

How to take measurements

1. Chest Circumference

The first measure to be taken is the circumference of the chest: it is necessary to pass the meter under the armpits so that it embraces the person. This measure is to be considered the most important because its half indicates the personal size.

2. Breast

You pass the meter on the max projection of the breast.

3. Waist Circumference

It is obtained by measuring the narrowest point of the waist. Note: it is good to tie a string around the waist. It is an important reference point for all other measurements.

4. Abdomen Circumference

Measure near the hip bones.

5. Pelvis circumference

Measure the most protruding point of the pelvis.

6. Shoulder-Waist Distance

It is obtained starting from the highest point of the shoulder to the waist.

7. "EGG" Bust Circumference

Starting from the middle of the shoulder, pass over the waist and under the "crotch" and up to the starting point (see relative figure).

8. Shoulder Width

This measurement is often wrong. If you own a leotard, wear it; the correct measurement is between one seam and the other (see relative figure).

9. Neck circumference

Measure around the neck.

10. Hips Height

See relative figure.

11. Sleeve Length

Arm bent: from the protrusion of the humerus to the wrist passing through the elbow.

12. Circonferenza Bicipite

12. Bicep circumference.

13. Wrist circumference

Measure around the wrist.

14. Skirt length

Measure from the waist to the desired length.

15. Inner Leg Length

Measure in the inner part of the leg, starting from the "crotch" up to the ankle (see relative figure).

16. Thigh Circumference

Measure around the fullest part of the thigh (see related figure).

17. Ankle

Measure above the ankle bone (see relevant figure).

18. Knees

Measure around the knees (see related figure).

19. Height

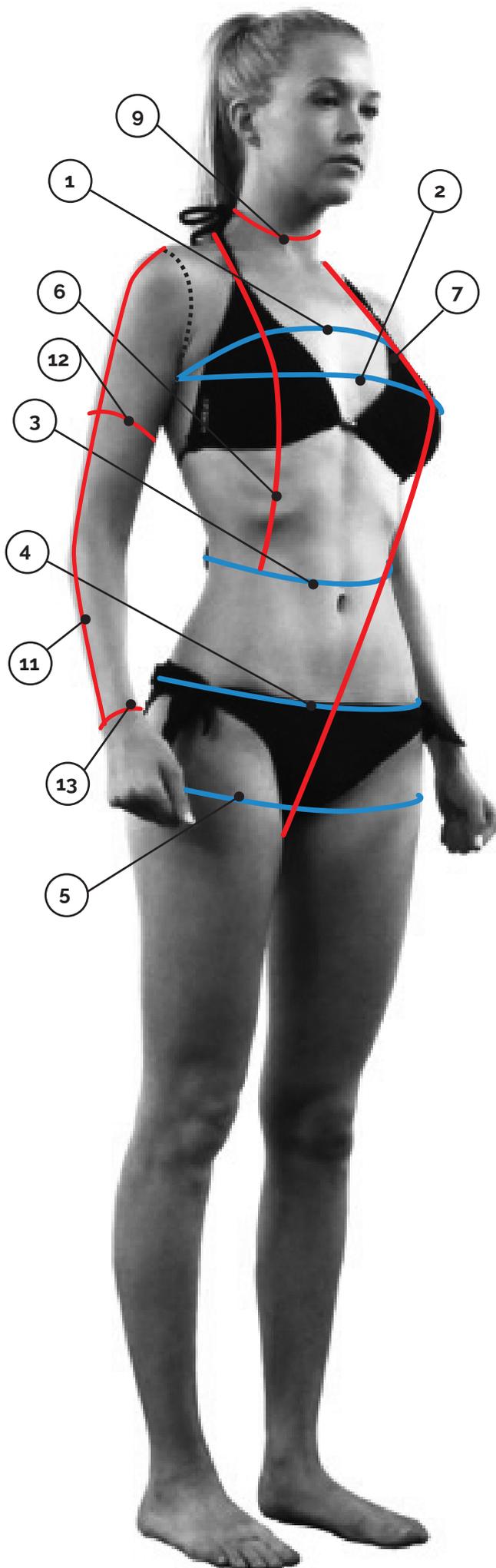
Measure the person's height.

