

How to Take Accurate Body Measurements

Taking accurate body measurements is crucial to achieve a perfect fit. **All you need is a tape measure!** While it's easiest to have someone else take your measurements, it can be done by yourself. Stand in front of a full-length mirror to confirm you place the tape in the right position.

Ideally, you should be measured wearing only your undergarments. However, a leotard or close-fitting clothing is fine. **Do NOT measure yourself wearing jeans, sweats, or other bulky clothing.** It DOES make a difference!

Because the body is made of soft tissue, it can be a bit difficult to know exactly how tight to pull the tape around the body. The tape should be a bit snug, but not tight - it should not "dig in" or make an indentation in the body. It should not be loose, either. Just wrap the tape around the area of the body being measured and hold it in place. You should be able to put a finger behind the tape, but no more than that.

BODY MEASURING

Bust - Measure the bust at the fullest part. Measure all around the body (total circumference).

Waist - Measure the waist where the body bends. It helps to bend side to side to identify exactly where to measure. You can put an elastic band around the waist to mark the correct placement.

Hip - Measure the hips at the fullest part, usually around the seat.

High Hip - Measure around the fullest part, about 3 - 4" below the waist. This is helpful when fitting a slim skirt or pants (to get an accurate idea of the shape of the hip, or the belly).

Front Waist Length - Start at the shoulder (right next to the base of the neck), and measure to the waist, measuring over the fullest part of the bust.

Back Waist Length - Measure from the base of the neck (in the center, not the side), to the center of the waistline.

Arm Length - Measure from the top of the arm (find the bone at the shoulder/top of arm) to the wrist (find the bone at the side of the wrist), WITH THE ELBOW BENT. It's important to keep the elbow bent to allow for movement when you make a sleeve.

Skirt Length - Measure from the waist to the knee and/or the ankle for skirt length.

HELPFUL TIPS

- **Back width.** Measure from "bone" to "bone". Don't start measuring from the arm nor around your body.
- **Neck.** If you don't want to choke in your garment, add a bit extra, i.e., put a finger between your neck and the metrical tape.
- **Arm length.** Your arm needs to be bent to take this measure, otherwise your sleeves will be short.
- **Crotch depth.** Take this measurement while seated from your waist to the seat.
- **Waist vs Hips.** Hips are wider than your waist, don't forget to measure them when you do a skirt or a dress otherwise it may not fit! The true waist is the thinnest part of your body.

FINAL DETAILS

- One side of a measuring tape is in centimeters and the other one is in inches—stick to one measurement.
- If you are planning to wear a special bra for your garment, take your measurements while you wear it.

Height

- Stand straight with feet together
- Measure in **bare feet**
- Begin at the top of the head and pull tape straight down to the floor

Hollow to Floor

- Stand straight with feet together
- Measure in **bare feet**
- Measure from **the center of your collarbone (hollow)** straight down to the floor
- The length is **NOT** measured starting from the garment neckline



Bust

- This is **NOT** your bra size!
- Wear an unpadded bra
- Relax arms at sides
- Pull tape across the fullest part of the bust

Waist

- Bend to one side to find the natural crease of your waist
- This is the **slimmest** part of the waist
- Measure across at this point
- Keep tape slightly loose to allow for breathing room

Hips

- Stand with feet together
- Measure around the **fullest** part of the hips and rear
- Tape should brush across both hipbones