



Betty Galore Corsetry Measurement Guide

Stuff You Really Ought To Know:

- Before you start, make sure you have a paper and pen with which to record your findings. Your best bet is to use a soft sewing measuring tape. (I can't imagine what else you would use, but there you go)
- I would highly recommend getting someone to help you with this. It makes it infinitely easier to do.
- Be as accurate as possible! Over/under measuring will not help you in this circumstance. You want the measuring tape to be snug but not cutting into your skin.
- I will be the only one seeing any measurements or photos. I promise I won't post them on the internet or make them into Christmas cards...cross my heart.
- Please record all of your measurements in inches (within a half inch). Yes, I know I'm Canadian and I should be using the metric system. Whatever.
- Make sure you wear tight fitting clothing or at least nothing too baggy or bulky. If you wear a bra, wear the bra that fits you the best. If it has significant padding and that's what you like about it I would recommend purchasing the optional bra pads for your corset.
- Stand/sit up straight and keep your arms relaxed at your sides. Don't slouch.
- Make sure your measurements are straight and not at an angle.
- The best way to keep track of your measurements is to tie a string around your natural waistline (the smallest circumference of your torso) and use it as an anchor point for the rest of your measurements.
- If you are planning on losing weight in the near future, please mention this. Losing inches on any of your measurements will drastically affect how your corset fits. If you are planning on losing inches, I would advise waiting until you hit your goal before ordering your corset.

Circumference Measurements;

1. Bust:

- This is around the largest part of your chest over the nipple.

2. Underbust: .

- This is the circumference of your torso at the largest part of your ribs, just under your bust.

3. Natural Waist: .

- This is the smallest circumference of your torso.

4. High Hip: .

- The very top of your hipbone/ the highest point of your hips

5. Low Hip: .

- This is the widest part of your hip.

Vertical Measurements

6. Strap Line:

- Measure from the very top of your shoulder to the centre of your nipple.

7. Nipple to Underbust:

- This is the line from the centre of your nipple to the bottom of your breast.

8. Underbust to Waist:

- From just under your bust to your natural waistline

9. Underarm to Waist:

- Measure from just under your arm/bottom of the armhole seam of your shirt, to the natural waistline

10. Sternum to Pelvis:

- Measure from the point that lies on your chest bone directly between your nipples to the top of your pelvic bone. The best way to do this is to sit down with your very best posture. Sit up straight to create the straightest line possible.

11. Waist to Thigh: .

- The vertical line from your waistline to the top of your thigh while you're sitting down. Again, sit as straight as you can.

12. Waist to Hip: .

- This is the line down your side from your natural waistline to the widest point of your hip.

Additional Information

13. Bra Size:

- If you don't know your bra size, check the tag of your favorite bra and copy it here verbatim. If you don't wear a bra, disregard

14. Height:

- Your height in feet and inches.

15. Average Shirt Size:

- XS, S, M, L, XL, etc. What size do you most frequently fit into.

16. Average Pant Size:

- Waist size in inches/leg length in inches.

17. Tight Lacing?:

- If you are planning on tight lacing, I will take in the waist by a minimum of 5", if not, I'll take it in by 4". If you desire more than 5" or less than 3" (not recommended), make a note.

