

To choose the right pattern size, start by taking your body measurements. Wear your regular undergarments and tie a string or elastic band around your natural waistline, ensuring it stays parallel to the floor. Stand upright in a relaxed position with your feet together and breathe normally. For accurate measurements, ask another person to measure you using a non-stretchy measuring tape.

**BUST:** Measure over the fullest part of your bust at the front and the lower points of the blades at the back. The measuring tape should rise slightly at the back. Remember to stay relaxed and avoid breathing in too deeply.

**WAIST:** Measure around the thinnest part of your torso just above the bottom of the tape you tied. Make sure the measuring tape is parallel to the floor.

**HIPS:** Measure around the fullest part, usually 18–23 cm (7–9") below your waistline, depending on your height. Again, ensure the measuring tape is parallel to the floor.

**BACK WAIST LENGTH (NAPE TO WAIST):** Measure from the middle of the seventh cervical vertebra at the nape of the neck down to the bottom of the waistline tape. If the bone is not easily visible, gently tilt your head forward until it becomes noticeable, mark it with your finger, and then return your neck to a natural position.

**NAPE TO BUST:** Measure from the middle of the seventh cervical vertebra at the nape of the neck, across the base of the neck at the shoulder, and continue down to the most prominent bust point.

**FRONT WAIST LENGTH (NAPE TO FRONT WAIST):** Measure from the middle of the seventh cervical vertebra at the nape of the neck, across the base of the neck at the shoulder, then follow the most prominent point of the bust and continue measuring down to the bottom of the waist tape.

**WAIST TO HIP:** At the side, measure from the waistline string down to the fullest part of the hips.

**SHOULDER WIDTH:** Measure from the edge of the left shoulder to the seventh cervical vertebra at the nape of the neck and continue to the edge of the right shoulder.

**FULL SLEEVE LENGTH (NAPE TO SLEEVE HEM):** Measure from the seventh cervical vertebra at the nape of the neck, across the shoulder edge, to below the wrist bone.

**SLEEVE LENGTH:** Bend your arm slightly and measure from the shoulder joint to below the wrist bone.

**BICEP:** Wrap the tape around the fullest part of your upper arm.

**NECK:** Measure around the base of the neck just above the collarbone. Ensure that the measurement is not too tight.

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