



# How to take proper body measurements

Please follow these rules to get the error-free body measurements. Before **taking body measurements**, keep in mind the following factors:

- Always use a non-stretchable measurement tape.
- Stand straight on the floor. Avoid standing on a mattress or at any place where you can't maintain your balance.
- Always measure your physique while standing in front of the mirror.
- Wrap measurement tape around your body at a parallel level.
- Keep measurement tape close to the body but, don't press it too hard. Also, do not keep it too loose.



## Bust

- Bust measurements account for a support undergarments worn beneath the dress
- Relax arms at sides
- Pull tape across the fullest part of the bust

## Waist

- Find the natural waist.
- This is the smallest part of the waist, usually 1" (2-3cm) above the belly button

## Upper Hip

- The upper hip measurement is taken about 1"-2" (3-5cm) beneath the waist

## Lower Hip

- Find the widest part of the hip, usually about 7" (15-20cm) below natural waist
- Tape should brush across both hipbones

**When you place the order please send me your body measurements. Please send me these details:**

Bust-

Hips-

Upper hip-

Lower hip-