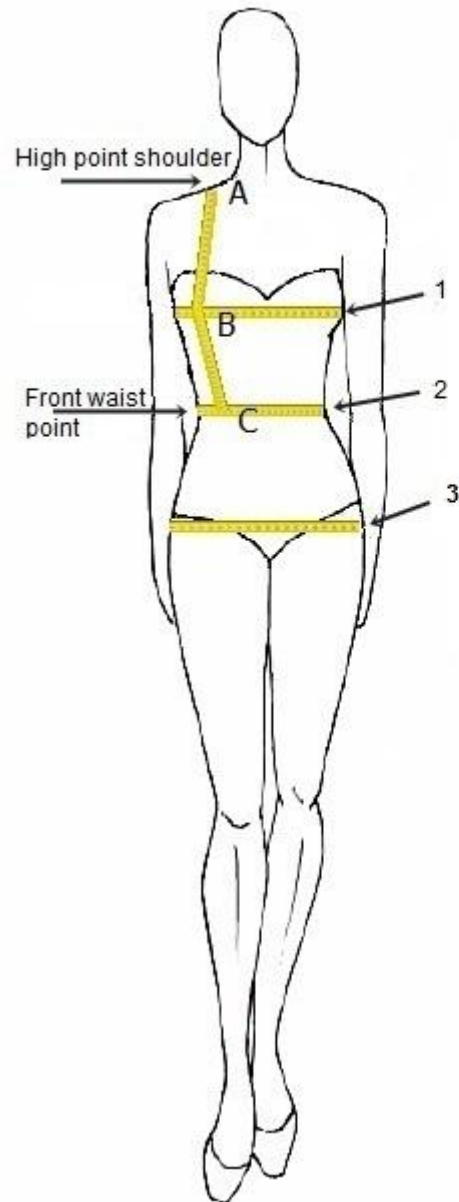


## HOW TO TAKE YOUR MEASUREMENTS



- 1) **Bust:** Measure at the fullest part of your bust.
- 2) **Waist:** Measure at the smallest circumference of your natural waist (located just above your belly button and below your rib cage).
- 3) **Hip:** Measure at the widest part of your lower hips, standing with feet together.
- 4) **Front waist length:** Measure from the highest point of the shoulder (i.e. the most prominent bone at base of neck) to the front waist point (i.e. your natural front waistline) (A to C).
- 5) **Back waist length:** Measure from the highest point of the shoulder (i.e. the most prominent bone at base of neck) to the back waist point (i.e. your natural back waistline) (D to E).
- 6) **Apex of bust (side neck to bust apex):** Measure from the base of the neck at the shoulder seam to point of bust on the same side of the body (A to B).
- 7) **Back width:** Start at the back of the right armpit, continue measuring across the shoulder blades, and then stop at the back of the left armpit. Do not measure under the arms. (F to G).
- 8) **Shoulder length + sleeve length (full sleeve):** Keeping your arm straight down, start from the highest point of the shoulder (i.e. the most prominent bone at base of neck) and measure to your shoulder point (edge), down your arm to the elbow, and then on to the pinch of your hand (mid thumb).
- 9) **Outseam (outside leg length):** Measure from your waist, along the outside of your leg, to the floor (the point where the hemline should fall).
- 10) **Height:** Measure your body height, from the top of your head to the bottom of your feet, with no shoes.

