

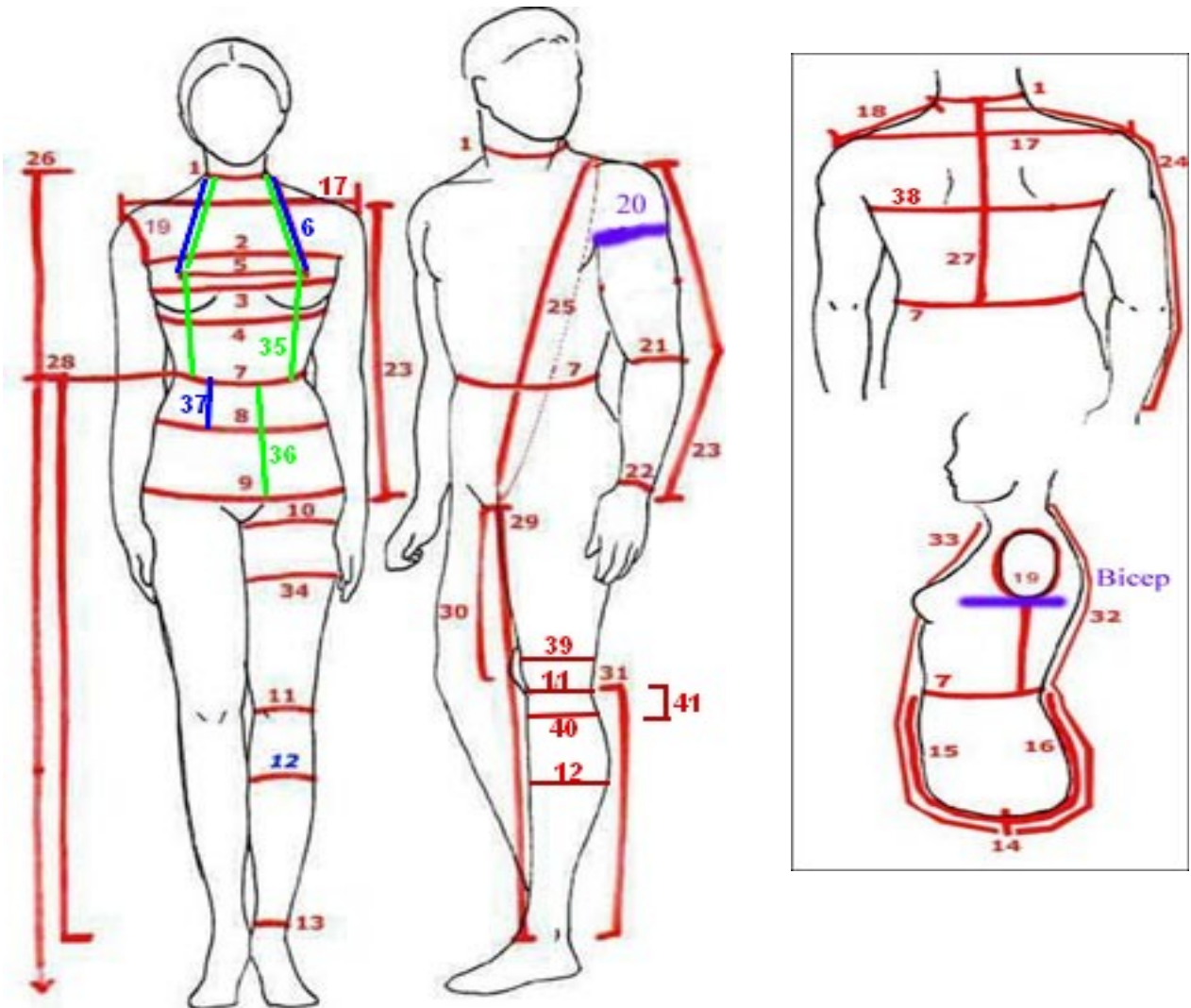
**Measurements for:**

telephone: \_\_\_\_\_

Height: \_\_\_\_\_ cm

dress size: \_\_\_\_\_

E-Mail: \_\_\_\_\_ @ \_\_\_\_\_



Torso (please stand relaxed and upright)			16	Rise (Back)	cm
1	neck circumference	cm	17	Across Shoulder from back	cm
2	upper breast circumference, directly under the armpit	cm	25	Around shoulder neck (through crotch)	cm
3	Breast circumference over nipples	cm	26	Back neck to floor	cm
4	Under the breast circumference	cm	27	Back length /Back neck to Waist	cm
5	Bust Span	cm	28	Waist to Ankle	cm
6 *	Bust Height *	cm	32	Back neck to crotch	cm
7	Waist circumference	cm	33	Front neck to crotch	cm
8	Abdomen circumference	cm	35**	Waist Height	cm
9	Hip circumference	cm	36	Hip Height	cm
14	Front Waist to back waist through crotch	cm	37	Abdomen Height	cm
15	Rise (front)	cm	38	Back width	cm

\* Measure from one breast apex to the other, around the back of the neck. DIVIDE THE RESULT BY 2

\*\* Measure from bottom of waist elastic, up across bust apex, around back of neck, and down across breast apex to the bottom of waist elastic. DIVIDE THE RESULT BY 2.

Arms (the arm should be hanging relaxed)			21	Elbow (around)	cm
18	Shoulder length	cm	22	Wrist (around)	cm
19	Armhole (around)	cm	23	Arm Length (shoulder to wrist)	cm
20	Bicep (around)	cm	24	Center back (neck-to-wrist)	cm

<b>Legs</b>			30	Crotch to knee	cm
10	Upper Thigh (around)	cm	31	knee-to- ankle	cm
11	Knee (around)	cm	34	Mid Thigh (around)	cm
12	Calf (around)	cm	39	Over the knee	cm
13	Anckle (around)	cm	40	Under the knee	cm
29	Inseam	cm	41	Knee to calf (thickest point)	cm

## **How to measure :**

**Neck Circumference:** Measure around lowest part of neck, at the base

**Bust Circumference:** Marked with elastic. Measure around the fullest part of the bust, keeping the tape high at the back

**Waist Circumference:** Measure waist at the elastic tape

**Abdomen Circumference:** Measured on the level where abdomen circumference is maximum.

**Hip Circumference:** Measured over the largest part of your bottom/thighs (at elastic)

**Bust Span:** Horizontal distance between bust apexes (also called bust bridge).  
Measured along bust elastic.

