

Measurement Guide

- You will need: 1. Measuring Tape 2. Mirror. 3. Pen and paper

The most important thing is to make sure the tape measure stays flat and your posture stays straight but natural. Stand in front of a mirror in your undergarments or tight-fitting clothes. Your tape should be snug, not tight.

Basic measurements

1 - Bust - Widest part of your chest, where your bra wraps. Measure all around the body (total circumference).

2 - Waist - Measure across your belly button.

4 - Hip - Measure the hips at the fullest part, usually around 8/9" down from the waist.

26 - Length – This will depend on the style of the garment. The waist down to desired length.

Detailed measurements

✂ Upper Body ✂

6 – Upper length - Front- Hold at the inner shoulder/ neck. Measure to the waist, over the fullest part of the bust. **Back**- Hold the tape at the shoulder, reach behind and pinch tape at the waist to read the tape.

9 – Under-bust - Right under your bust. This helps determine bust cup size

11 – Side length – From your armpit to your waist, down the side of your body. Go straight from your armpit, I will add the ease, depending on style.

17 - High bust arc – 2" down from the armpit to the center of your chest above your bust. Imagine how a bustier or sweetheart neckline is shaped.

✂ Lower Body ✂

22 - High Hip - Measure down from waist 3", from there measure circumference.

24 - Lower torso length – Center front waist down to the hip line, crotch area.

28 - Inseam- From your crotch to the floor, taken from the inner thigh.

29 - Calf - Circumference of the widest part of your lower leg.

31 - Thigh - Circumference of the widest part of your upper leg.

✂ Sleeve ✂

33 – Sleeve Length - Measure from the top of the arm (shoulder) to the wrist

34 - Bicep - Circumference of the widest part of your upper arm.

35 -Wrist - Circumference of your wrist.

