

Measuring tips and methods

The essentials

- Waist circumference
- Hip circumference
- Chest circumference
- Arm length
- Leg length

A few additional ones

- Arm circumference, thigh circumference, bust height

Tools

- Blank or printed measurement sheet, pencil, tape measure (or non-stretchable cord + ruler) of 1.5 or 2 meters"

If you are alone, it's best to stand in front of a mirror wearing close-fitting clothing, and maintain a straight but relaxed posture (avoiding, for instance, sucking in your stomach). Additionally, place a ribbon around your waist to use as a reference point.

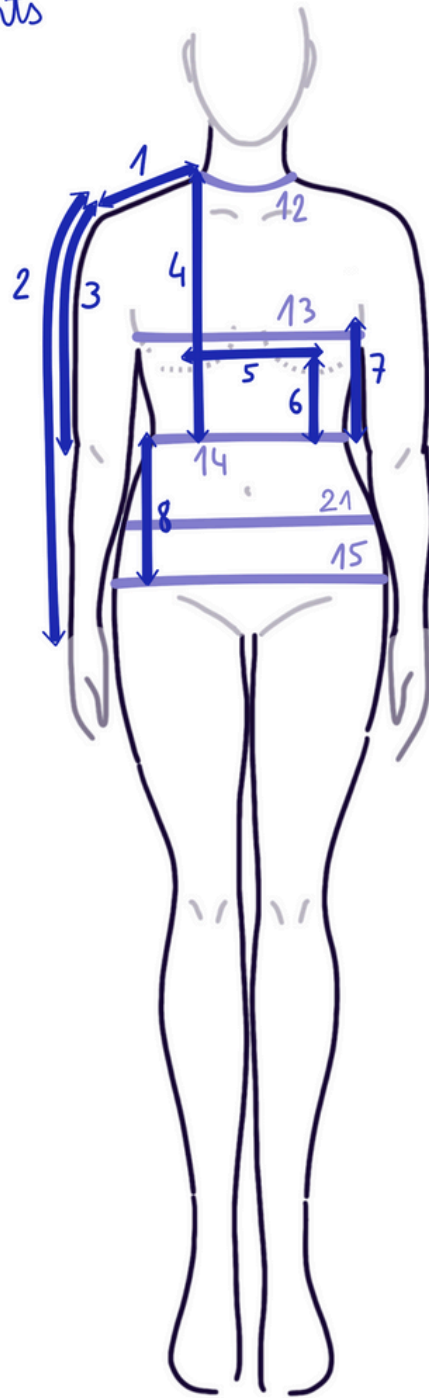
The tape measure (or string) should be positioned parallel or perpendicular to the ground, neither too tight nor too loose around you. Strive for as much precision as possible!

After taking your measurements, they can be useful on various occasions!

1	Shoulder length	From neckline to acromion	12	Neck circumference	Wrap at the base of the neck and over the collarbone hollow
2	Arm length	From acromion to wrist with arm slightly bent	13	Chest circumference	Wrap around the fullest part of the chest
3	Shoulder-to-elbow length	From acromion to elbow	14	Waist circumference	Wrap around the narrowest part of the waist
4	Front neck-to-waist length	From neckline (along shoulder line) to waist	15	Hip circumference	Wrap around the fullest part of the buttocks (the tape should be able to slide as if putting on pants)
5	Nipple spacing	Between nipples	16	Arm circumference	Wrap around the fullest part of the arm
6	Nipple height	From neckline (along shoulder line) to nipple	17	Wrist circumference	Positioned just above the hand
7	Armhole height	From underarm to waist	18	Thigh circumference	Wrap around the fullest part of the thigh
8	Hip height	From waist to hip	19	Calf circumference	Wrap around the fullest part of the calf
9	Back neck-to-waist length	De l'encolure (sur la ligne d'épaule) à la taille	20	Ankle circumference	Just above the foot, above the ankle bone
10	Waist-to-knee length	From waist to knee, standing position	21	Hip circumference	Wrap just above the hip bones, below the navel
11	Waist-to-floor length	From waist to floor			

Schéma pour la prise de mesures

lengths



circumferences

