

# A guide to measuring

## WOMEN

DESIGNS TO YOU  
Corporate wear with a difference

### BUST

Measure under your arms all the way around the fullest part of your chest. (Keep the tape measure as straight as you can).

### LOW WAIST

Measure all the way around your low waist, a little below the navel.

### SHOULDER

Measure from shoulder tip to shoulder tip.

### WAIST

Measure all the way around the slimmest part of your natural waist. (keep the tape measure a little loose).

### HIP

Measure all the way around the fullest part of the top of your legs.



## MEN

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### NECK

Measure around the neck just below the Adam's apple. (keep the tape measure a little loose).

### SHOULDER

Measure from shoulder tip to shoulder tip.

### CHEST

Measure under your arms all the way around the fullest part of your upper thorso. (Keep the tape measure as straight as you can).

### WAIST

Measure all the way around your natural waist at navel height. (keep the tape measure a little loose).

### HIP

Measure all the way around the fullest part of the top of your legs.

