

How to take body Measurements

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Introduction

Taking accurate body measurements for sewing is one of the most important steps to achieving perfect fitting garments. I will take you steps required to take accurate body measurements. The tools required are measuring tape and the human model or mannequin. Stand beside the model and take measurements loosely when taking circumference measurements. This is achieved by placing your finger between the measuring tape and the body in order to create ease.

Shoulder To Bust

To take your shoulder to bust measurement, place the measuring tape on the tip of the shoulder down to the fullest part of the bust (Usually the nipple area).

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Shoulder to Bust

Shoulder To Under Bust

Place the measuring tape from the tip of the shoulder to the under Bust. The under Bust is usually 3 inches below the Bust.

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Shoulder to Under Bust

Bust Circumference

To take the Bust circumference place the measuring tape around the fullest part of the Bust (the nipple area).

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Bust Circumference

Shoulder To Waist

Place the measuring tape from the shoulder to the waist.

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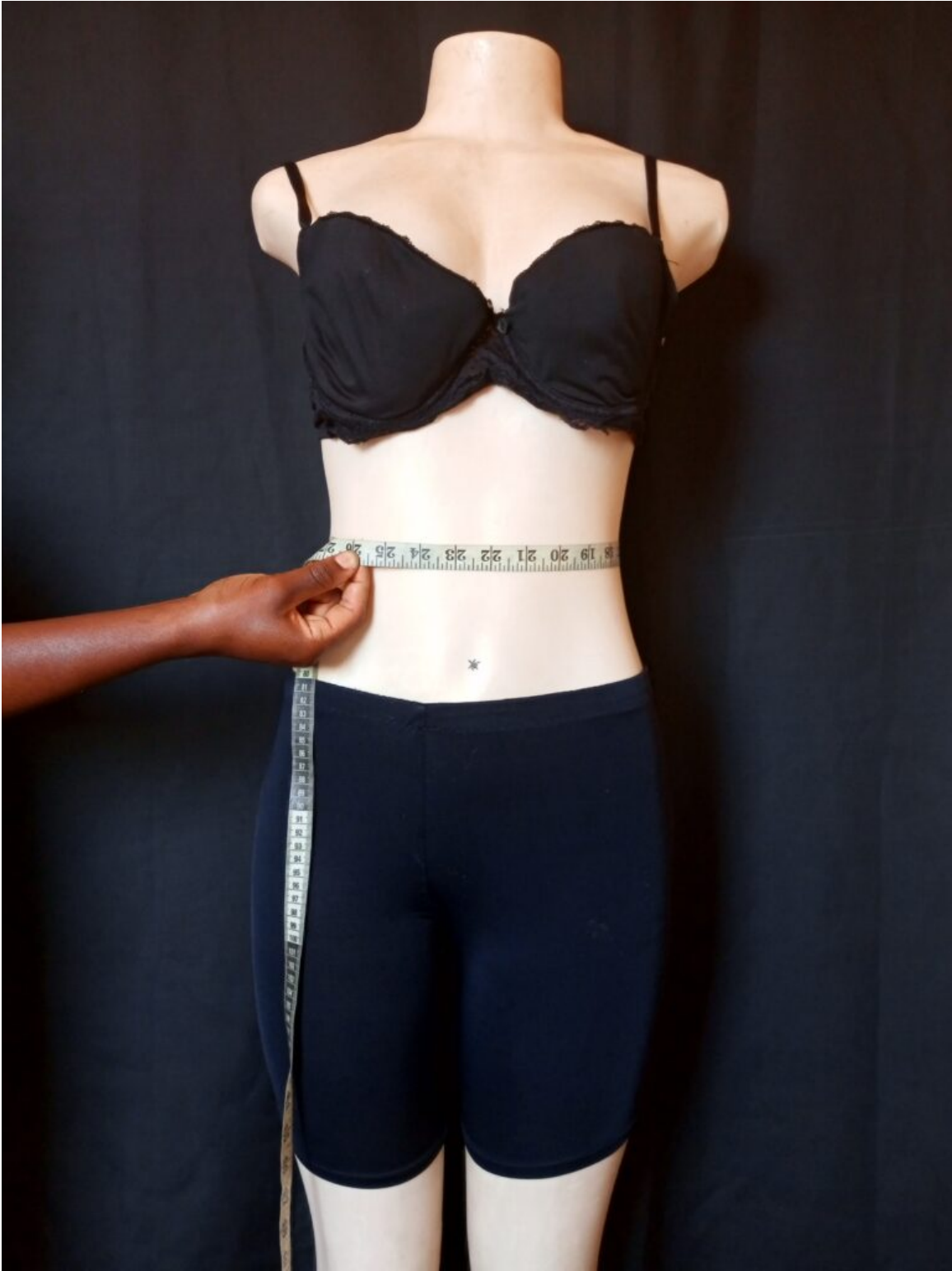


Shoulder to Waist

Waist Circumference

To take the waist circumference place the measuring tape around the smallest part of the waist.

