1. **Sleeve:** Bend elbow. Measure from the center back of the neck, across the shoulder and around the point of the elbow to the wrist bone.

2. **Bust:** Measure under the arm and around the fullest part of the bust over a normal bra. This is not a bra size.

3. **Waist:** Measure around the smallest part of the natural waist.

4. **Hips:** Measure around the fullest part of the hips.

5. **Inseam:** Wearing well fitted pants measure along the inner seam from the crotch seam to the bottom of the leg.

6. **Height:** Stand without shoes against the wall. Place a ruler across the top of the head against the wall. Measure from that point down to the floor.

1. **Neck:** Measure from the middle of the back of the neck, around the widest part of the neck to where the tape originates.

2. **Sleeve:** Bend elbow. Measure from the center of the back of the neck, across the shoulder and around the point of the elbow to the wrist bone.

3. **Chest:** Measure across the shoulder blades, under the arms and across chest.

4. **Waist:** Measure around the smallest part of the natural waist.

5. **Seat:** Measure around the fullest part of the seat.

6. **Inseam:** Wearing well fitted pants measure along the inner seam from the crotch to the bottom of the leg.

7. **Height:** Stand without shoes with heels against the wall. Place a ruler across the top of the head against the wall. Measure from that point down to the floor.