

# How To Take Your Measurements For Your AbbeyPost Dress

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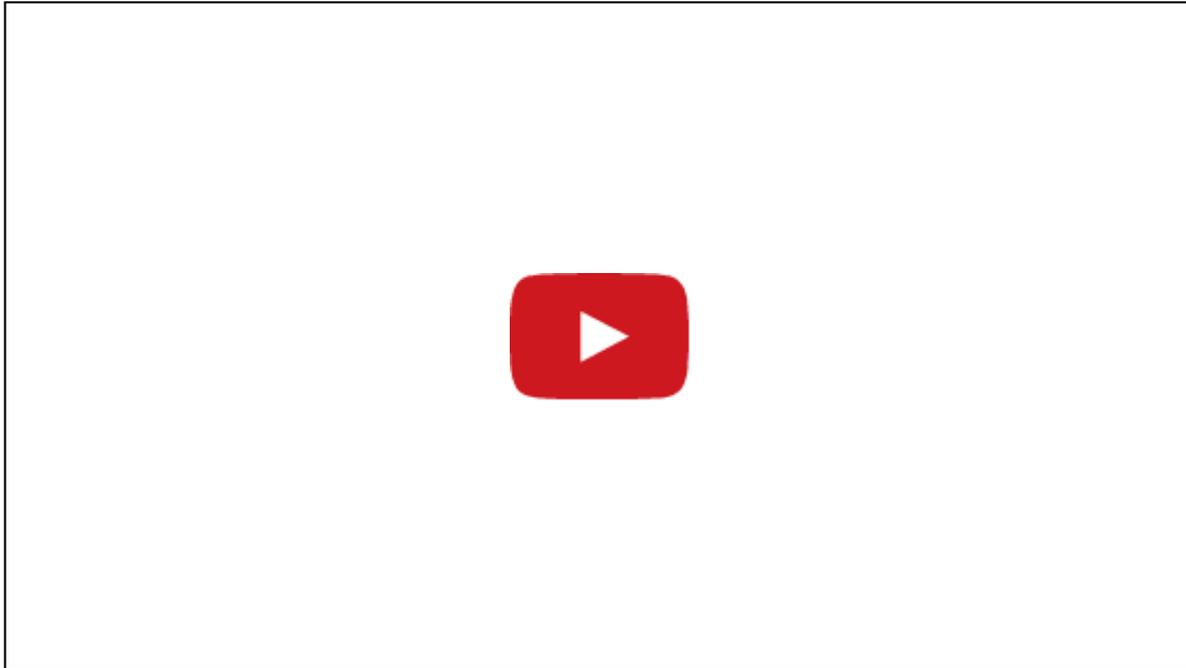
Since [AbbeyPost dresses](#) ([abbeypost.com/shop](http://abbeypost.com/shop)) are made to your specific measurements, it's important to take accurate measurements. We're always hearing that you have to have someone else

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take your measurements if you want accuracy. But who's going to invite a friend over to put on some tight-fitting clothes and make with the measuring tape? And who has time for that when you just want to order a dress?

We're on it! Here's a super-simple method for taking your measurements all by yourself, without sacrificing accuracy.

Check out this groovy little video for the How-To:



## What You Need

First off, you need to gather your supplies.

1. A [measuring tape](http://en.wikipedia.org/wiki/Tape_measure) ([http://en.wikipedia.org/wiki/Tape\\_measure](http://en.wikipedia.org/wiki/Tape_measure)) (Vinyl-coated is best – cloth measuring tapes stretch out over time and become inaccurate.) Don't have a measuring tape handy? We'll send you one for free along with fabric swatches and other goodies in our [welcome kit](http://abbeypost.com/welcome) (<http://abbeypost.com/welcome>).

2. A full-length mirror, or at least one big enough to let you see your bust, waist and hips.

Paper and a pen. Or a pencil, marker or crayon. Whatever you can get your hands on to jot down your measurements as you take them. (Or you can simply log into your [AbbeyPost \(abbeypost.com/shop\)](http://abbeypost.com/shop) account and enter your measurements there—we'll save them for you, so you never have to worry about losing a piece of paper!)

3. Then you need to put on some tight fitting clothes so that excess fabric doesn't make your measurements seem bigger than they are. Bra and undies are ideal, but you can also wear a camisole or snug workout clothes.

Now grab your measuring tape and stand in front of the mirror.

## Measure Your Bust

Place one end of the measuring tape at the fullest part of your bust. Wrap the measuring tape around your body, under your arms.



(<http://abbeypost.com/blog/wp-content/uploads/2014/04/bust.jpg?9eab75>)

Measure your bust at the fullest part.

Turn sideways, and look in the mirror to make sure your measuring tape is level.



(<http://abbeypost.com/blog/wp-content/uploads/2014/04/SideBust.jpg?9eab75>)

Make sure your measuring tape is level.

If your measuring tape isn't level, then wiggle it around until it is.

Now write down your bust measurement before you forget. We need inches, not centimeters.

## Measure Your Waist

You need to measure your natural waist, which isn't always where the waist of your clothes (<http://www.wisegeek.com/in-fashion-what-is-the-natural-waist.htm>) hits you. But we have an easy trick to help you find it.

Wrap your measuring tape around your waist loosely. Then do The Twist (<http://thelavalizard.com/2011/10/estelle-chubby-checker-do-the-twist-on-dancing-with-the-stars/>)! That's right. Twist your waist back and forth, and the measuring tape will move itself to your natural waist, which is the narrowest part of your waist.



(<http://abbeypost.com/blog/wp-content/uploads/2014/04/waist.jpg?9eab75>)

Measure your natural waist.

Pull the measuring tape around you so that it's snug. Then write down your waist measurement.

## Measure Your Hips

To take your hip measurement, place one end of the measuring tape at the fullest part of your hips. Then wrap the measuring tape around your rear and back across your front.

Make sure the measuring tape goes around the fullest part of your bottom, which may not be the same as the widest part of your hips. What we need here is the measurement of the largest point of your hip/booty area.



(<http://abbeypost.com/blog/wp-content/uploads/2014/04/hip.jpg?9eab75>)

Measure your hips at the fullest point.

Turn sideways and check in the mirror that your measuring tape is level. Wiggle it around until it is.

Write down your hip measurement.

## Quick! To The Computer!

Now that you've taken your measurements, you can rush to your computer and order your first [AbbeyPost Made to Measure dress](http://abbeypost.com/shop) ([abbeypost.com/shop](http://abbeypost.com/shop)). Woohoo!



(<http://abbeypost.com/abbey.html>)

The Abbey Dress, \$145 at [abbeypost.com](http://abbeypost.com)

Once you've placed your first order, you won't have to take your measurements again unless your body changes. If you lose or gain weight, or start or stop a workout regime (which affects your muscle tone), then be sure to check your measurements before placing another order.

Now, wasn't that easy?