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Waist Circumference

Shoulder to Hip Circumference

Place the measuring tape from the tip of the shoulder down to the fullest part of the hip.

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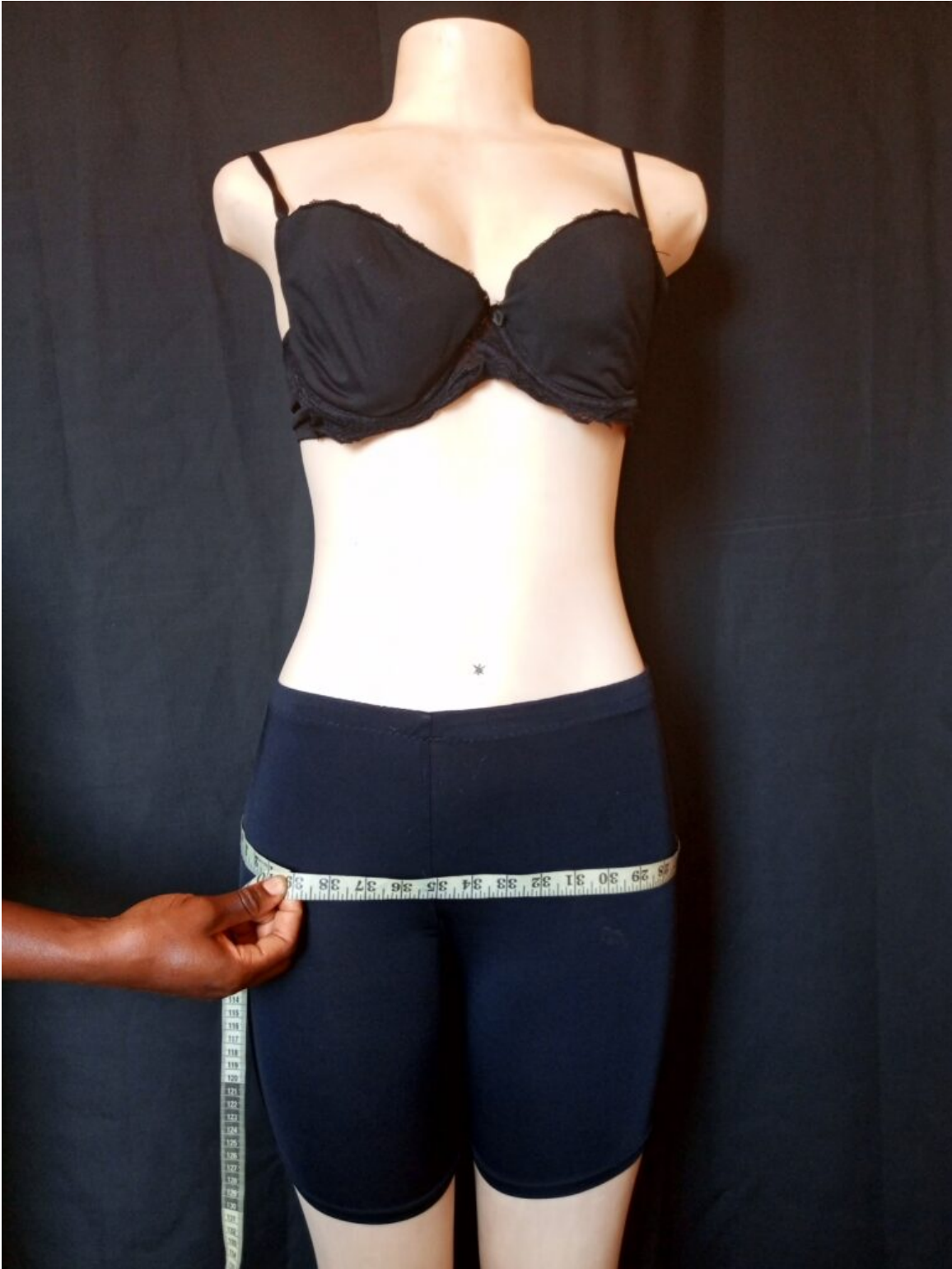


Shoulder to hip circumference

Hip Circumference

To take the Hip Circumference measurement, place the measuring tape around the fullest part of the hip.

