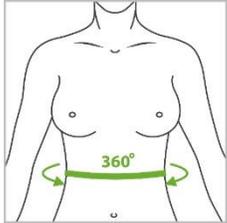
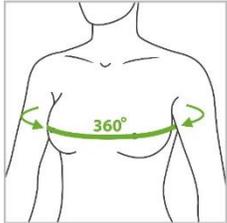
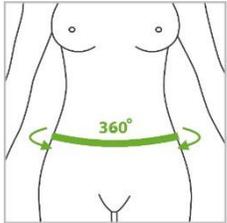
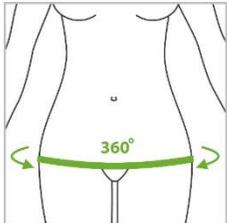
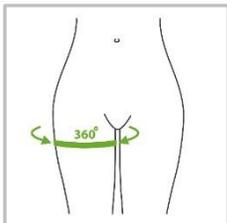
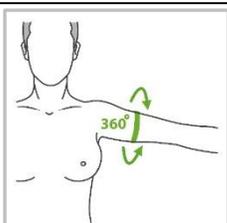
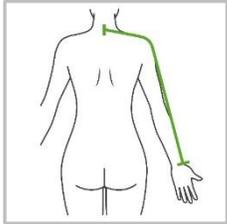
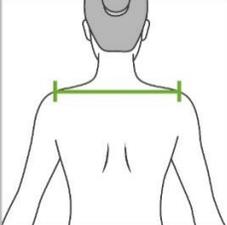
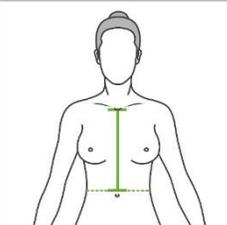
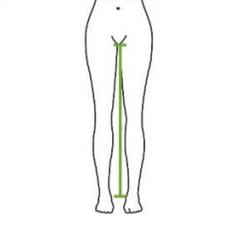


BASIC MEASUREMENT PROFILE

The more accurate measurements you can provide, the better the ability of your dressmakers to fit you perfectly. We've created a set of **10 basic measurements** to make it easier for you. When you're done, input your metrics at www.balodana.com and you're ready to shop!

Measurement	Instructions	Reference Picture	Your Measurement
Waist	If you put your arms down and bend at your elbows, where your elbow bends is your natural waist. It is also the narrowest point on your torso. If you are round-shaped or have 'rolls', do not suck them in while measuring!		
Total Bust	Take a 360° measurement at the widest point of your bust. Measure with your arms down rather than out to the side. Note: The nipples are not always the widest point of every woman's bust.		
Highest Point of Hips	Measure approximately 3" below your waist, at the top point of your hip. Take a 360° measurement, with your feet together.		
Widest Point of Hips	Measure approximately 8" below your waist, at the widest point of your hips (and generally your booty). Take a 360° measurement, with your feet together.		
Single Thigh	Wrap the measuring tape around the thickest part of your thigh, with legs straight. This should be right under your booty. Take a 360° measurement of one leg/thigh.		
Widest Point of Upper Arm	Take a 360° measurement of the widest part of your upper arm. Flex or bend your arm if you want a looser fit. Otherwise, leave your arm outstretched.		

<p>Neck to Sleeve Length – Straight Arm</p>	<p>Start at the middle of the back of your neck. Measure to your shoulder bone, then down to your wrist. Let your arm hang down naturally. This is for most shirts and dresses. If you are measuring for a suit jacket, ask your designer to add 2 inches (4 cm) or preferred length for suit sleeve.</p>		
<p>Shoulder to Shoulder (Back)</p>	<p>Measure from one shoulder bone to the other across the back of your neck. If you have trouble figuring out where your shoulder tips are, find anything you own that fits you well and has both a collar and a sleeve and measure its shoulder length.</p>		
<p>Front, Collarbone to Waist</p>	<p>Stand tall as you measure from the center of your collarbone (your clavicle) to your waist. For added accuracy, tie a string around your natural waist before measuring!</p>		
<p>Inseam to Ankle</p>	<p>Measure inside the top of your leg down to your ankle bone.</p>		

Frequently Asked Questions

<p>Don't my measurements change all the time?</p>	<p>Most don't, unless you have a drastic weight change. Still, it's a good idea to re-check your waist, hips and bust about every 6 months or before ordering a new item.</p>
<p>Can I measure myself?</p>	<p>Yes, but some might areas be challenging so it's best to have a friend or a professional tailor help you. Many alterations shops can do a full workup quickly and inexpensively.</p>
<p>What's better, metric or US?</p>	<p>Your Balodana profile will automatically translate, so it doesn't matter. Use your preference.</p>
<p>Should I add some "padding" on measurements?</p>	<p>It depends on how you like your clothes to fit, and which areas you're measuring. Use common sense and personal preference in thinking about the ultimate fit of the garment, such as sleeve length. You should not, however, squeeze yourself when taking measurements or the clothing will likely be too tight. Quality dressmakers can add extra fabric in a garment seam if you request it, to allow you to expand it later if you need. Custom made clothing can last a lifetime, and knowing tips like this helps you get the most from your investment!</p>