



bust

While standing up straight, measure around the back at the fullest part of the breasts (across the nipple line for the most accuracy).

waist

The waist should be measured at the smallest part of the torso, just above the belly button. Try to find where your waist naturally dips in.

hips

Measure below the hip bone, at the widest part of the butt. Make sure the tape is even on all sides for an accurate measurement.