**Bust Height:** Measure from center of back neck over shoulder to apex of one breast. To be sure to get right measurements, take this and bust height as a link around neck (=double) and divide the result by 2 .

**Waist Height:** Measure from center of back neck over shoulder to breast apex and from there vertically to lower edge of waist elastic. To be sure to get right measurements, take this and bust height as a link around neck (=double) and divide the result by 2

**Back length:** Measure from center of back neck to lower edge of waist elastic

**Back width:** hang your arms relaxed on your sides. The measurement is taken horizontally between shoulder blades (i.e. from sleeve seam to sleeve seam), from and to the point where your arm meets your body (but not to armpit) about 4" (10cms) from neck downwards.

**Shoulder length:** Measure from neck to shoulder tip. Shoulder tip is found when you raise your arm to horizontal position and feel where there is hollow/pit between shoulder and arm bones. Hold your arm horizontal, if necessary, to find this point.

**Waist-Abdomen:** Measure vertically from lower edge of waist elastic to lower edge of abdomen elastic. Measure at front center.

**Waist-Hip:** Measure vertically from lower edge of waist elastic to lower edge of hip elastic. Measure at the side.

**Biceps circumference:** Measure at widest point of upper arm.

**Wrist circumference:** Measure over wrist bone

**Overarm:** Arm length from shoulder tip (as described above) to wrist. Bend arm slightly and measure over outside of elbow.

**Outside seam:** Measure from waist over the outside curvature of the hip to the esired cuff length.