

# *How to take the measure?*

## *Preparation*

1. **Use the tailoring yard.** Any other measuring instrument will be inaccurate..
2. **Keep the tape taut,** but do not stretch it too much.
3. Dress your underwear and **tie a narrow ribbon or a piece of elastic band around the waist,** but not too tight. Move a bit until the elastic band or ribbon find a natural waist. Remember that this may not be the place where you find the belt of your favorite pants or jeans!
4. **Put on the same shoes that you'll have on your wedding day.** If you don't have them yet, **put on the shoes with the same heel height** that you intend to put on..
5. Place your feet about 15 cm wide. (6 inches).
6. **Ask someone to take your measure off.** It can be a professional seamstress or a family member or a friend. Taking the measure off isn't complicated but don't do it alone, because you can take out inaccurate measurements.
7. If you **want to avoid mistakes, remove the dimensions three times.** If some numbers differ slightly (don't panic, in the end you have to breathe ;), write down the average.

**REMEMBER! Even if you have already taken measurements, check them carefully according to our guide. It will take you only a few minutes, but you'll be sure that you did it according to our scheme.**



## 1. Chest

It's not the same as the size of a bra. Instead, it's the measurement of the fullest part of your chest. Keep your arms relaxed along your torso. The tailor's meter should run through the widest part of the back and the fullest part of the bust.

## 2. Natural waist

It's your natural waist or its narrowest part. Usually 2.5 cm (1 in) or 5 cm (2 in) above the navel. Don't pull your stomach, you probably want to be able to breathe on the day of the wedding and eat a piece of wedding cake. ;)

## 3. Hips

It's the measurement of the fullest part of the hips. Move the tape around the hip bone.

## 4. The center of the back

The center of the back is the vertical length from the midpoint of the neck (the last cervical vertebrae - C7) to the point of the natural waist.

## 5. Length under the bust.

Move the tape just below the breasts and measure.

## 6. Shoulder width

Get a measure from the apex to the end of the shoulder, as shown in the instructions.

## 7. Biceps

Tighten your biceps and take the measure out of them.

## 8. Wrist

Measure around your wrist.

## 9. Sleeve length

Take a measure from the top of the shoulder (shoulder seam) through the outer side of the shoulder down.

## 10. Waist to floor wearing wedding shoes

Take a measure from your waist onto your hip to floor wearing your wedding shoes or another shoes with the same heel high.

**ATTENTION!** The measure should not be removed too tightly. It's always easier to tighten the dress than to widen it.

