



	<i>Body Measurements</i>	<i>CM</i>	<i>Inches</i>
A	Bust - Measure around the fullest point of your bust.		
B	Waist - Measure around your waist at the narrowest point.		
C	Hip - Stand with heels together and measure around the fullest point of your hips.		
D	Neck - Measure around the base of the neck.		
E	Shoulder - Measure across from shoulder bone to shoulder bone.		
F	Sleeve/Arm - Measure from the shoulder bone to the wrist bone.		
G	Front waist length - measure from your shoulder, over the bust to your waist		
H	Shoulder to floor - Measure from the shoulder bone to the floor.		

For the most accurate measurements take them over your most comfortable bra and panties.

The tape measure has to sit firmly around the points you are measuring. Do not pull it too tight and keep it parallel to the floor when measuring bust, waist, and hips. It may be helpful to take your personal measurements in front of a mirror

↔ = Circumference measurement

— = Start to end point measurement