

## Tips On How To Measure:

- Take your measurements in front of a full-length mirror to ensure you measure the right area and the tape measure isn't twisted.
- For more accurate results try using a fabric or bendable tape measure.
- Wear light clothing to measure, don't measure your waist over pants.

### Females

#### **Bust**

Measure around the fullest part of the bust and over the shoulder blades  
- keep the tape level and straight.

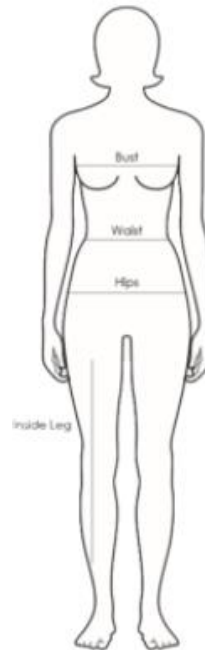
#### **Waist**

Measure around your natural waist, that is where the bend is at your side.  
If you stand in front of a mirror and bend to the side the crease that forms indicates your natural waistline.

Hold one finger between your body and the tape while measuring your waist.

#### **Hips**

Measure around the fullest part of the hips, while standing naturally.



### Males

#### **Neck**

Measure around your neck at collar level.  
Leave about two finger spaces for comfort.

#### **Chest**

Stand naturally, measure around the fullest part of the chest, keeping the tape under the arms and around the shoulder blades.

#### **Waist**

Measure around your natural waist, that is where the bend is at your side.  
If you stand in front of a mirror and bend to the side the crease that forms indicates your natural waistline.

Hold one finger between your body and the tape while measuring your waist.

