



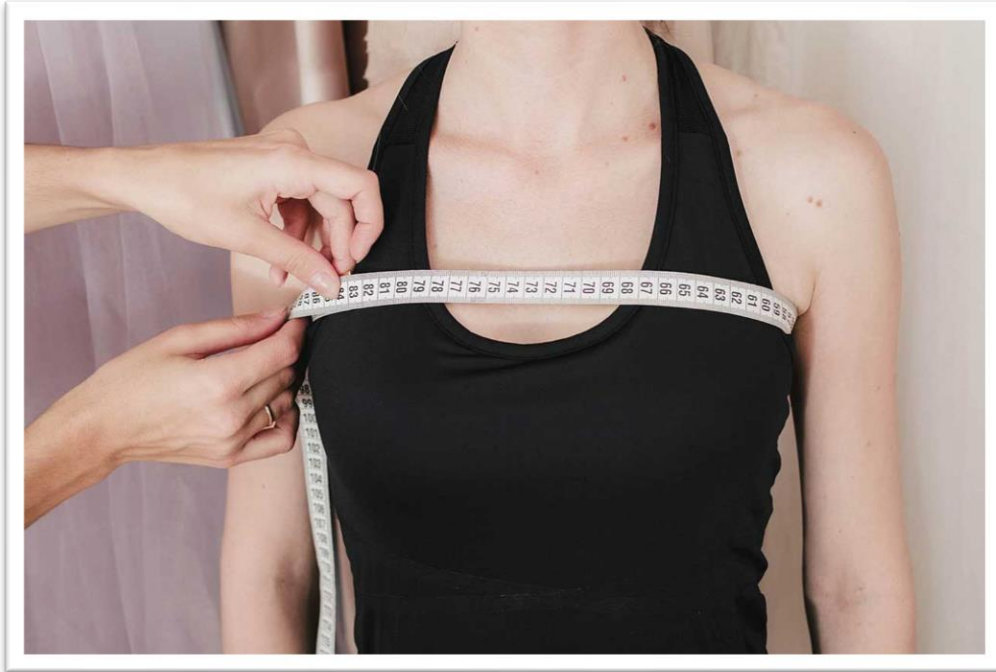
TAKING BODY MEASUREMENT



RULES IN TAKING BODY MEASUREMENTS:

- Wear well fitted Garment
- Remove Bulky Clothing
- Tie a string on a natural waistline
- Let the client stand straight to get the accurate measurements
- Read the tape measure from the correct side
- Record measurements accurate

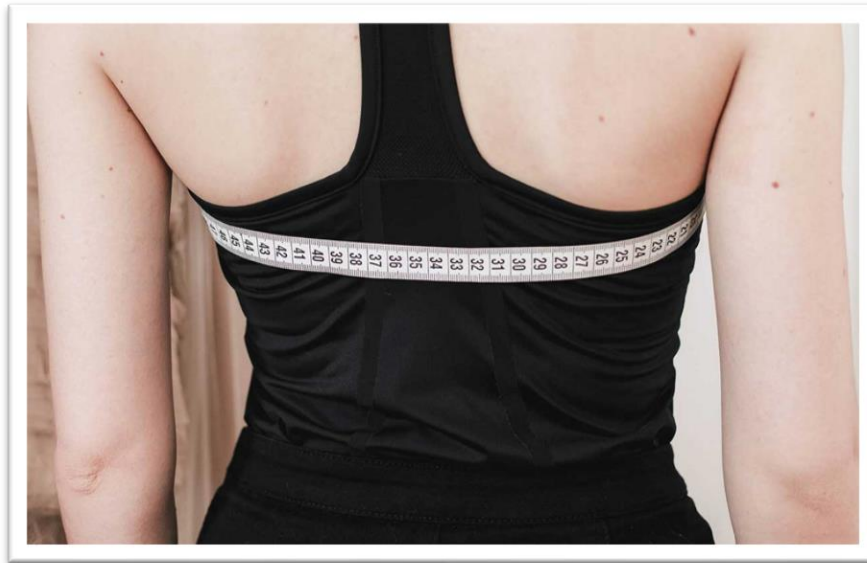
METHODS OF TAKING BODY MEASUREMENT



Over Bust

Measure tape must be placed across the shoulder blades, so the upper edge of tape goes right under the back armpit angles and forward just above the breasts.

