



**Bust**  
Stand with your arms relaxed. Measure under arms and around the fullest part of the bust

**Natural Waist**  
Above the belly button, just below the rib cage. Bend to one side to find natural crease of your waist. Measure across at this point

**Hips**  
With heels together, measure around the widest part of the hip area

**Hollow to Hem**  
Standing flat on the floor with both feet together have someone measure from the hollow point at the neck to the floor