

## Men's Product Sizes

### Mens Full Length Insoles

UK	Europe	USA
6-6.5	39-40	7-7.5
7-7.5	40.5-41.5	8 -8.5
8-8.5	42-42.5	9 - 9.5
9-9.5	43-44	10-10.5
10-10.5	44.5-45	11-11.5
11-11.5	45.5-46.5	12 -12.5
12-12.5	47-47.5	13 -13.5
13 - 13.5	48-49	14-14.5

### Mens 3/4 Length Insoles

UK	Europe	USA
6-7.5	39 - 41.5	7-8.5
8-9.5	42 - 44	9-10.5
10-11.5	44 - 46.5	11-12.5
12-13.5	47 - 49	13-14.5

### Mens Footwear

UK	Europe	USA
6-6.5	39-40	7-7.5
7-7.5	40.5-41.5	8 -8.5
8-8.5	42-42.5	9 - 9.5
9-9.5	43-44	10-10.5
10-10.5	44.5-45	11-11.5
11-11.5	45.5-46.5	12 -12.5
12-12.5	47-47.5	13 -13.5
13-13.5	48-49	14-14.5

### Mens Small Heel Lift Sizes

UK	Europe	USA
3-3.5	35.5-36	4-4.5
4-4.5	36.5-37.5	5-5.5
5-5.5	38-38.5	6-6.5
6-6.5	39-40	7-7.5

### Mens Medium Heel Lift Sizes

UK	Europe	USA
6-6.5	39-40	7-7.5
7-7.5	40.5-41.5	8 -8.5
8-8.5	42-42.5	9 - 9.5

9-9.5	43-44	10-10.5
<b>Mens Large Heel Lift Sizes</b>		
<b>UK</b>	<b>Europe</b>	<b>USA</b>
10-10.5	44.5-45	11-11.5
11-11.5	45.5-46.5	12 -12.5
12-12.5	47-47.5	13 -13.5
13 - 13.5	48-49	14-14.5

## **Women's Product Sizes**

### **Womens Full Length Insoles**

<b>UK</b>	<b>Europe</b>	<b>USA</b>
1-1.5	33-33.5	3.5-4
2-2.5	34-35	4.5 -5
3-3.5	35.5-36	5.5 -6
4-4.5	36.5-37.5	6.5-7
5-5.5	38-38.5	7.5-8
6-6.5	39-40	8.5-9
7-7.5	40.5-41.5	9.5-10
8-8.5	42-42.5	10.5-11

### **Womens 3/4 Length Insoles**

<b>UK</b>	<b>Europe</b>	<b>USA</b>
2 - 3.5	34 - 36	4.5-6
4 - 5.5	36.5 - 38.5	6.5-8
6 - 7.5	39 - 41.5	8.5-10
8 - 9.5	42 - 44	10.5-12

### **Womens Footwear**

<b>UK</b>	<b>Europe</b>	<b>USA</b>
1-1.5	33-33.5	3.5-4
2-2.5	34-35	4.5 -5
3-3.5	35.5-36	5.5 -6
4-4.5	36.5-37.5	6.5-7
5-5.5	38-38.5	7.5-8
6-6.5	39-40	8.5-9
7-7.5	40.5-41.5	9.5-10
8-8.5	42-42.5	10.5-11

### **Womens Small Heel Lift Sizes**

<b>UK</b>	<b>Europe</b>	<b>USA</b>
3-3.5	35.5-36	5.5 -6
4-4.5	36.5-37.5	6.5-7
5-5.5	38-38.5	7.5-8
6-6.5	39-40	8.5-9

### **Womens Medium Heel Lift Sizes**

<b>UK</b>	<b>Europe</b>	<b>USA</b>
6-6.5	39-40	8.5-9
7-7.5	40.5-41.5	9.5-10
8-8.5	42-42.5	10.5-11

9-9.5	43-44	11.5-12
<b>Womens Large Heel Lift Sizes</b>		
<b>UK</b>	<b>Europe</b>	<b>USA</b>
10-10.5	44.5-45	12.5-13
11-11.5	45.5-46.5	13.5-14
12-12.5	47-47.5	14.5-15
13 - 13.5	48-49	15.5-16

<b>Womens High Heel Pad</b>		
<b>UK</b>	<b>Europe</b>	<b>USA</b>
2 - 3.5	34 - 36	4.5-6
4 - 5.5	36.5 - 38.5	6.5-8
6 - 7.5	39 - 41.5	8.5-10
8 - 9.5	42 - 44	10.5-12