METHODS OF TAKING BODY MEASUREMENT



Bust

It is measured around the fullest chest part.

METHODS OF TAKING BODY MEASUREMENT



Under bust

It is measured right under the bust it's the line where your bra-tape usually is, around the rib cage.

METHODS OF TAKING BODY MEASUREMENT



Waist

Is measured by the most narrow part.

Notice: the measure tape must not be placed around waist tightly.

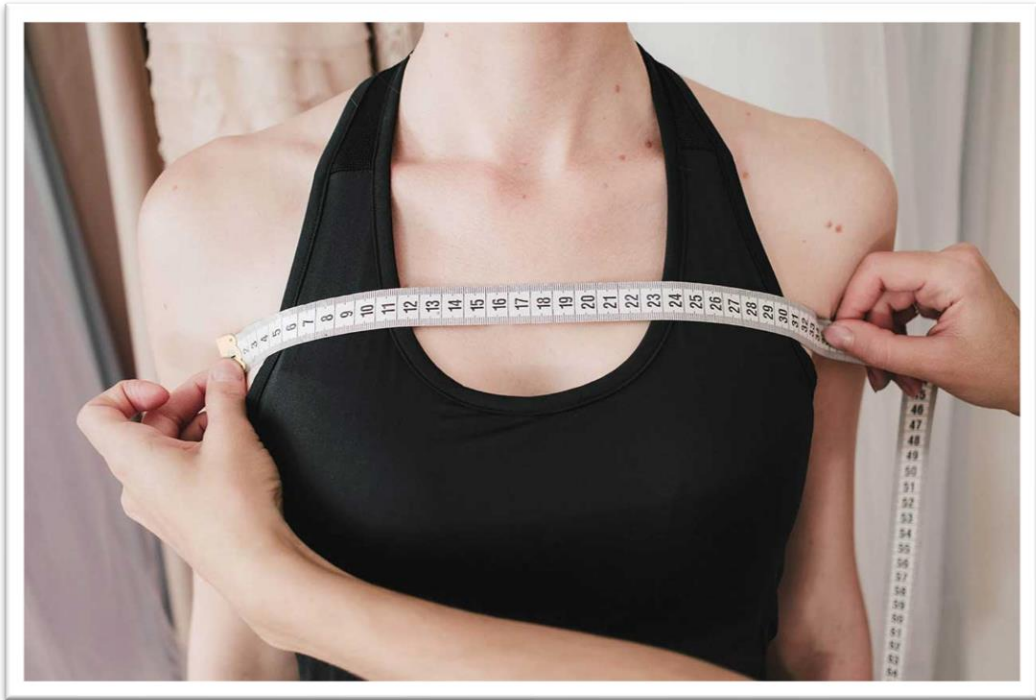
METHODS OF TAKING BODY MEASUREMENT



Hips

Is measured over the fullest part of buttocks.

METHODS OF TAKING BODY MEASUREMENT



Chest width

It is measured horizontally, over the breast base, just between the vertical lines going through the front armpit angles.

