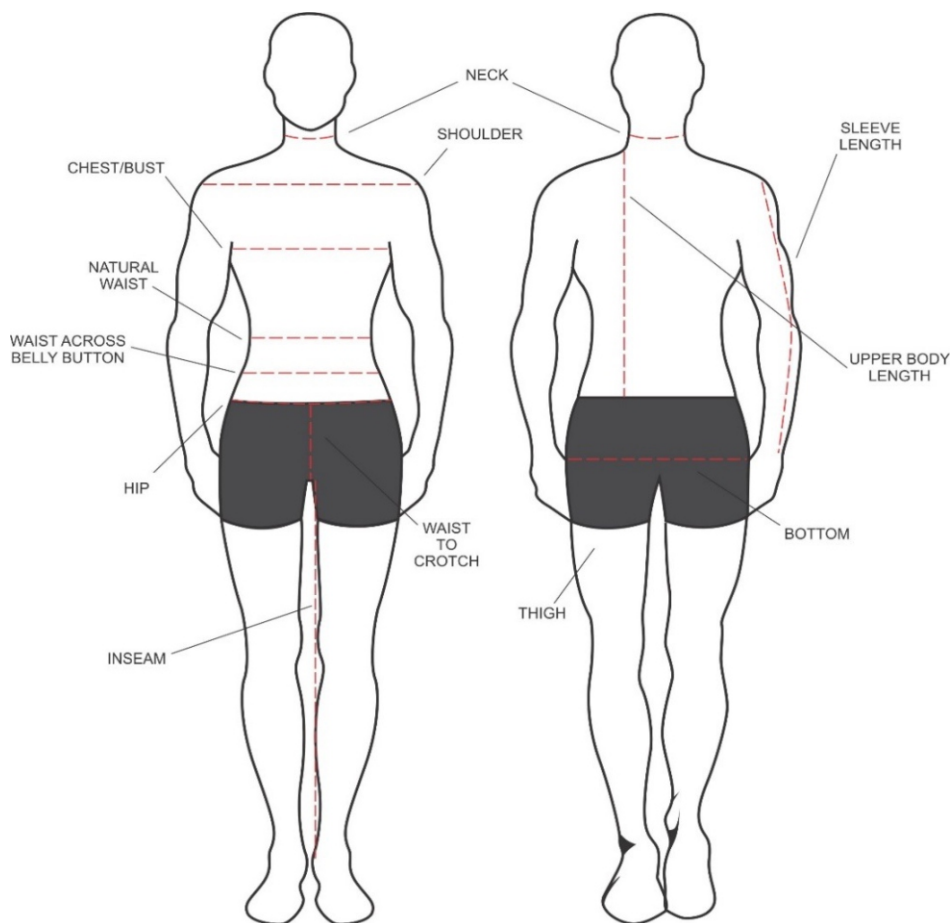


# How to take body Measurements

Before you start measuring, remember to:

1. Use a non-stretchable tape measure
  2. Make sure the tape measure is level around your body and parallel to the floor
  3. Keep tape close to your skin without depressing it.
- **Bust:** Measure all the way around your bust and back on the line of your nipples.
  - **Chest:** Measure directly under your breasts, as high up as possible.
  - **Waist:** Measure at its narrowest point width-wise, usually just above the navel.
  - **Hips:** Measure around the widest part of the hipbones.
  - **Midway:** Measure midway between the widest part of your hips and your waist.
  - **Thighs:** Measure around fullest part of upper leg while standing
  - **Knees:** Measure immediately above the knee.
  - **Calves:** Measure around fullest part.
  - **Upper arm:** Measure above your elbows – around fullest part.
  - **Forearms:** Measure below your elbows – around fullest part.



# Converting body measurements into garment size:

There is no set formula to convert your body measurement into garment measurements. There are several factors to take into account:

- Fabrics (Knits, Wovens, Lycra)
- Personal fit preference i.e. do you like to wear garments that fit you snug or loose
- Styling
- Body Shapes

This is our rough estimation on fits, it might not be true for all body shapes. These estimates are based on regular fit items.

## **Ladies: Regular fit**

	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>	<b>5XL</b>
Bust: Body Measurements	80-87cm	88-97cm	98-105cm	106 – 114cm	115-122cm	123-130cm	131-138cm	139-148cm

## **Men's: Regular Fit**

	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>	<b>5XL</b>
Chest: Body Measurements	83-91cm	92-100cm	101-109cm	110-121cm	122-132cm	133-143cm	144-154cm	155-162cm