

Note: WEAR A FITTED T-SHIRT FOR MEASURING.

Before you start measuring tie a piece of thin elastic around your waist which is 1/2" above your navel.



A - BUST – measure round the fullest part of the bust.
Note: Don't make the measurements too tight.



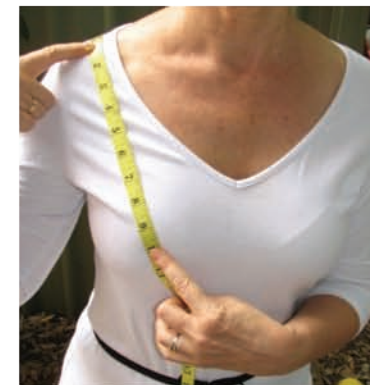
B - WAIST – Measure round your waist where the elastic is tied. The elastic should be about 1/2" above your navel.



C – FRONT LENGTH– measure from the middle of the shoulder (shoulder seam of the t-shirt) over the bust to the waist.



D – SHOULDER TO NIPPLE – measure from the middle of the shoulder (shoulder seam of the t-shirt) down to the nipple.



B to F – ACROSS CHEST – measure from armhole seam to armhole seam of the t-shirt.



G to H – SHOULDER POINT TO SHOULDER POINT – measure from the tip of one shoulder to the tip of the other shoulder. (on the armhole seam)



I – TOP ARM – measure the fullest part of your upper arm.



BACK LENGTH – measure from the bony nape of the neck (where your necklace sits) down to the waist.



ACROSS BACK - measure from one armhole seam to the other. (someone else will have to do this measurement for you)

