



## Spirituali-Tee Clothing Comfort Guide

At Spirituali-Tee, we believe that **comfort is a form of self-care**. To fully embrace the positivity and intention behind our designs, your clothing should feel like a second skin: never a distraction. Because we source our high-quality garments globally, sizes may vary slightly from what you are used to in your local region or country.

Use this guide to ensure your next favorite piece “feels as good as it looks”.



Co-created



Start-up Power



No-stock:  
Produced on Demand

**Spirituali-Tee Where Fashion meets Purpose!**

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[www.spirituali-tee.com](http://www.spirituali-tee.com)

# Where Fashion meets Purpose!



## 1. Know Your Vessel

Size labels are helpful, but they aren't universal.

(S, M, L, XL) S = Small, M = Medium, L = Large, XL = Extra large and 2XL or 3XL means it's one size bigger than the previous XL. The most reliable way to find your fit is to know your own body and the clothes you already love:

- **Measure a Favorite:** Take a shirt or hoodie you already own that fits you perfectly. Lay it flat and measure the width (armpit to armpit) and the length.



- **Check the Charts:** Most of our products include specific sizing images on the product page. Compare your measurements to these charts rather than relying on the letter on the tag.

**Wear your message & Wear your comfort.**

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### 2. The Spirituali-Tee Rule of Thumb

When you are caught between two sizes or the measurements seem close, remember our golden rule:

**"It is better to pick one size bigger than to feel tightness and discomfort."**



A slightly relaxed fit allows for better movement, breathability, and a more "zen" experience throughout your day. Choosing a larger size also accounts for any natural minor shrinkage that can occur with high-quality cotton fabrics over time.

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### 3. Consider the Style

- **Standard Tees:** These offer a classic, familiar fit. There are several t-shirt and clothing types which specifically meet the male or female body silhouettes.
- **Relaxed Tees & Unisex clothing:** These are designed with a bit more "room" for each body type and are ideal if you prefer a looser drape.
- **Premium Hoodies:** Designed for warmth and coziness, these often feel best when they aren't too snug.



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### 4. We Are Here to Help

We want you to feel confident in your choice. If you have a specific body type or need a size that isn't currently listed:

- **Request Larger Sizes:** If you are looking for a size that appears to be missing, contact Spirituali-Tee. We will do our best to check the availability of larger or alternative clothing sizes with our suppliers.
- **Personal Match:** Reach out via our contact page if you're unsure. We'll look at the supplier specs together to find the right match for your comfort and needs.



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