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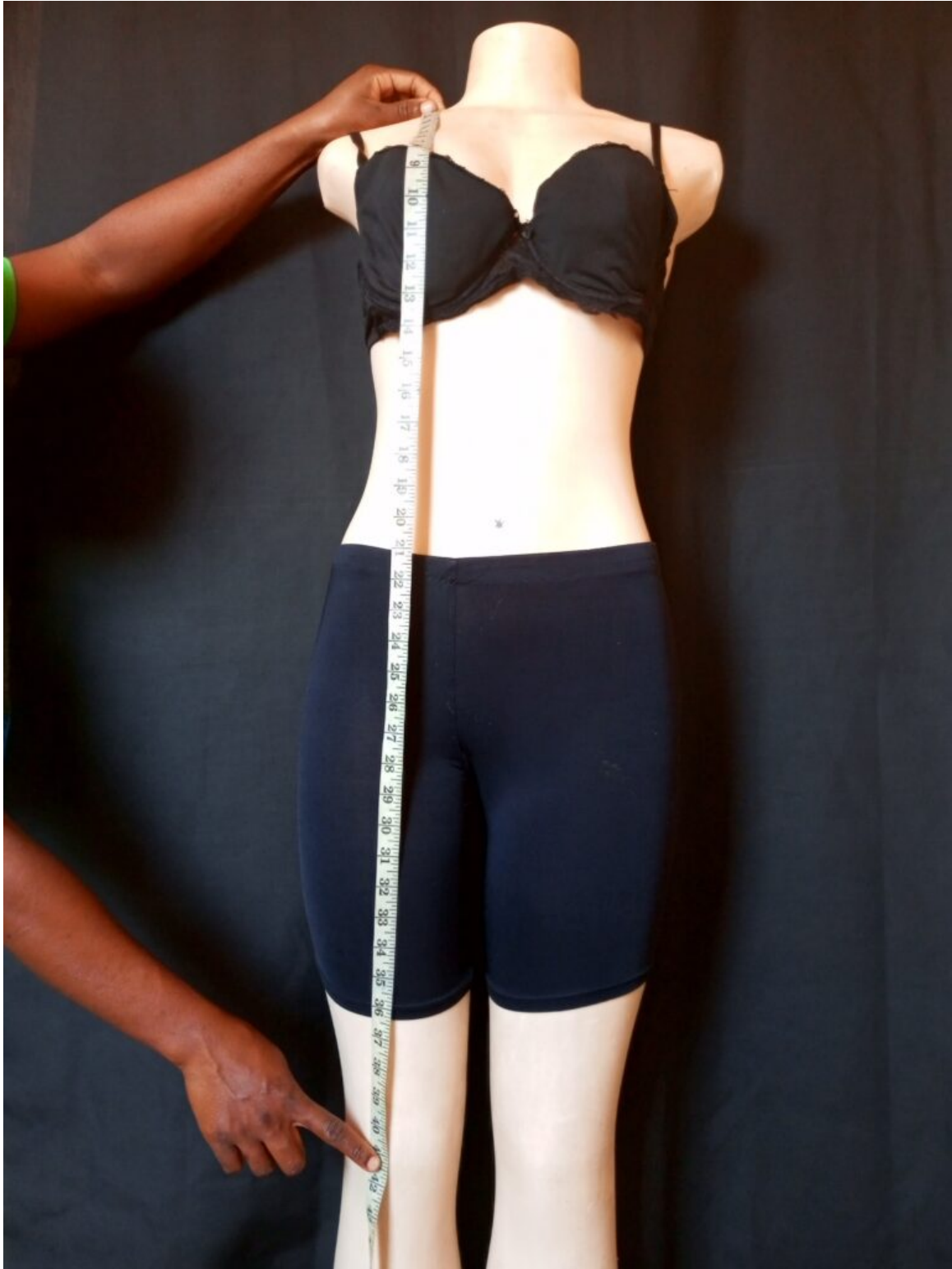


Hip Circumference

Shoulder to Knee

To take the Shoulder to knee circumference, place the measuring tape from the tip of the shoulder to the knee.

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Shoulder to Knee

Neck Circumference

Place the measuring tape around the Neck circumference. Make sure the tape is place loosely.

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Neck Circumference

Shoulder to Shoulder

Place the measuring tape from the back of one shoulder to the other shoulder.

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Shoulder to Shoulder