20. Total length of the crotch

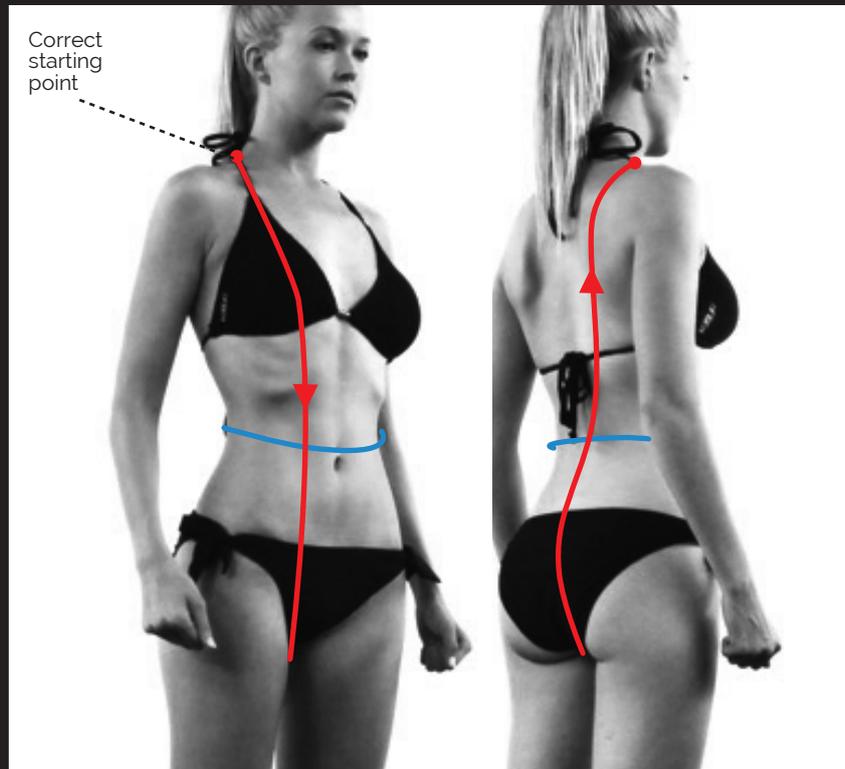
The end of the tape measure is placed on the center of the waist in front and is measured between the legs, going up to the center of the waist behind, keeping the tape tight. The green dotted line indicates a possible drawstring or elastic fixed at the waist circumference, that is to say at the point of greatest hollow of the bust.

21. Overall height of the crotch

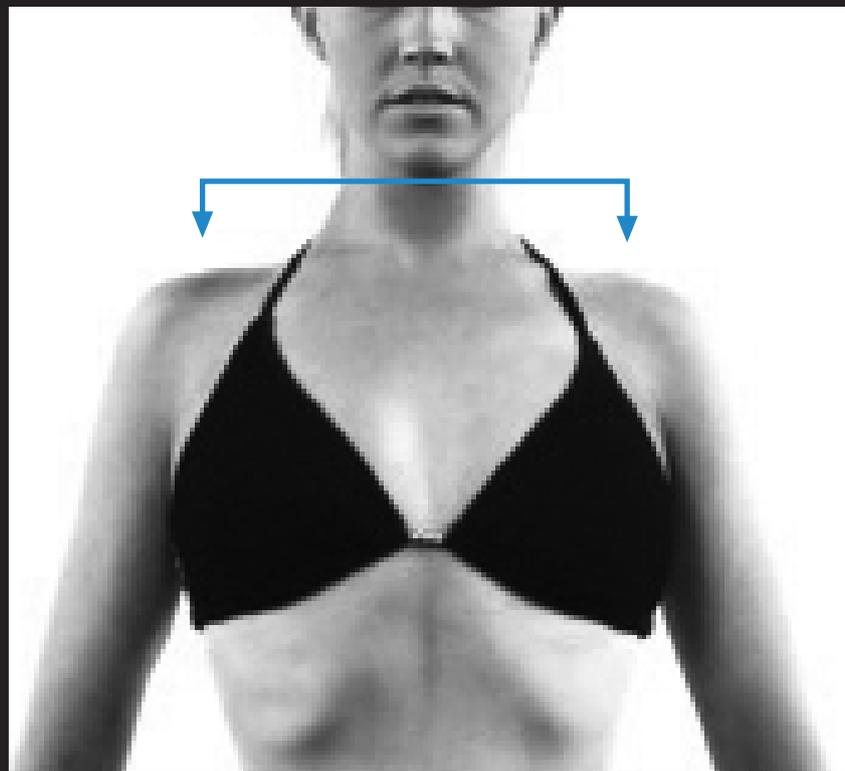
Sitting on a flat surface, measure from one side of the waist, following the curve of the hip, up to the floor. The green dotted line indicates a possible drawstring or elastic fixed at the waist, ie at the point of greatest hollow of the bust.