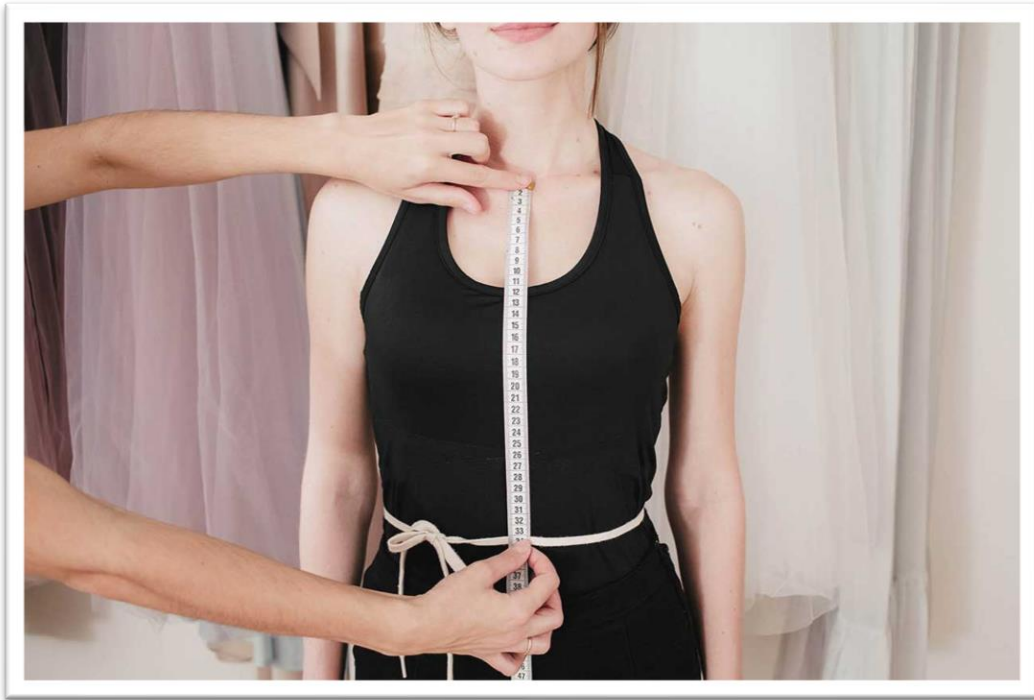
METHODS OF TAKING BODY MEASUREMENT



Back width

Back width is measured horizontally across the shoulder blades, just between the back armpit angles.

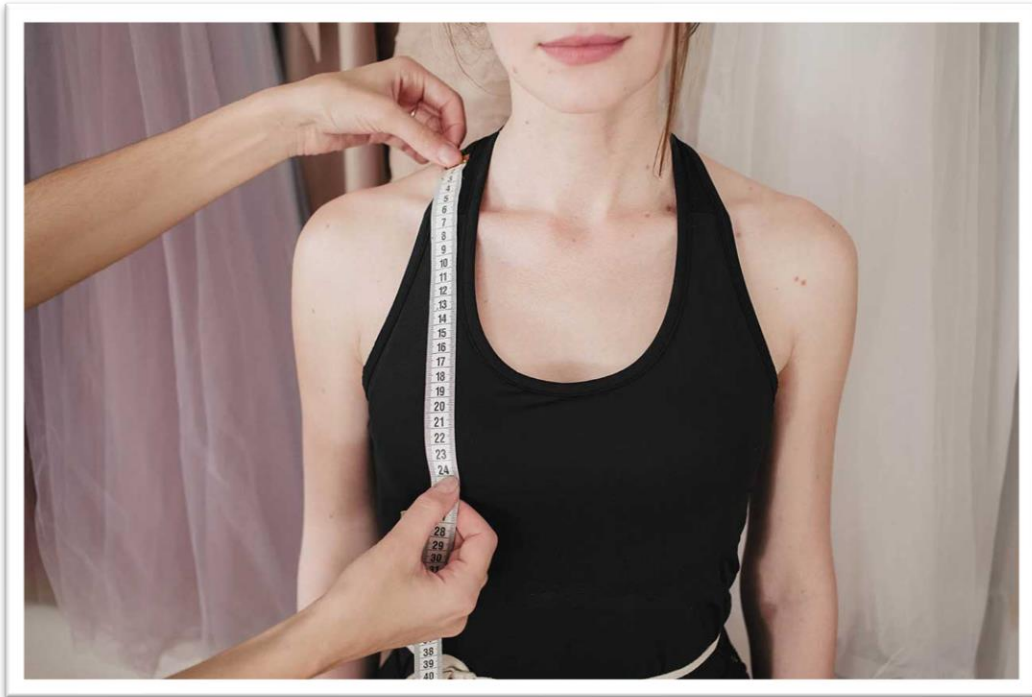
METHODS OF TAKING BODY MEASUREMENT



Central front length

It is measured vertically, from suprasternal notch (jugular fossa) up to the waist-line.

