

# How to Measure Your Bust, Waist & Hips

## Bust

Wrap a soft measuring tape around the fullest part of your chest. Keep it level and snug but not tight. Make sure the tape is straight across your back.

Your Measurement: \_\_\_\_\_

## Waist

Find the narrowest part of your torso, usually just above your belly button. Wrap the tape around without sucking in. It should sit flat on your skin without squeezing.

Your Measurement: \_\_\_\_\_

## Hips

Stand with your feet together and measure around the fullest part of your hips and buttocks. Make sure the tape is level all the way around.

Your Measurement: \_\_\_\_\_

## Best Practices

- Use a soft, flexible measuring tape
- Stand up straight but stay relaxed
- Measure in front of a mirror for accuracy
- Don't pull the tape too tight
- Repeat each measurement to double-check

## Need Help?

Use this guide to confidently shop online and find your best fit. Save your measurements in your

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phone or planner!