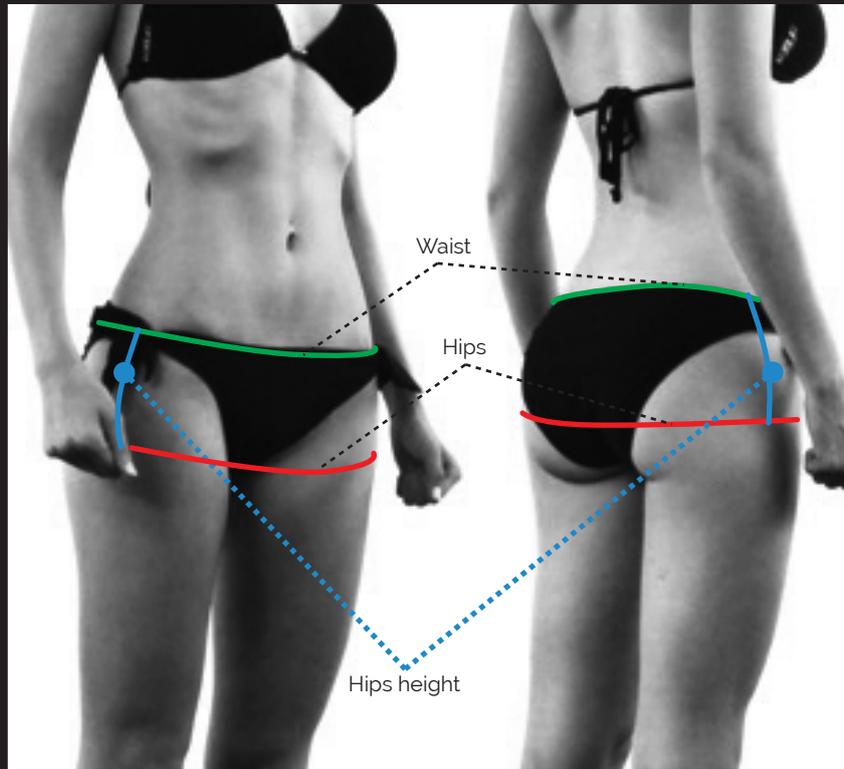
7. Bust circumference "EGG"



