

# Measurement Guide

*Before you start, here are a few tips to ensure good measurements:*

Wear form-fitting clothing such as a well-fitted tank top or t-shirt

Wear foundations (bra, spanx, etc) that you'd typically wear each day

Have another adult or your local tailor/seamstress measure you

When measuring, ensure the measuring tape is even and parallel to the floor

When measuring, keep your fingers above the tape, not below.

## 1. Neck

Measure around the base of the neck, keeping tape flat against skin.

## 2. Shoulder Width

Taken from the back, measure across the rise of the back from shoulder bone to shoulder bone.

## 3. Upper Arm/Bicep

Measure circumference around the center of relaxed bicep.

## 4. Arm Length

Measure from where arm and shoulder meet down to the wrist crease.

## 5. High Bust

Measure around the top of chest, above the fullest part of bust.  
Tape should tuck right under your armpit and cross around your shoulder blades.

## 6. Bust

Measure around the fullest part of bust.  
Tape should pass across your nipple line.

## 7. Waist

Now measure around your natural waist.  
To find your natural waist, bend to one side.  
Where your side creases is considered your natural waist. Keep tape snug, but not tight when measuring.

## 8. Neck to waist

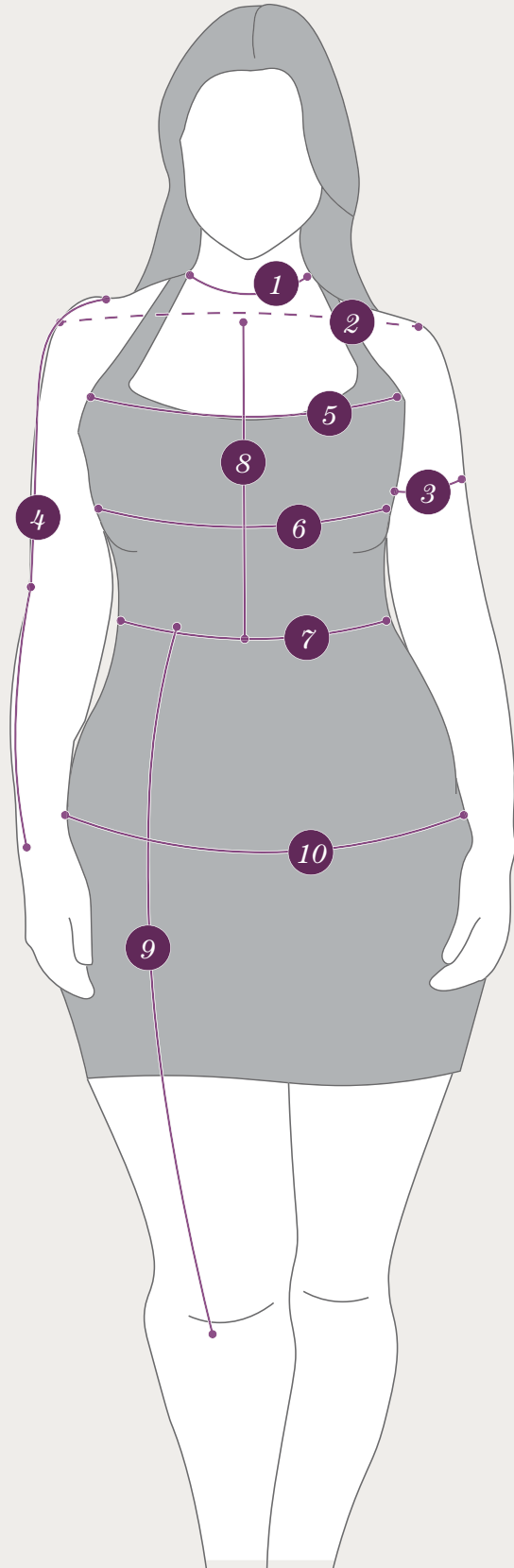
Take this measurement from center point between clavicle bone (the two bones below front of neck) down across center of breast to your natural waist.

## 9. Waist to Knee

Place tape at your natural waist and measure down to center of your kneecap.

## 10. Full Hip

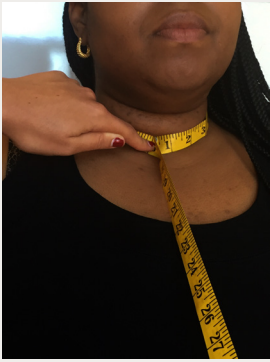
To measure your full hip, place tape around the fullest part of your seat/behind and let the tape ends meet in the front.



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# measurements on a real body

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## **6. Bust**

Measure around the fullest part of bust. Tape should pass across your nipple line.



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## **4. Arm Length**

Measure from where arm and shoulder meet down to the wrist crease.



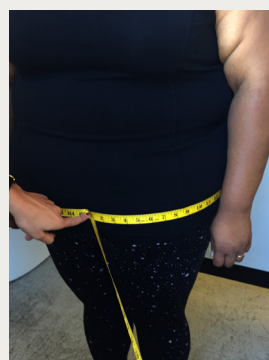
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## **5. High Bust**

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## **10. Full Hip**

To measure your full hip, place tape around the fullest part of your seat/behind and let the tape ends meet in the front.