

BODY MEASUREMENT INSTRUCTIONS



1. **Bust** – Measure the fullest part of the bust



2. **Waist** – Measure the smallest part of the waist, around 1/2" to 3/4" above the belly button. It is advisable to place an elastic band around the smallest part of the waistline as a guidance



3. **Hips** – Measure the fullest part of the hips



4. **Hip Height** – From waistline to fullest part of the hips



5. **Shoulder Length** - On the back, measure from left to right shoulder joints, tape measure is slightly curved when passing the nape



6. **Back Body Width** – Measure across armpits, around 1.5" above the bottom of the armpit



7. **Back Body Length**– Measure from the center of nape to waistline



8. **Bust Point Height** – Measure from the point of the shoulder/beside the neck to the bust point



9. **Front Body Width** – Measure across the upper front armpits



10. Front Body Length – Measure from shoulder/beside the neck to natural waistline



11. Bust Point Distance - Measure across bust points



12. Armhole - Measure around armhole, place two fingers on top of shoulder as an ease, as shown in this image



13. Bicep Line – Measure the fullest part of the upper arm by placing 2 fingers inside the measuring tape as an ease



14. Elbow Line – Measure around the elbow while it is bent



15. Sleeve Length – With the arm slightly bent, measure from the upper bicep to wrist or desired length



16. Wrist Line – Measure $\frac{1}{2}$ " to 1" from the wrist/close to the knuckles or desired length of the sleeves



17. Thigh Line – Measure at the fullest part of the thigh



18. Knee Line – Measure it with the knee slightly bent



19. Crotch Depth (for Pants) – While sitting on a chair or stool, measure from natural waist to around the lower hip or close the buttock. Please do not sit on a sofa.



20. Rise Length (for Pants) – Measure from the natural waist at center front, passing down to the crotch line and up to the back part of the waist



21. Inseam Length (for Pants) – Measure from crotch seam to slightly below the ankle or above the heel (to your desired length)



22. Dress length – Measure from the tip of the shoulder over the fullest part of bust to the floor (without heels, for a long dress), or to desired length,