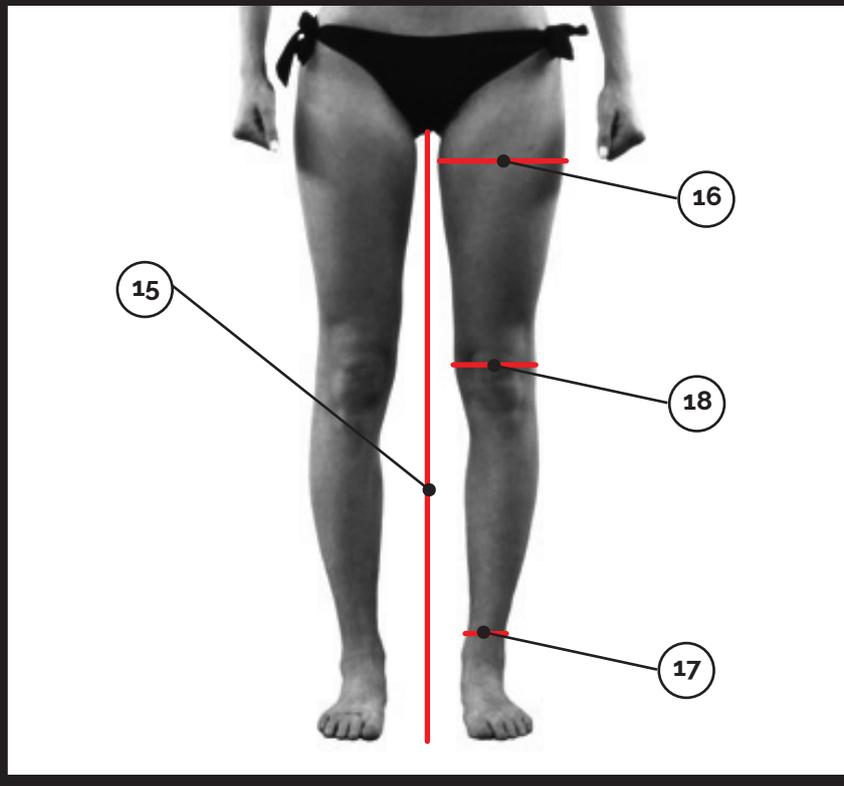
8. Shoulder Width



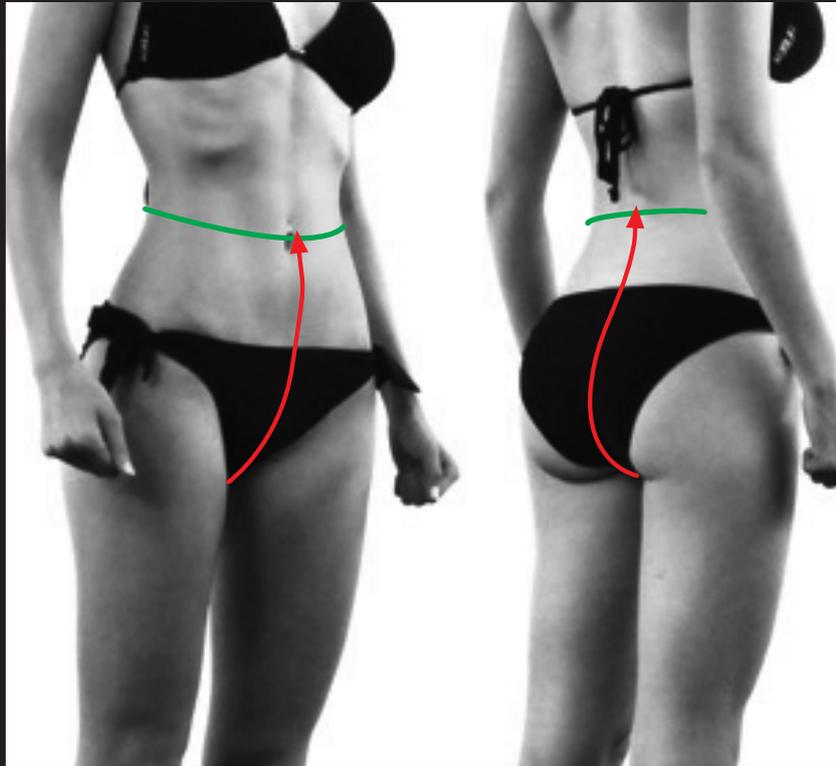
10. Hips Height



15. Inner Leg Length / 16. Circ. Thigh / 17. Ankle / 18. Knees



20. Total length of the crotch



21. Overall height of the crotch

