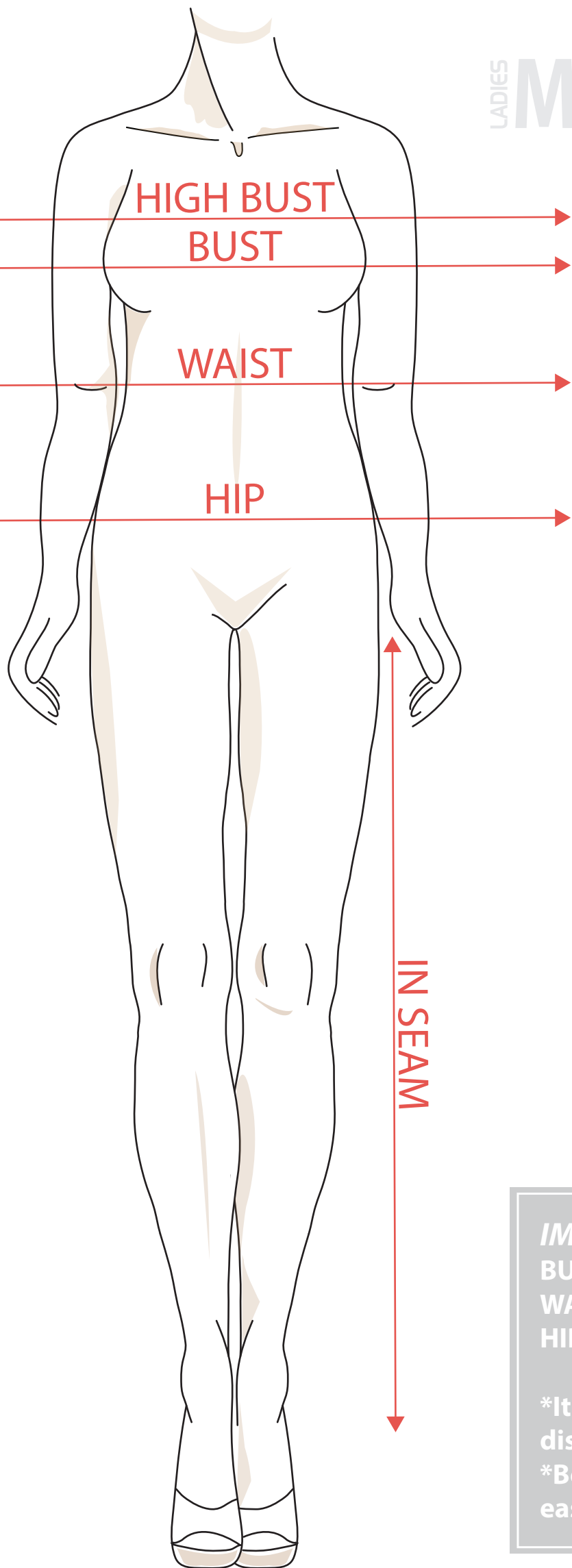


ISN'T THAT SEW

LADIES MEASUREMENT GUIDE



HEIGHT: _____

BUST: _____

HIGH BUST: _____

NATURAL WAIST: _____

HIP: _____

RISE: _____

INSEAM: _____

ARM LENGTH: _____

EXTRA MEASUREMENTS

NECK: _____

THIGH: _____

CALF: _____

WRIST: _____ ANKLE: _____

IMPORTANT REMINDER

BUST - Measure around the fullest part of your chest

WAIST - Measure the narrowest part of your torso

HIP - Measure the fullest part of your hips

*It is best to have another individual measure you as to not distort the measurements.

*Be careful not to pull measuring tape too tight to allow for ease of movement.

ISN'T THAT SEW

Height: Stand with your feet slightly apart and your back against a wall. Have a helper measure from the floor to the tip top of your head.

Bust: Relax your arms at your sides, measure the fullest part of your bust, keeping the tape parallel to the floor.

High Bust: Again, relax your arms at your side and measure just above your breasts.

Waist: Measure loosely around your natural waist. Your natural waist will be between your belly button and your rib cage.

Hips: Measure the fullest part of your hips and back side, making sure to keep the tape level. Again, make sure to measure loosely.

Rise: Holding the tape at the center back of your natural waist. Run the tape between your legs, pulling comfortably at the crotch, and up to your natural waist in front.

Inseam: Measure from your crotch to the bottom of your ankle. You can also measure the inseam of your best fitting pant to get your inseam measurement.

Arm: Bend your elbow 90 degrees and place your hand on your hip. Hold the tape at the center back of your neck. Measure across your shoulder to your elbow, and down to your wrist. The total length in inches is your sleeve length.