## Measurements for "Made to Measure" Dresses <br> -Tips and Photos


#### Abstract

1.Overbust - Take this around your upper chest above your bust, with the tape measure going under each armpit, around your back and meeting at the front.


Tips: After getting the tape measure in place please lower your elbows to your sides (if you have your arms raised it changes the shape of your chest) and then check that the tape measure is not loose at the back. If it is loose, raise your arms, pull the tape measure taut, and then lower them again. This can be a tricky measurement to take on your own so if doing so it can be useful to stand in front of a full length mirror so you can check the tape measure isn't baggy at the back.

2.Bust - This is not the same as your bra size. Take this around the fullest part of your bust, whilst wearing whatever type of bra you would normally wear under the dress. Take the tape measure around the back and meet at the front.

Tips: The fullest part of your bust is normally nipple height. Try and make sure that the tape measure is horizontal all the way around your body. We would like to know the actual measurement of your body so the tape measure should be neat against your body but not so tight that it squeezes your bust in at all. Also, tighten the straps on your bra if necessary to make it more supportive as this will affect the measurement and improve the look of the finished dress.


## 3.Underbust - Take this around the ribcage just underneath the bust.

Tips: This measurement should be roughly in line with the underwiring of your bra, and the tape measure should be horizontal and snug against your body. It can be a good idea to take this measurement twice as it will be different if you are breathing in or out, and you can then take the average.

Our Classic Bodice dresses are designed to be a snug fit at this point of the body. However, if you feel like you are particularly sensitive to clothing being tight then please let us know and we can add a bit of extra breathing room for you.

4. Natural waist - It is important that this measurement is taken at the smallest part of your waist, which is normally 1 or 2 inches above your belly button. After taking this measurement please tie a ribbon/piece of string around the place where you have taken it.

Tips: Our dresses are a vintage style fit, so this waistline may be higher than on most modern clothing. If you are unsure of where your natural waistline is, it is generally in line with the very bottom of your ribcage, just above where your body starts to go out at the sides for your upper hips (or love handles!).
There is an element of choice in how tight you take this measurement. As our dresses are designed to be a snug fit
 at the waist we do not add any ease to this measurement so bear this in mind when taking it.

## 5. Low Waist - This is around the

 circumference of your tummy, approximately 1 inch below the belly button.Tips: This measurement is most important for those styles of dress that are fitted below the waist, but can also be useful in giving us a more general picture of your shape.

If you are confident to do so, you could also measure how far down from the natural waistline you took this measurement and tell us that too.


## 6. Shoulder seam to underbust - Take

 this from the top of your shoulder, with the tape measure going over the middle of one breast, to the underwiring at the bottom of your bra.Tips: This is to make sure that the top of the waistband sits snugly just underneath your bust. It can be useful to tighten the straps of your bra before taking this measurement to make it more supportive as this will affect the measurement and improve the look of the finished dress.


## 7. Underbust to Natural Waist - This

 measurement is taken from underneath your bust, where you took the previous measurement to. You can use the under wiring of your bra as a starting point and take it down to where you took the natural waist measurement (this is where the ribbon comes in handy!)Tips: This is to determine the width of the waistband on the dress, and is between 8 cm and 10.5 cm on most people, but may be less if you have a particularly large cup size or high waist or more if you have a small cup size or long body.

8. Back length - Take this from the nape of your neck, the 'knobbly bit', down to your natural waist (again, the ribbon!)

Tips: If you are aware of having a curved back then please let us know. If you are taking the measurements on your own this can be a difficult one to take and so please let us know if you are unsure of its accuracy and we will bear that in mind.

9. Arm Scye - This is the measurement that determines the size of the arm holes of the garment. Please take this measurement all the way around the top of your shoulder and under your armpit so that the tape measure goes all the way around and meets at the top.

Tips: Please take the actual measurement of your body but let us know if you are particularly sensitive to clothing being close fitting around the armholes and we will put in some extra ease.

10. Shoulder width - This should be taken straight across the back of the shoulders, from the corner of one shoulder to the corner of the other. Please try to do this without curving the tape measure around the sides of the arms.

Tips: If you are aware that your shoulders are particularly curved/sloped or pronounced then please let us know.

11. Skirt Length - Our dresses are most often made to either knee length or tea length/mid-calf but they can be made in any length and so please measure from your natural waistline (the ribbon!) to whatever point on your leg you would like the skirt to finish (whilst standing up straight).

Tips: It is useful to take this measurement while standing in front of a full length mirror so you can judge how long you would like the skirt to be. It is important not to bend over while taking the measurement as this will distort it and so if you are on your own hold the middle of the tape measure at your waistline and dangle it down until the beginning of the tape measure $(0 \mathrm{~cm})$ is hanging in the correct place on your leg.

## 12. Upper arm circumference - Gently

 take the tape measure around the fullest part of your upper arm.Tips: Please take this measurement on both arms in case there is a difference.

13. Above elbow - The circumference of your arm just above the elbow.

Tips: The sleeves on our dresses are designed to be close fitting. Please take the actual measurement of your arms but let us know if you are sensitive to clothing feeling snug fitting and we make them slightly looser.

14. Height - Please tell us your approximate height (feetinches or cms are both fine)
15. Bra Size - Please tell us your approximate bra-size (this may differ from brand to brand in which case tell us the most common size)

## Extra Measurements

For Dresses with Long Sleeves and/or Pencil Skirts
16. Below Elbow - The circumference of your arm just below the elbow.

Tips: Again, please take this measurement on both arms in case there is a difference.

17. Wrist - The circumference of your wrist.

18. Arm Length - Please take this from the top of your shoulder (where the armhole of a fitted dress would begin) to your wrist, with the tape measure going straight down the outside of the arm.

Tips: If you are having sleeves that are shorter than full length you are also very welcome to measure exactly where on your arm you would like the sleeve to come to and tell us this measurement as well.
19. Hips/Bottom - take this around the fullest part of your hips/bottom (this is normally quite low down around your bottom).

Tips: It is easier to see where the largest part of the bottom is from the side. You can check this if taking the measurements on your own by standing in front of a full length mirror. Please also check that the tape measure is straight/horizontal.

If you are confident to do so you could also measure down from your natural waist (the ribbon) to where you took this measurement and send us that too.

20. Upper Thighs - take this around the very top of both thighs just underneath your bottom.

Tips: Please stand with your legs together while taking this measurement.

If you are confident to do so you could also measure down from your natural waist (the ribbon) to where you took this measurement and send us that too.


