



We recommend that you take your measurements in underwear and write them down in centimetres or inches.

Stand with your back straight in front of a full-length mirror. Maintaining a good posture is essential for taking accurate measurements.

**A. Shoulder width:** Stand with your hand on your waist at an angle of 90 degrees to your elbow. **Place the tape measure on your neck where it meets your shoulder and measure towards the furthest part of your shoulder.** Make a note of the measurement.

**B. Arm Length:** **Measure from your shoulder to your wrist with your arm bent at the waist.** You can measure firstly from your shoulder to your elbow and from your elbow to your wrist. Make a note of the measurements.

**C. Bust:** **Place a soft tape measure around your bust.** You should place it around the fullest part of your bust. The tape measure should be in a straight line and parallel to the floor. Place your thumb under the tape measure and make sure that it is not too tight otherwise you will get an incorrect measurement. Make a note of the measurement.

**D. Waistline:** While standing straight, lean to the side and look to see where your body bends. This is your natural waistline. It is the narrowest part of your body which is usually between your rib cage and navel. **Place the tape measure around your natural waistline.** Keep it parallel to the floor. Do not hold your breath in or hold your stomach in. To get an accurate measurement maintain your body in a comfortable and straight position. Make sure that you do not take a tight measurement. Make a note of the measurement.

**E. Hips:** **Place the tape measure around the widest part of your hips and buttocks.** Normally this is between 18 to 23 cms (7 to 9 inches) below your natural waistline. Maintain the tape measure parallel to the floor. Make sure that it is not too tight. Make a note of the measurement.

**F. Length desired:**

\* For coat, jacket, blouse, skirt, dress...- yellow line: **Place the tape measure on your waistline**, at your naval, stand up straight and measure the length desired. Make a note of the measurement.

\* For pants, shorts...- blue line: **You should measure right from the top of the inner seam (where the 2 seams meet) down to the top of the heel.** Make a note of the measurement.

**G. Arm width:** Stand up straight in front of a mirror with your arms extended outwards. **Place the tape measure around the widest part of your upper arms.** Make sure that you keep the tape measure tense, but not too much, remember that it should not be tight around your skin. Make a note of the measurement.