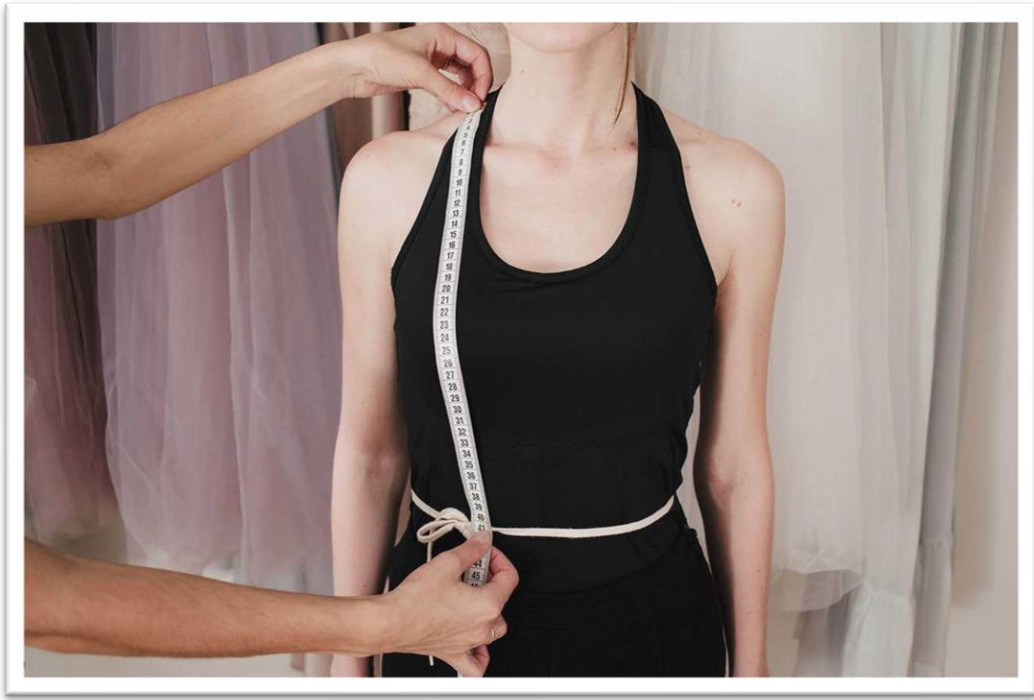
METHODS OF TAKING BODY MEASUREMENT



Bust height

It is measured from the shoulder seam line at the neck base till the most outstanding breast part (usually its apex). Right at the same time with this one, # 10 measurement is being taken as well (see under).

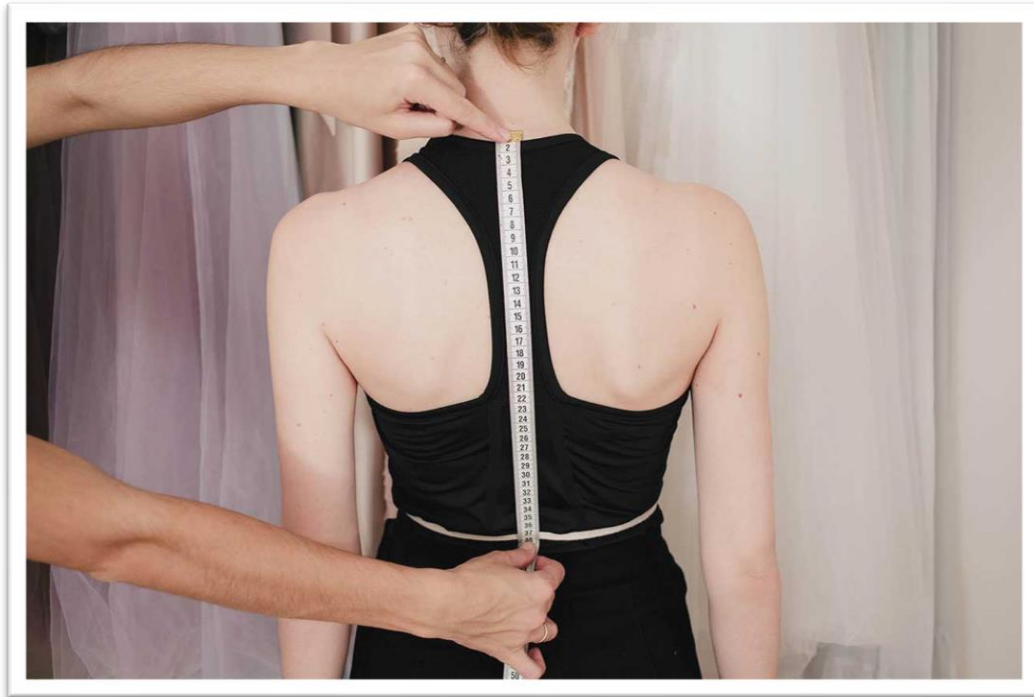
METHODS OF TAKING BODY MEASUREMENT



Front shoulder-to-waist

Without changing the position of measure tape from #9 (at the neck base to the most outstanding breast part) continue it till the waist-line.

