

TIPS ON MESURING YOURSELF

Measuring yourself can be tricky. Below are some of my tips for getting better measurements. There is also a handy chart for you to use and record your measurements.

WHAT TO WEAR

I like to suggest that you wear tight fitting clothing to get the most accurate measurements. So a knit tank top and tights or leggings would be ideal. Make sure they are in a contrast color to your measuring tape so that you can see the measurements easily.

BRA SITUATION

The bra you are wearing can greatly effect your bust measurement. For example, if you are making a t-shirt and plan to wear a sports bra vs. making a dress for a wedding with a strapless push-up bra. Both are going to give you completely different measurements. Make sure your are wearing a well fitting bra and the one you plan to wear under the clothes you are making.

MEASURING TAPE

You can use a regular measuring tape or the new Self Measring Tape to get the most accurate measurements. I like to measure to the full number or half when using inches or to the closest fullest number when using centimeters.

KEEP IT LEVEL

It is important that you measure in front of a mirror and keep the tape measure level around your body. If the tap measure comes up, or slides down, that can effect your measurement.

DOUBLE CHECK

Measure yourself a couple times to make sure you consistently get the same measurement. A good idea would be to have a pair of measuring clothes tat you mark your Upper Bust, Bust, Waist, and Hip lines so that you know you are measuring in the same place consistently every time.

JUST BREATH

Make sure you relax and breath. You will not do yourself any favors by sucking it in. Also don't pull the tape to tight and don't hold to loose. You want it to be taught to your body when measuring for best accuracy.