find the perfect fit. With a variety of styles available, Spanx offers options for every occasion and body type. By following the tips outlined in this article, you can confidently choose the right size and style, allowing you to enjoy the comfort and confidence that Spanx pants provide. Happy shopping!

## **Frequently Asked Questions**

### **What sizing system does Spanx use for their pants?**

Spanx uses a numeric sizing system, typically ranging from XS (0-2) to XL (16-18), designed to fit different body shapes.

### **How do I measure myself for Spanx pants?**

To measure for Spanx pants, use a soft measuring tape to measure around the widest part of your hips and your natural waist. Compare these measurements to the size chart on Spanx's website.

### **Are Spanx pants true to size?**

Many customers find Spanx pants to be true to size, but some recommend sizing up for a more comfortable fit, especially in styles with a tighter compression.

## **What if I'm between sizes on the Spanx size guide?**

If you're between sizes, it's generally recommended to size up for a more comfortable fit, especially if you prefer less compression in your pants.

## **Do Spanx pants have different fits for different body types?**

Yes, Spanx offers various styles designed for different body types, including options for curvy figures and straight body shapes to provide a flattering fit.

## **How do Spanx pants compare to other brands in terms of sizing?**

Spanx pants tend to run similar to standard retail sizing but can be slightly more fitted due to their compression technology, so it's advisable to refer to the size guide.

## **Can I return Spanx pants if they don't fit?**

Yes, Spanx has a return policy that allows you to return items that do not fit, as long as they are in new condition with tags attached.

## **What materials are Spanx pants made of?**

Spanx pants are typically made from a blend of nylon and elastane, providing both comfort and compression for a flattering silhouette.

## **Are there specific Spanx styles recommended for tall women?**

Yes, Spanx offers styles with longer inseams and options specifically designed for tall women to ensure a comfortable fit.

## **How can I find my perfect fit in Spanx pants?**

Start by measuring your waist and hips, consult the Spanx size guide, and consider the fit style you prefer (e.g., tighter compression or looser fit) to find your perfect size.

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