METHODS OF TAKING BODY MEASUREMENT



Central back length

It is measured from the seventh neck vertebra until the waist-line across the middle of spine.

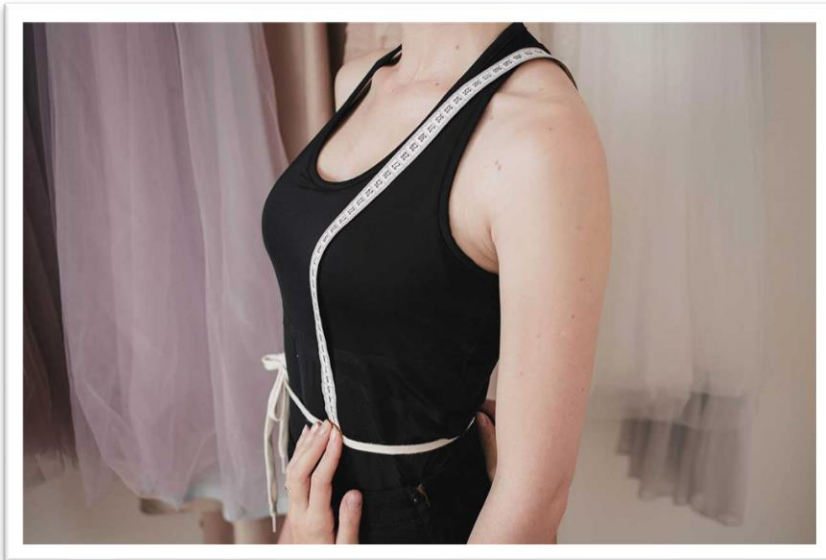
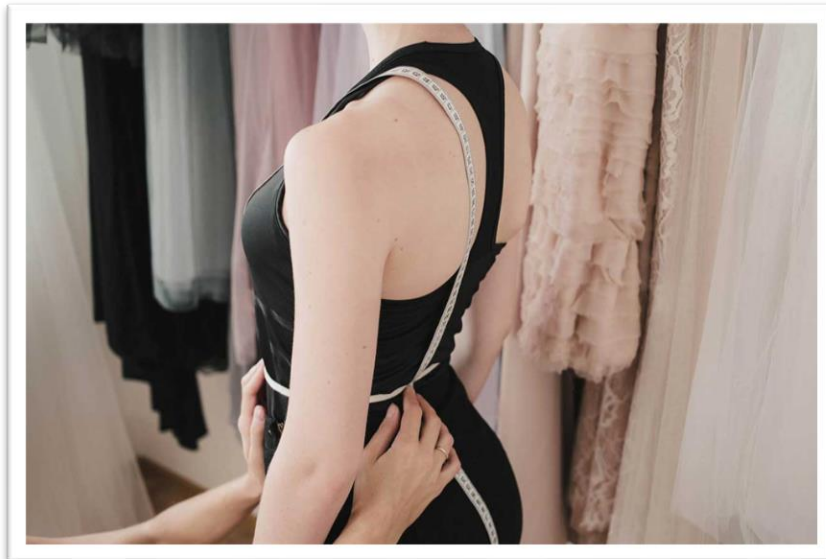
METHODS OF TAKING BODY MEASUREMENT



Back shoulder-to-waist

It is measured from neck base until the waist, parallel to spine, just across the shoulder blade.

