



MEASUREMENTS

Measurement Name	Measurement (inches/cm)	Where to Measure	Used For
Bust		Around the fullest part of the chest	Tops, dresses, blouses, jackets
Waist		Around the narrowest point of the torso	Pants, skirts, dresses, tops
Hips		Around the widest part of the hips and buttocks	Skirts, dresses, trousers
Front Rise		From crotch to top of waistband (front)	Pants, jeans, shorts
Back Rise		From crotch to top of waistband (back)	Pants, jeans, shorts
Inseam		From crotch to bottom of ankle	Pants, jeans, leggings
Thigh		Around the fullest part of the thigh	Pants, leggings
Arm Length		From shoulder to wrist	Shirts, jackets, coats
Shoulder Width		Across back, from shoulder seam to seam	Shirts, jackets, dresses
Neckline Circumference		Around the base of the neck	Shirts, blouses, turtlenecks
Bust Point to Point		From nipple to nipple	Accurate dart and seam placement
Torso Length		From shoulder to waist (front and back)	Bodysuits, one-piece outfits
Body Width		Across the front or back of torso	Garment width, loose fits
Total Body Length		From shoulder to desired hem	Dresses, gowns, coats
Buttocks		Around fullest part of the seat	Pants, underwear, bodywear

BONUS TIPS FOR USING THE TABLE

- Always measure over fitted clothing or underwear for accuracy.
- Use a soft measuring tape and keep it level around the body.
- Measure twice to ensure consistency.
- Record in both inches and centimeters if working across global sizing standards.

For more information, visit blog.waveplm.com. The images are from muellerundsohn.com