



Measurement Guide

CHEST/BUST

Pull the measuring tape around the fullest part of the bust. If your measurements are 100cm, your half chest would be 50cm.

HIPS

Stand straight and pull the measuring tape around the widest part of the hips and the rear. The hips are around the boney parts of the pelvis. If your measurements are 100cm, your half waist would be 50cm.

*This document is only to be used as a guide