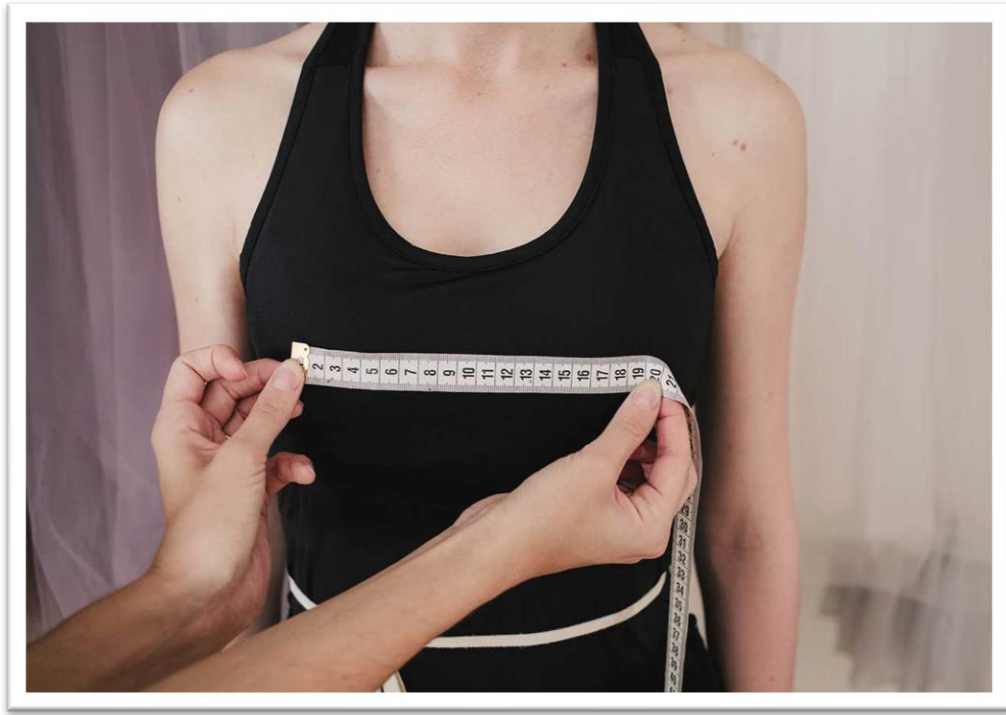
METHODS OF TAKING BODY MEASUREMENT



Balance

It is measured above the shoulder, from front waist till the back waist.

METHODS OF TAKING BODY MEASUREMENT



Bust separation

It is measured horizontally, between the most outstanding breast points.

METHODS OF TAKING BODY MEASUREMENT



Biceps

It is measured horizontally, around the fullest part of upper arm. Notice, the arm should be let down and relaxed during the measurements.

METHODS OF TAKING BODY MEASUREMENT



Arm hole

Raise your arm parallel to floor and wrap measure tape around the armpit across the outside edge of shoulder.

Pull your hand down and make sure the tape stays just vertically and only after the last take the measurement.

METHODS OF TAKING BODY MEASUREMENT



Wrist size

Measured at the protruding points of the wrist joint.

METHODS OF TAKING BODY MEASUREMENT



Shoulder length

Is measured from neck base till the outside edge of shoulder.

METHODS OF TAKING BODY MEASUREMENT



Sleeves length

Long sleeve is measured along the arm from the outside shoulder edge till the wrist with the arm slightly bended in elbow joint. For 3/4 or shorter sleeves from the outside shoulder edge till the point, where you want sleeve to end.

