

- ❖ While measuring, wear only a bra.
- ❖ You will need a flexible measuring tape and a string to tie around your waist as a guideline.
- ❖ Do not pull the tape too tight, or 'suck it in' while measuring. Honest, accurate measurements are needed to ensure proper fit
- ❖ For all circumference measurements, make sure the tape is horizontal to the floor in the front *and* back.
- ❖ Double check all measurements.

	<p>1. Bust Measure around the fullest part of your bust.</p>	<p>1. <input type="text"/></p>
	<p>1b. Cup (A,B,C, etc.)</p> <p>2. Ribs The rib measurement is taken just underneath your bust.</p>	<p>1b. <input type="text"/></p> <p>2. <input type="text"/></p>
	<p>3. Waist Measure at smallest part of your waist (where tie rests)</p>	<p>3. <input type="text"/></p>
	<p>4. Hip Measure around your hip bones.</p>	<p>4. <input type="text"/></p>
	<p>5. 2" Below Hip Measure around your hips, two inches below your hip bones.</p>	<p>5. <input type="text"/></p>
	<p>6. Waist to bust Measure from your waist to your nipple</p>	<p>6. <input type="text"/></p>
	<p>7. Waist to ribs Measure from your waist to where your ribs connect in the center.</p>	<p>7. <input type="text"/></p>
	<p>8. Waist to 3" above bust Measure from you waist to three inches above your nipple.</p>	<p>8. <input type="text"/></p>
	<p>9. Waist to underbust Vertically in line with your nipple, measure the distance between your waist and your ribs (measurement 2).</p>	<p>9. <input type="text"/></p>
	<p>10. Waist to hip bone Measure from your waist to hip (measurement 4).</p>	<p>10. <input type="text"/></p>
	<p>11. Waist to pelvic bone. Measure from your waist to the top of your pelvic bone.</p>	<p>11. <input type="text"/></p>
	<p>12. Waist to underarm At your side, measure from your waist to the top of your bra, or about 2" below underarm when arms are at your side.</p>	<p>12. <input type="text"/></p>
	<p>13. Front waist to back waist. From your front waist, vertically in line with your nipple, measure over your shoulder to your waist at your back.</p>	<p>13. <input type="text"/></p>