



# What's in a Dress

## TAKING YOUR MEASUREMENTS

Follow this guide for taking your measurements. It is very important that someone else makes the measurements for you. If you try to measure yourself, your measurements will not be accurate. Measure with undergarments, do not measure over other clothing and maintain your natural position.

### 1. SHOULDER WIDTH

Take the measurement from the corner of a shoulder to the corner of the other, stretching the tape.

### 2. BUST

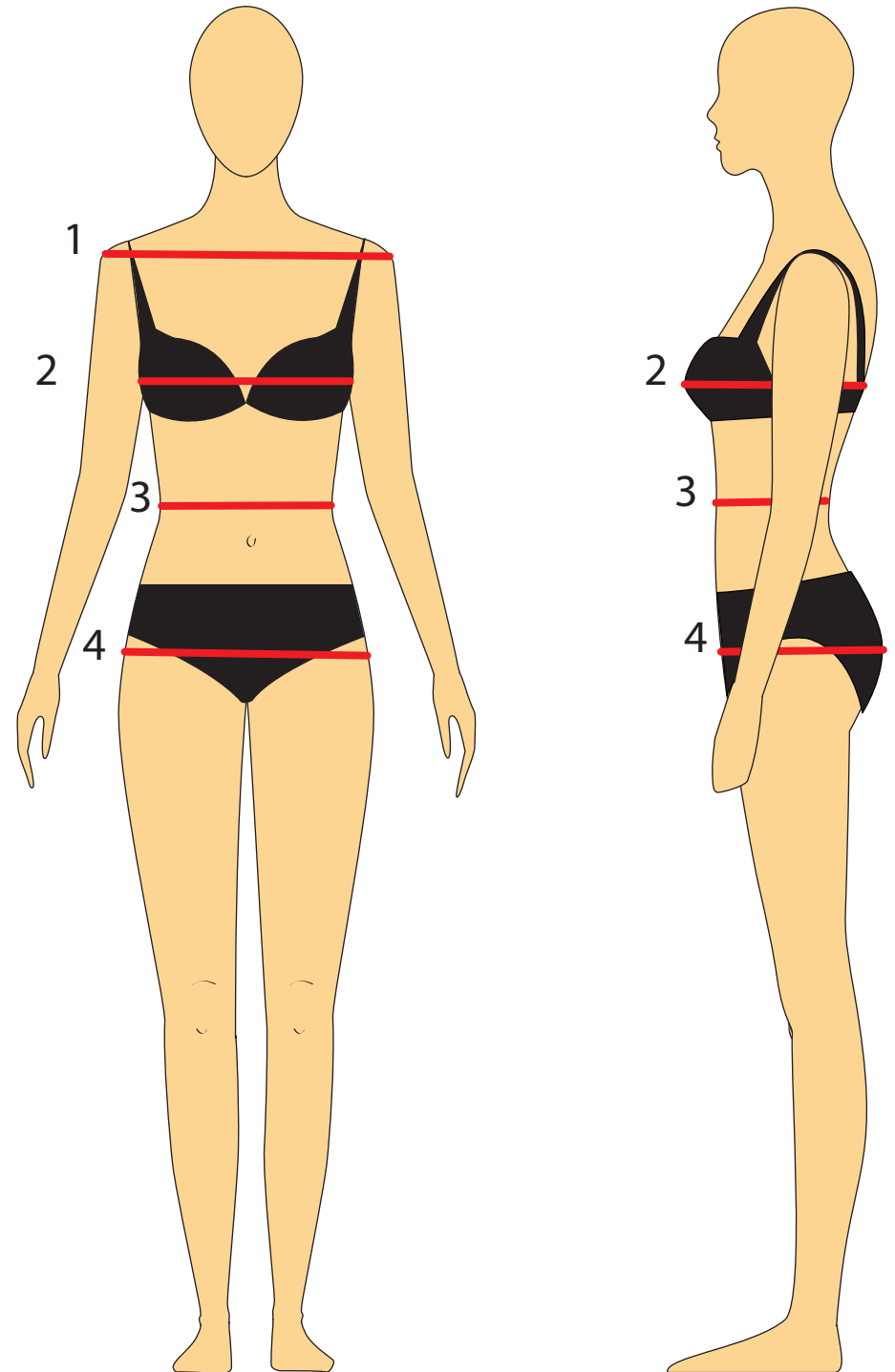
Take the tape around your back and bust. Your arms should be down at your sides and relaxed. Be sure the tape is placed around the fullest part of your bust, and at horizontal position in back and bust. For taking this measure, you should wear the bra you would use under the dress, blouse or top.

### 3. WAIST

Place the tape around your natural waist. It is the smallest part of your waist (it is normally about 3 cm above your belly button).

### 4. HIPS

Measure around the fullest part of your hips, which normally is around your bottom. Make sure the tape is at horizontal position.



## 5. SHOULDER-WAIST

Tie a cord or tape around your natural waist to mark it. Start the tape at the middle part of your shoulder line and measure down from this point to the natural waist. The tape should go across the nipple. You should maintain a straight but relaxed posture.

## 6. WAIST-KNEE

Tie a cord or tape around your natural waist to mark it. Take the measure from the waist to the lower part of your knee, just where you have a prominent bone. You should maintain a straight but relaxed posture.

## 7. HEIGHT

Measure your height maintaining a straight but relaxed posture.

