

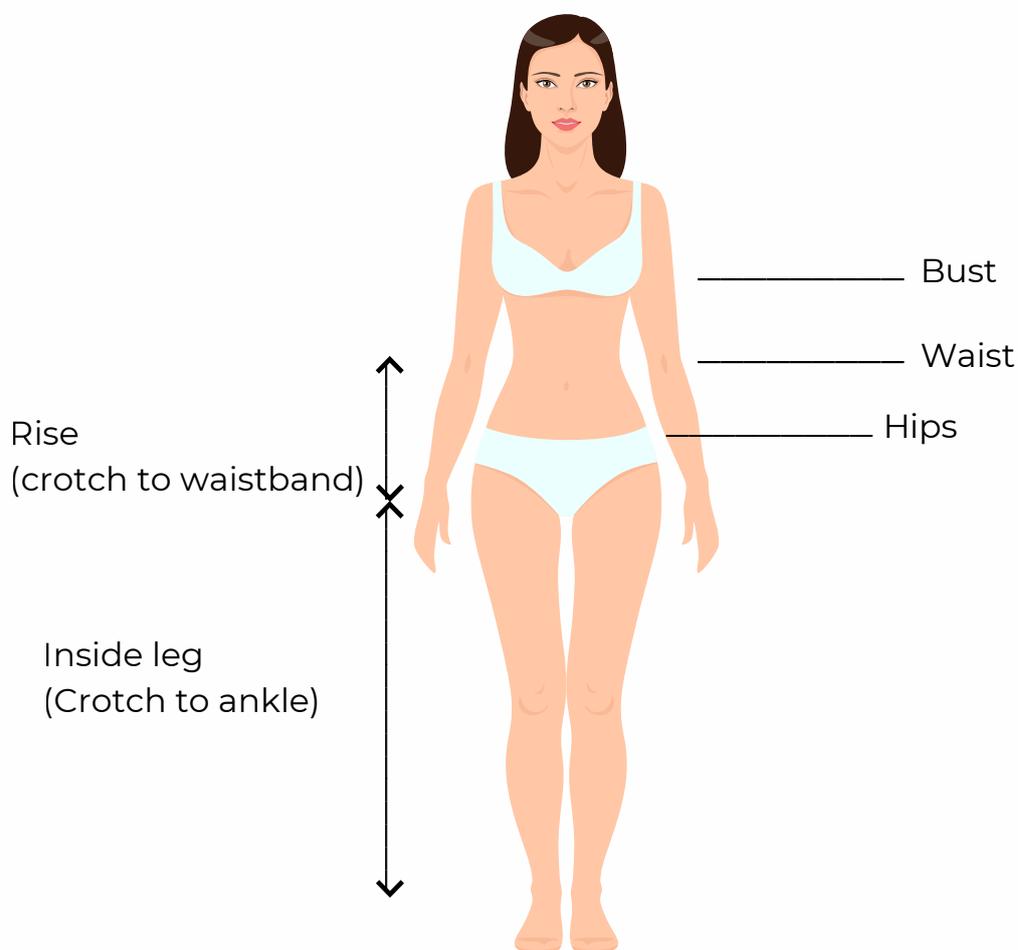
A photograph of a light-colored fabric mannequin with a wooden head. A blue and white measuring tape is draped around its neck and hangs down its front. The background is a warm, textured wall. A white rectangular box is overlaid on the center of the image, containing the text.

How to Take
your
Measurements
for your Best
Fit.

Taking Your Measurements

Knowing your measurements might sound obvious but it might also feel a bit scary - do you really want to know what your measurements are?

Yes you do! Knowing these means you can check the measurement of any garment **BEFORE** you order it which will save you a huge amount of stress and a lot of hassle as you will only be trying on that actually fit!

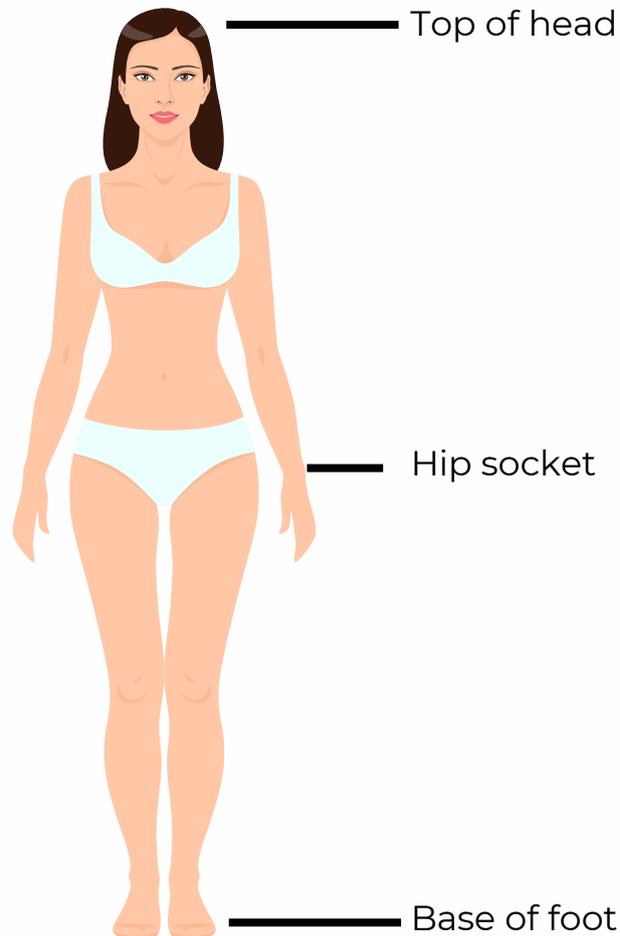


Measure around your hips at the widest point and your natural waist THEN measure the rise, the distance from your crotch to your ideal waistband.

Keep a note of all your measurement somewhere handy like in notes in your phone for example.

Measuring your proportions

Knowing your proportions will help you get the right SIZE clothes, PETITE, REGULAR or TALL.



From the top of your head to your hip socket is your upper body.
From your hip socket to the base of your foot is your lower body.

If these two are equal or near enough equal, then you have a balanced figure.

If your top half is longer you have a long torso/shorter legs.

If your lower half is longer you have a short torso/longer legs.

Buying the right size..

Proportions	Best size
PETITE Under 5'4"	
Shorter legs/longer body	Petite on lower half, petite high waisted OR Regular short leg and regular tops and dresses.
Equally proportioned	Petite top and bottom OR Regular short leg, mid rise
Longer legs/shorter body	Regular. mid or low rise
AVERAGE 5'4"-5'8"	
Shorter legs/longer body	Regular short leg lengths, high waisted, longer tops - try tall.
Equally proportioned	Regular tops and bottoms, mid or high rise
Longer legs/shorter body	Regular tops, regular bottoms long, low or mid rise.
TALL Over 5'8"	
Shorter legs/longer body	Tall tops and bottoms but take up length OR Regular, high or ultra high rise bottoms
Equally proportioned	Regular long or extra long, high rise bottoms OR Tall mid or high rise bottoms with Tall tops.
Longer legs/shorter body	Regular long or extra long, mid or high rise bottoms and regular or Tall tops.

The Menopause Stylist

Claire Causton

Tel:07720769476

E: claire@TheMenopauseStylist.co.uk

Web: www.TheMenopauseStylist.co.uk

LIBERATE YOUR STYLE CONFIDENCE