

## **Body Measurements – Women’s Shirt**

**Ask a friend for help or have your local tailor measure you based on our guide**



**SHIRT LENGTH**

### **1. SHIRT LENGTH**

Take the measure from the highest part of your shoulder (next to the collar) to the longest part of the shirt. See image on the left.



**SHOULDER WIDTH**

### **2. SHOULDER WIDTH**

Ask for a friend's help. Put on a shirt that fits you well and measure between your shoulders. The measuring tape should be close to the lowest part of the shirt's neck.

Measure the distance from one shoulder to the other, the measuring tape has to start and finish one centimeter before the end of your shoulder. See picture on the left.



**NECK**

### **3. NECK**

Measure around your neck. Adjust the measuring tape to your preferred looseness. It is very important to introduce a finger between your body and the tape.

- **Tip:** Alternatively, you can measure the collar of a shirt that fits you well. You should measure from the buttonhole to the button around the neck.



**CHEST**

### **4. CHEST**

Measure around the widest part of your chest (put the measuring tape on both nipples). Let loose so that you can put a finger between your body and the tape. Make sure that the tape is at an even height all the way around.

**Remember:** It is very important that the measuring tape is at level of both nipples and put a finger between your body and the tape.



**BICEP**

### **5. BICEP**

Measure around the widest part of your bicep. Let loose so that you can put a finger between your body and the tape.



**WRIST**

## **6. WRIST**

Measure around the wrist leaving one finger of space to take the measurement.



**SLEEVE**

## **7. SLEEVE**

Put on a shirt that fits you well. Measure from the shoulder's seam all along the arm until you find the desired length.

**Tip:** The most used length is to measure from the shoulder's seam to where the thumb bone starts (see picture on the left).



**SHORT SLEEVE**

## **8. SHORT SLEEVE**

Measure with arm at your side, from the tip of the shoulder to a point on the outside of the arm where you want the sleeve to end.



**3/4 SLEEVE**

### **9. 3/4 SLEEVE**

Measure the actual wrist size around your wrist bone. You may also consider adding  $\frac{1}{4}$ " to  $\frac{1}{2}$ " to your size if you wear medium to heavier watches.

**\*\*Provide us the actual/skin tight measure. Our tailor adds at least 3cm to your measurement to allow room for movement\*\***



**WAIST**

### **10. WAIST**

Put the measuring tape around your waist, waist is the narrowest part of your body at the height were you would wear your pants. Let loose so that you can put one or two fingers between your body and the tape.

**Note:** Your off-the-rack pants size is **NOT** the same as your actual waist size. We need actual measurement.



**BREAST POINT**

## 11 . BREAST POINT

Measure from the highest point of your shoulder, to the breast point (the most outstanding part of your breast).



**WAIST POINT**

## 12 . WAIST POINT

Measure from the highest part of your shoulder, next to the collar to your waist through the most outstanding part of your breast. Please see picture on the left.



**SLEEVE HOLE**

### 13 . SLEEVE HOLE

Take the measure around your armpits. Leave space for one finger between the shoulder and the tape.



**CHEST FRONT**

### 14 . CHEST FRONT

Measure from the armpit to the other one by the front side.

## 15. Waist size



Measure around your waist, in your underwear, at the point where your trousers would normally sit. Keep one finger between the tape and your body. Imagine that the tape measure is the trousers you will be wearing and take the size that you desire.

INCHES

## 16. Jacket Length



Measure from the highest part of your shoulder (A) (next to the shirt collar) to the desired measure (B) normally you should measure to the tip of your thumb (B).

Important : The measuring tape must pass through the center chest.

INCHES

## 17. Hips size



Stand with your heels together, and measure around the fullest part of your hips, keeping the tape parallel to the floor.

INCHES

## 18. Crotch length



Hold the tape at the center back of your waist (A). Run the tape between your legs, pulling comfortably at the crotch, and up to your natural waist in front (B). Both (A) and (B) at the same level where you would wear your pants.

If you have any doubts compare this measure with pants that fit you well.

INCHES



## 19. Thigh size

Measure around the widest part of your thigh. Let loose so that you can put a finger between your body and the tape.

INCHES

## 20. Knee



Measure around your knee. Remember that it is an optional measurement.

INCHES

## 21. Pant's length



Measure from the waist (where you would wear your pants) (A) to the desired length (B), normally you should measure to the beginning of the heel (B).

INCHES

## 22. Skirt length



Measure from the waist (where you would wear your skirt) (A) to the desired length for the skirt(B).



## 23. Trousers Bottom-Width

Measure around the width of your trousers bottom.

measure the circumference over your trousers.

INCHES

Please note down your measurements and submit to us [CLICK LINK HERE TO SUBMIT](#)