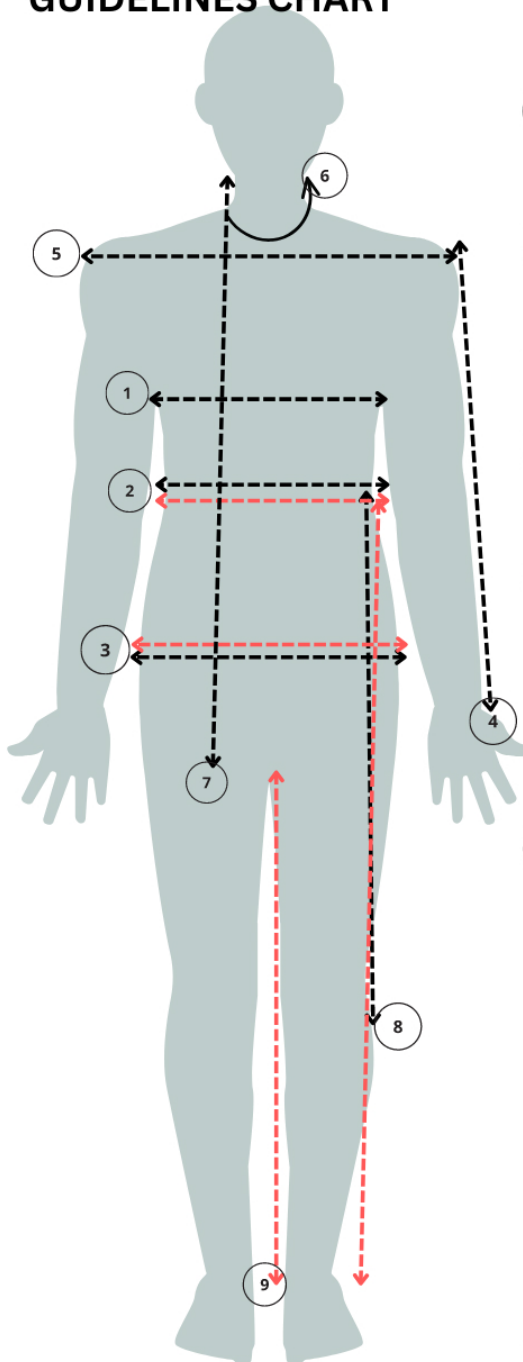


# BODY MEASUREMENT GUIDELINES CHART



Basic body measuring :	Data in cm.	Date of measurements taken	instructions: how to measure
1 Bust/Chest Circumference			1. <b>Bust/Chest Circumference</b> : Measure around the fullest part of the chest under the arms and across the shoulder blades.
2 Waist Circumference			2. <b>Waist Circumference</b> : Measure loosely around the point of the waistline, where the waistband will be.
3 Hip Circumference			3. <b>Hip Circumference</b> : In standing or lying position, move your feet close together. Measure loosely around the hips' fullest part, allowing the tape measure to move freely up and down the hip.
4 Sleeve length			4. <b>Sleeve length</b> : the elbow slightly and place the tape measure on the highest point of the shoulders to the wrist for a long sleeve, 2-3 cm below your elbow for a ¾ sleeve.
5 Shoulder width			5. <b>Shoulder width</b> : Measure from shoulder tip to shoulder tip.
6 Neck Base			6. <b>Neck base Circumference</b> :Measure around the base of your neck where the collar sits.
7 Bodice (top) length			7. <b>Bodice length</b> :Place the tape measure on the base of the neck measuring down to the point of the desired length.
8 Skirts/slacks length			8. <b>Pants/slacks</b> full length: Measure from the waist down to the middle of the ankle.
9 . Leg Length:			9. <b>Leg Length</b> : Measure from the top of your inside leg (at the crotch) to your ankle
Measurements to determine the size of slacks /pants			2 3 8 9 ←-----→
<b>ITEMS REQUIRED : TAPE MEASURE, MEASUREMENT CHART, PEN</b>			