

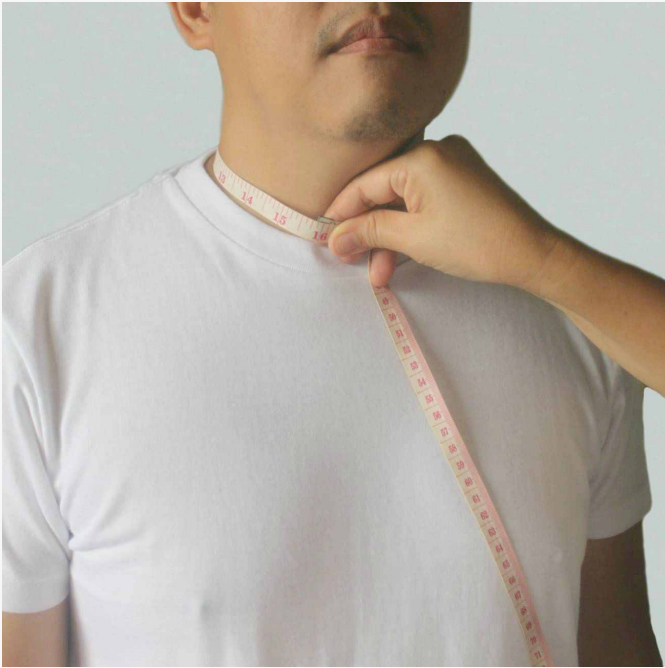


HERITAGE BARONG
LUMBAN, LAGUNA

BODY MEASUREMENT INSTRUCTIONS

Updated on 28 Sep 2021





NECK

Take the measurement around the base of your neck with 2 fingers inserted between the tape measure and your neck.



CHEST

Take the measurement around the broadest part of your chest (or bust for women). For men, it's usually directly over the nipples.



WAIST

Take the measurement around the widest part of your waist.



HIPS

Take the measurement around the widest part of your hips including your butt.



SHOULDER WIDTH

Take the measurement from the point where your shoulder meets your arm across passing through the base of the neck to the other point of the shoulder (bone to bone measurement).

LENGTH

Take the measurement from the base of the back of the neck following your body down to the bottom of your butt.



ARM LENGTH

Take the measurement from your shoulder edge down to your mid palm.

ARMHOLE

Take the measurement around your shoulder and armpit.



BICEP

Take the measurement as the circumference around your upper arm midway from your armpit.

WRIST

Take the measurement as the circumference around your wrist with 2 fingers inserted between the tape measure and your wrist.



HERITAGE BARONG

CUSTOMER PROFILE

Name: _____

Address: _____

Email: _____

Contact No.: _____

BODY MEASUREMENTS

Neck: _____ inches

Chest: _____ inches

Waist: _____ inches

Hips: _____ inches

Shoulder Width: _____ inches

Length: _____ inches

Arm Length: _____ inches

Armhole: _____ inches

Bicep: _____ inches

Wrist: _____ inches

OTHER DETAILS

Height: _____ feet/inches

Weight: _____ Kg or Lbs