

*Tastelier* : MEASURE YOUR BODY



1. Collar :Measure around the lower back of the neck where the collar sits and at the front where it usually

Your measurement      cm/inch



2. Chest : Place the tape just under the armpits and measure around the upper ( fullest ) part of the chest

Your measurement      cm/inch



3. Waist : Measure around the fullest part of the waistline ( above the trouser belt line ) Do not hold your stomach in.

Your measurement      cm/inch



4. Hip : Measure around the fullest part of your hips.

Your measure      cm/inch



5. Shoulder : Measure across the top of the shoulder from one edge to the other . Make sure you take the curved contour over the top of the shouldlers as shown

Your measurement      cm/inch



6. Sleeves : Measure with arm at your side from the tip of the shoulder to the knuckle of your thump

Your measurement      cm/inch



7. Bicep : Measure around your upper arm at the widest point

Your measurement      cm/inch



8. Armhole : Place the tape measure under your armpit and around the top of your arm .

Your measurement      cm/inch



9. Cuffs ; Measure at the wrist bone where a watch is usually worn

Your measurement      cm/inch



. 10. Shirt length : Stand up in a relaxed posture. Measure from the topmost point of the shoulder at a point near the neck at the collar seam, along the front of your body to a point where you want .

Your measurement      cm/inch