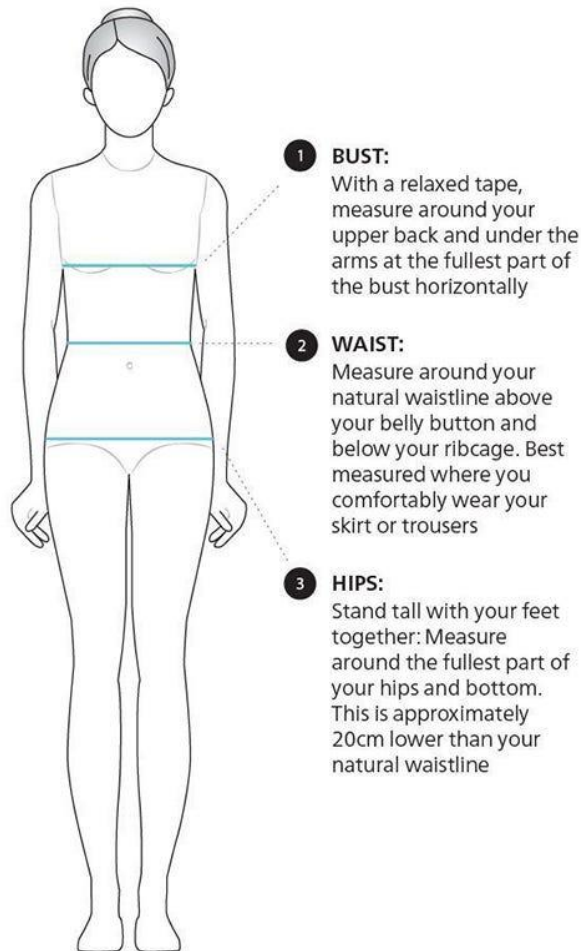


How to Take Body Measurements Yourself

For the most consistent results, there are some things to ensure you are doing when taking body measurements. You should either wear fitted clothing or no clothing at all so that the garments do not factor into the measurements. When taking body measurements yourself, stand tall with your feet together, and stay relaxed without tensing, flexing, or sucking in your stomach.

Be sure to use a flexible, inelastic tape measure. A cloth measuring tape is a good option, or you could use one specifically made for taking body measurements.

For all measurements, pull the tape measure so that it sits on the surface of the skin, but doesn't compress the skin.



Upper Body

Shoulder: For taking shoulder measurements, it is advisable to start from the part of the shoulder that is right before where the slope starts. Depending on your preference, you can either choose to follow the top arc of the shoulder or measure straight across the back.

Bust: For taking bust measurements, take your measuring tape around the body, across the fullest part of your bust to get the most accurate measurements.

Top Length: This is the measurement from the shoulder to the under bust round. For taking this measurement, come to the highest point of the shoulder, follow the contours of the bust and stop under the bust. Never take this measurement straight down. Follow the contour.

Round Sleeve: This is the distance around the fullest part of the upper arm. Pass the tape measure around the arm with one finger between it and the body.

Sleeve Length: Start measuring from the collarbone, to the area you want the sleeves to stop. For long sleeves, bend your arm slightly before you take the measurement, and stop at the cuff. This will make your results more accurate. Don't forget to take elbow and cuff measurements if you are making long sleeves.

Dress Length: For taking dress length measurement, start from the highest part of the shoulder, follow the body contours, and end at your desired length. For floor-length dresses, you can measure past the body length but always make sure to make the measurement 1 inch less than the heel you want to wear. Your measurements can go as long as you want.

Lower Body

Skirt:

Waist: Measure from the smallest area. Simply take the tape measure around the waist, measuring the circumference.

Hips: Take this measurement around the fullest part of the hips, measuring the circumference.

Pants/Shorts:

Inseam- This area is measured from the inner part of your thigh to your ankle. Place the tape measure at the crotch area, measuring the distance from crotch to ankle (you may need some assistance with this measurement).

Outseam- This area is measured along the side of the body. For high waist, measure from the belly button area to your ankle. For standard waist, measure from under the belly button area to your ankle. (You may need some assistance with this measurement).

Thigh Measurement: Take the measurement around the fullest part of the thigh, measuring its circumference.

Round Knee: Depending on the type of trousers you are making; you might have to take the round knee measurement. Simply take the tape measure around one of your knees. As you take this measurement, bend your knee backwards to determine the amount of seam allowance you will need. Whatever you get after that is your measurement.

We understand that self-measuring may seem overwhelming, however it is really quite simple, and depending on the design you choose, not all measurements are required.

We are always available for any questions/ concerns you may have.