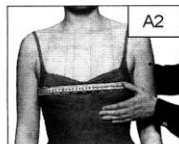
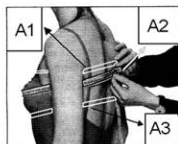
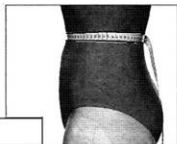


How to measure yourself

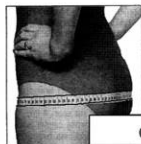
Measurement should be done in underwear only.
It is difficult to make measurement by yourself.
Ask somebody for help. Relax and ease off.



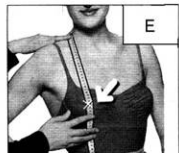
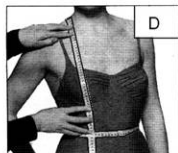
A. Bust measurement - in the front in the highest point of the bust, just at the armpit, in the back slightly up



B. Waist - possibly horizontal, fairly tight through the deepest indent at the waist height



C. Hips - place the measuring tape in parallel through the widest buttocks point (depending upon the body shape, at various heights)

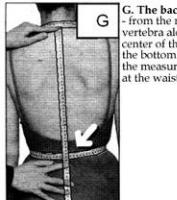


D. Front length to the waistline - from the neck base through the bust tip to the lower edge of the measuring tape at the waist

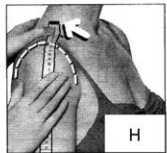
E. Bust height - just as the front length to the waistline, but only to the bust top marked with an arrow



F. Neck perimeter - just at the neck base, just above the collarbone



G. The back length - from the neck vertebra along the center of the back to the bottom edge of the measurement tape at the waist



I. The sleeve length - the elbow slightly bent, from the sleeve head through the external edge of the elbow to the wrist



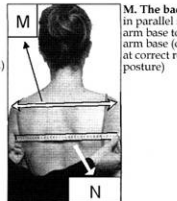
J. The skirt length - to the selected length, along the center front, from the lower edge of the tape at the waist down (compare this result with data in the description)



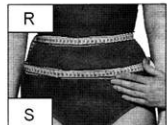
K. The side length - measured at the side from the lower edge of the tape at the waist to the bottom. Trousers are usually 7-8 cm shorter than the obtained result.



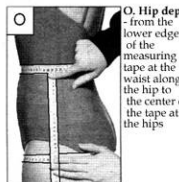
L. The forearm perimeter - in the widest point (select a wider hand)



M. The back width - in parallel from the arm base to other arm base (caution: at correct relaxed posture)



S. Belly perimeter - in parallel to the measuring tape in the waist at 8 cm distance



O. Hip depth - from the lower edge of the measuring tape at the waist along the hips to the center of the tape at the hips



P. Buttocks height - in a sitting posture, from the lower edge of the measuring tape at the waist, vertically to the surface one is sitting on

Size	34	36	38	40	42	44	46	48	50	52
girth of breast	cm 89	94	99	104	109	114	119	124	129	134
girth of waist	cm 62	66	70	74	78	82	86	90	94	98
girth of hip	cm 88	92	96	100	104	108	112	116	120	124
front length to waist	cm 43	44	45	46	47	48	49	50	51	52
front length to breast	cm 25	26	27	28	29	30	31	32	33	34
back length to waist	cm 41	41	42	42	43	43	44	44	45	45
width of arm	cm 12	12	12	13	13	13	13	14	14	14
length of sleeve	cm 59	59	60	60	61	61	61	62	62	62
girth of forearm	cm 26	27	28	28	29	30	31	32	33	33
girth of neck	cm 34	35	36	37	38	39	40	41	42	43

Height - measure without shoes, from the head top to the heel (specially for our measured patterns)

Compare the obtained measurements with the ones in the table.
Please select the size with measurement results closest to yours.
The most important are: the bust and the hips.