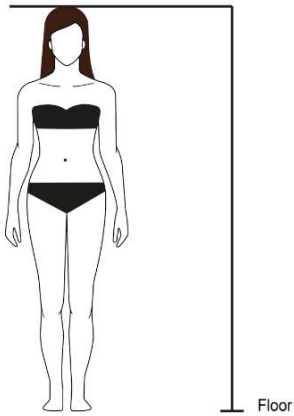


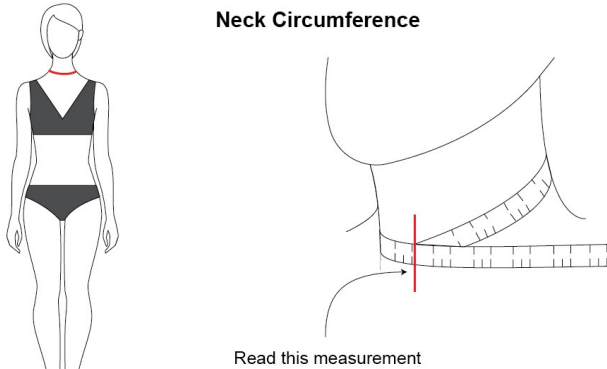
# DressForm 'ME' - How to Take Measurements

Height



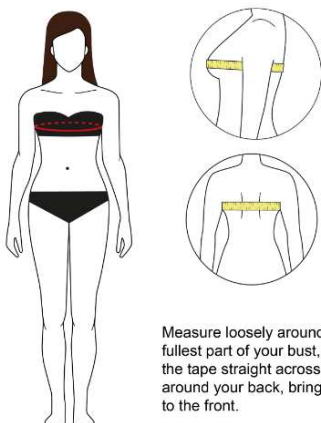
1.

Neck Circumference



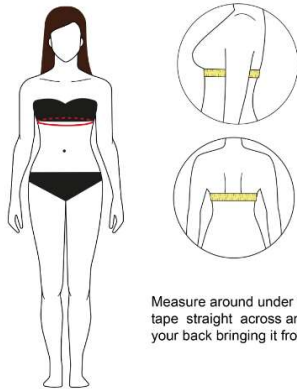
2.

Bust



3.

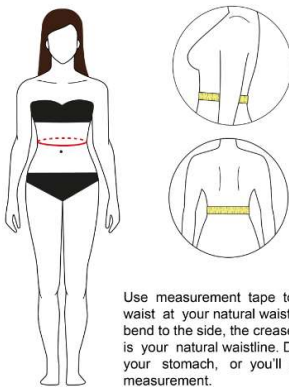
### Underbust



Measure around under bust, with tape straight across and around your back bringing it front.

4.

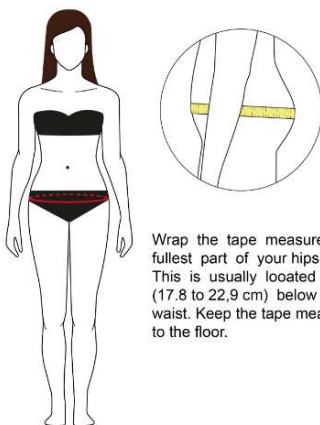
### Waist



Use measurement tape to circle your waist at your natural waistline. If you bend to the side, the crease that forms is your natural waistline. Don't suck in your stomach, or you'll get a false measurement.

5.

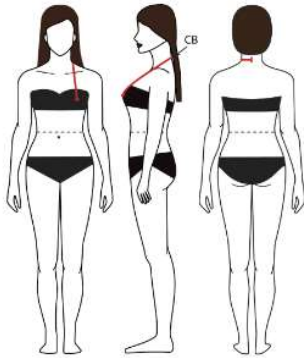
### Low Hips



Wrap the tape measure around the fullest part of your hips and buttocks. This is usually located 7 to 9 inches (17.8 to 22.9 cm) below your natural waist. Keep the tape measure parallel to the floor.

6.

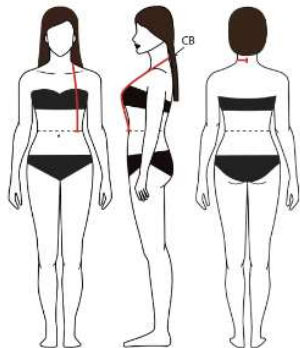
## Bust Height From Center Back Neck Point



1. Tie elastic or a ribbon around your natural waist. The tie must be parallel to the floor around your waistline, when looking from the side.
2. CB (center back) is located at Cervical Vertebra C7. C7 is the most protruding vertebrae on your neck.
3. Measure distance from CB over one side through the base of neck (also called High Point Shoulder (HPS)) to the bust apex.

7.