METHODS OF TAKING BODY MEASUREMENT



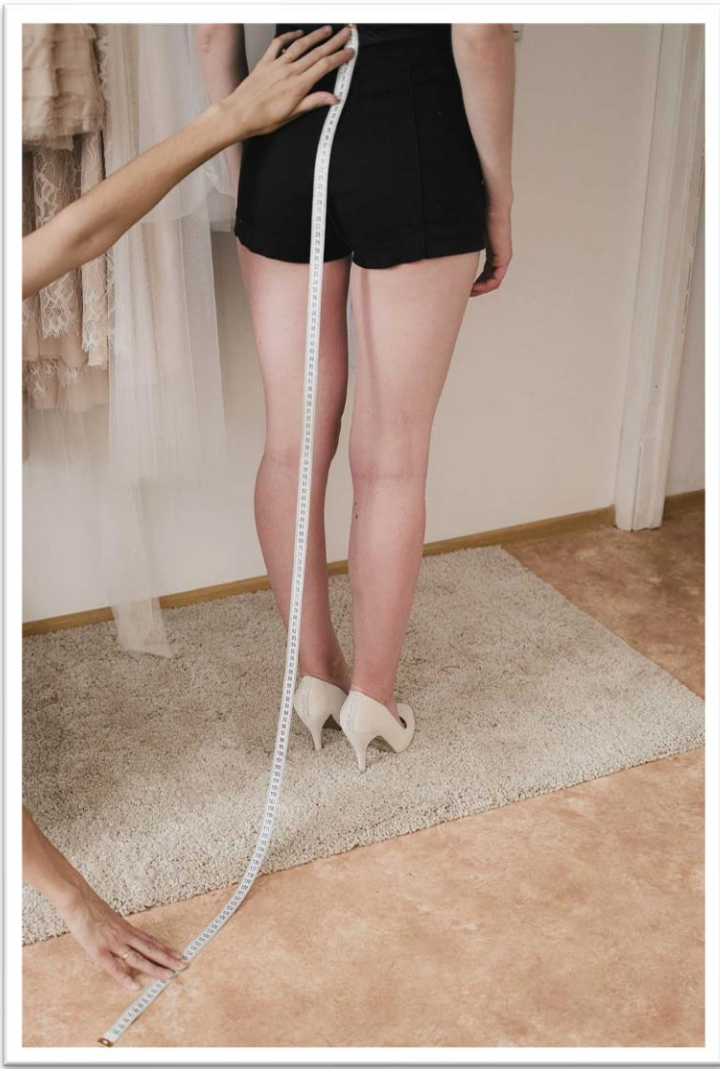
Skirt length

It is measured vertically across the side seam, from waist till the floor.

This value will be your dress length from waistline.

We recommend you to take this measurement with the shoes, you going to wear with this dress, on.

METHODS OF TAKING BODY MEASUREMENT

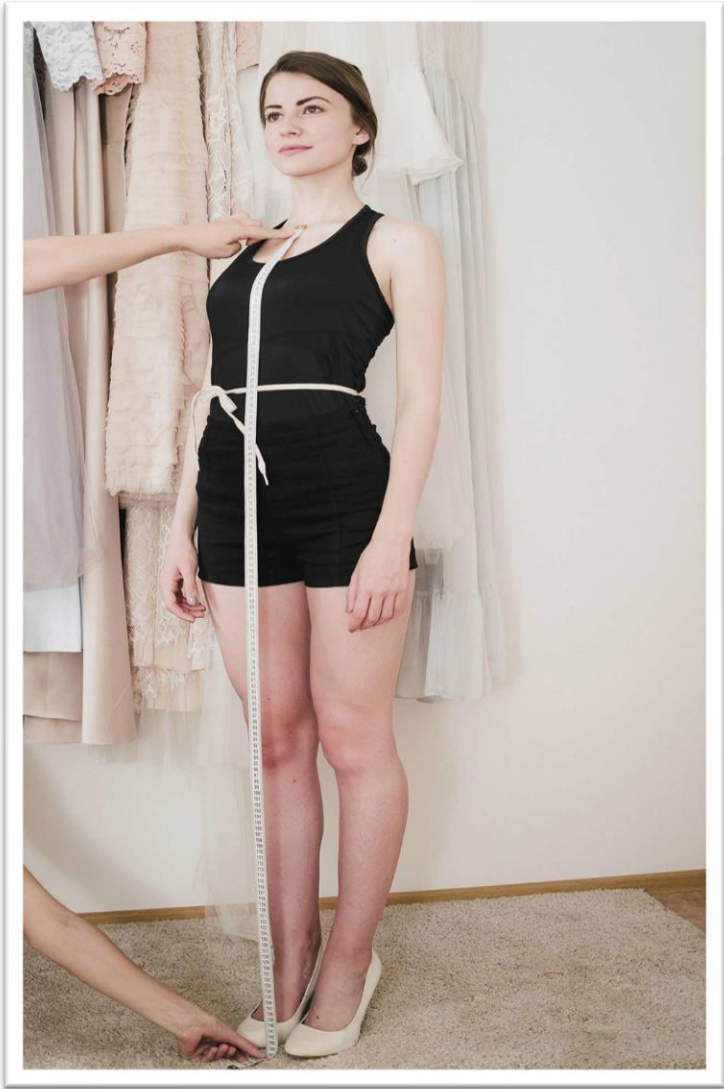


Back length with train

This one is measured only if the train is requested.

This value will be the back dress length from waistline.

METHODS OF TAKING BODY MEASUREMENT



Neck to floor length

It is measured from suprasternal notch to floor

REFERENCES:

- <https://annaskoblikova.com/how-do-i-measure-myself-for-a-dress/>