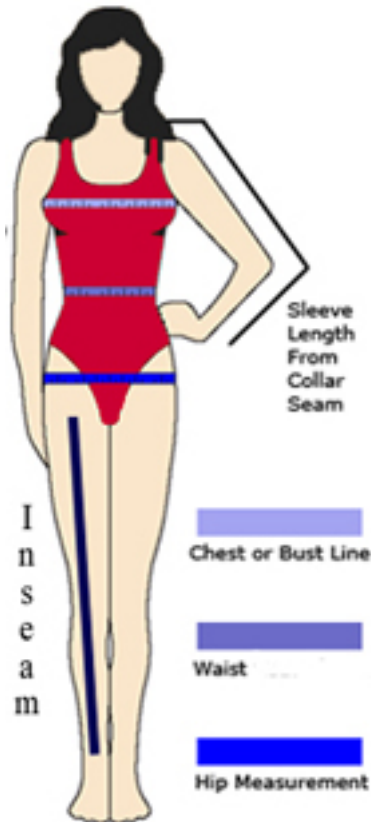


Taking Measurements from your own body:

You will need a tape measure and a full length mirror. Take measurements undressed or in lightweight clothes. Pull the tape measure close, but not too tight.



Bust

Measure around the shoulder blades, under the arms and around chest

Waist

Find your natural waistline and measure at the narrowest part.

Hip

Measure the fullest part of the hip (usually about 7-9 inches below the waist),

Inseam

Measure from the crotch to where the trouser is normally worn on the shoe.

Sleeves:

Measure from the base of the neck, across shoulder, down arm to slightly bent elbow and up to wrist.