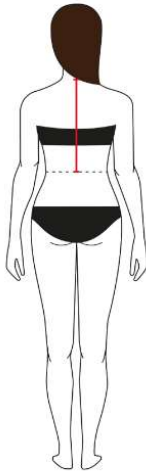
## Front Length From Center Back Neck Point



1. Tie elastic or a ribbon around your natural waist. The tie must be parallel to the floor around your waistline, when looking from the side.
2. CB (center back) is located at Cervical Vertebra C7. C7 is the most protruding vertebrae on your neck.
3. Measure distance from CB over one side through the base of neck (also called High Point Shoulder (HPS)) to the apex and then to the natural waist. Keep tape close to the body. From the apex down to waist measuring tape must be kept perpendicular to the tied elastic.

8.

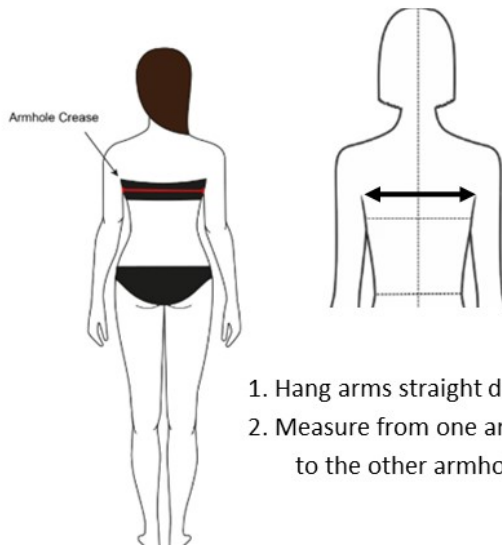
## Back Length



Center Back Neck Point (Cervical Vertebra or C7) to the Waistline level (see figure). The measurement is made only when the head is erected.

9.

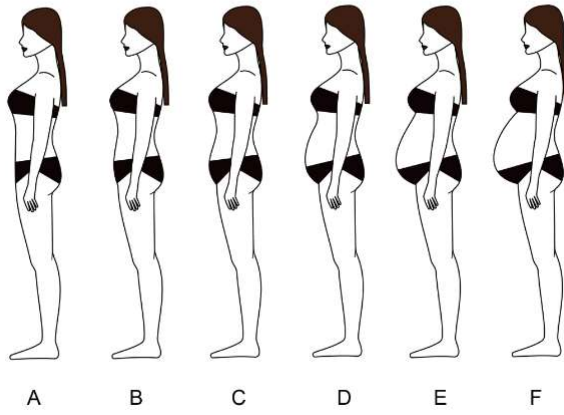
## Back Width



1. Hang arms straight down on sides.
2. Measure from one armhole crease to the other armhole crease

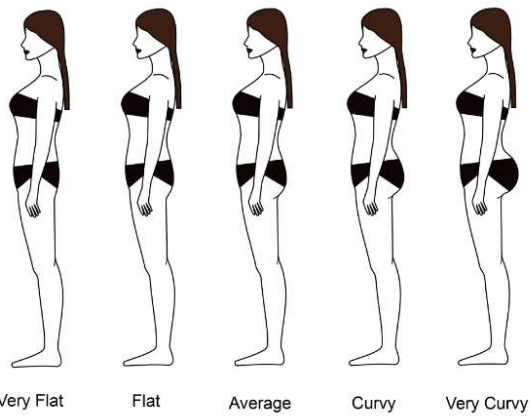
10.

### Belly Protuberance



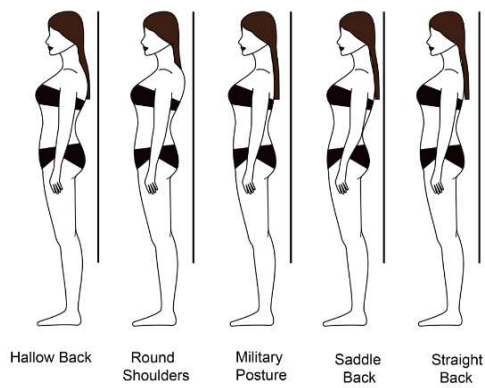
11.

### Buttocks

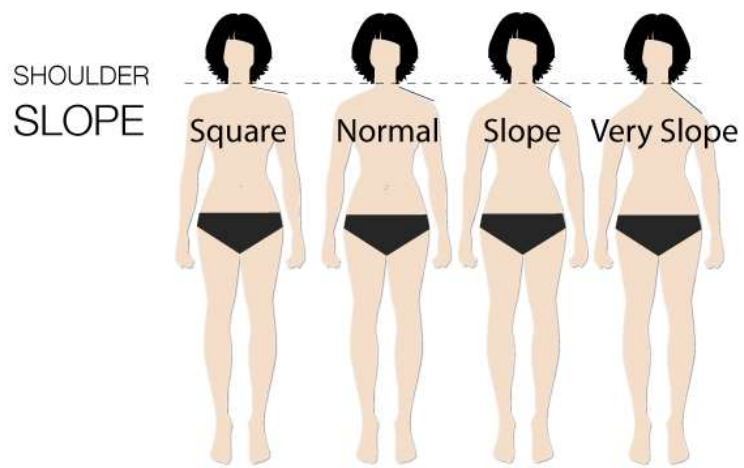


12.

### Posture



13.



14.