

THE ESSENTIAL SIZE GUIDE



BODY MEASUREMENT TIPS

- *When measuring yourself, keep the tape firm, but not tight.*
- *Measure over undergarments for more accurate measurements.*
- *If you don't have a measuring tape, use a piece of string and measure it using a ruler.*

CHEST

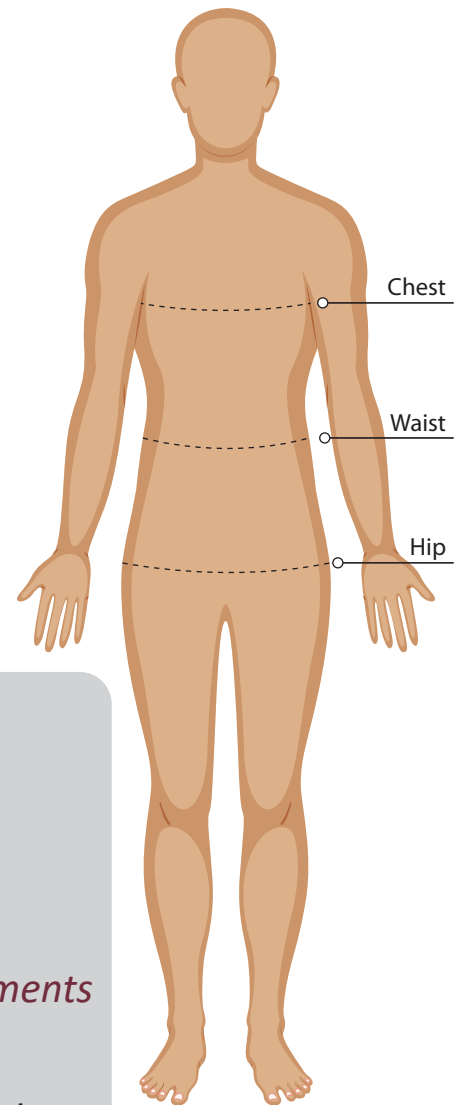
Measure around the fullest part of your chest. This is the key measurement for shirts/blouses & dresses. Make sure the measuring tape sits horizontally across your body.

WAIST

Measure around the natural waistline which is the narrowest part of your waist. This is an important Measurement for trousers/pants/shorts & skirts

HIP

Measure around the fullest part of the hips



- *Our Size Charts are in **Finished Garment Measurements**.*
- *Size Charts are located on each individual garment on the website, under the **SIZE CHART** tab.*
- *To determine the size you need **ADD** to your **Body Measurements** the following:*
- ***BLAZERS, DRESSES, TUNICS, SHIRTS, BLOUSES, POLOS** and other upper body garments **ADD 10 -12 cm***
- ***TROUSERS, SHORTS, SKIRTS & TUNICS** **ADD 5 - 8 cm** in the waist. These garments are often adjustable in the waist to allow for extra growth.*
- *A good way to check is to measure & compare a similar garment that is a comfortable fit.*