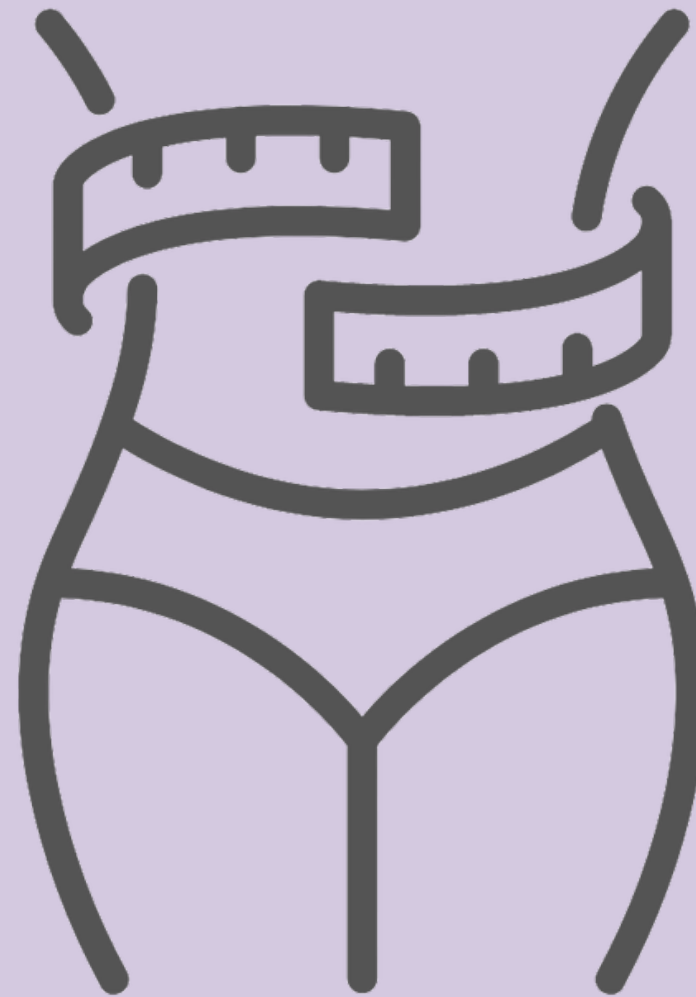


VIRTUAL BODY SHAPE ANALYSIS MEASUREMENT GUIDE



Measuring Tips



Use a soft tape measure



Measure in inches not centimeters



Measure without clothing for most accurate results



Make sure you are standing up straight and breathing normally



Do not wrap the tape measure too tight or too loose



Make sure the tape measure is level around the body



Horizontal Measurements

1

Shoulders - Measure across the shoulder to where the bone ends

2

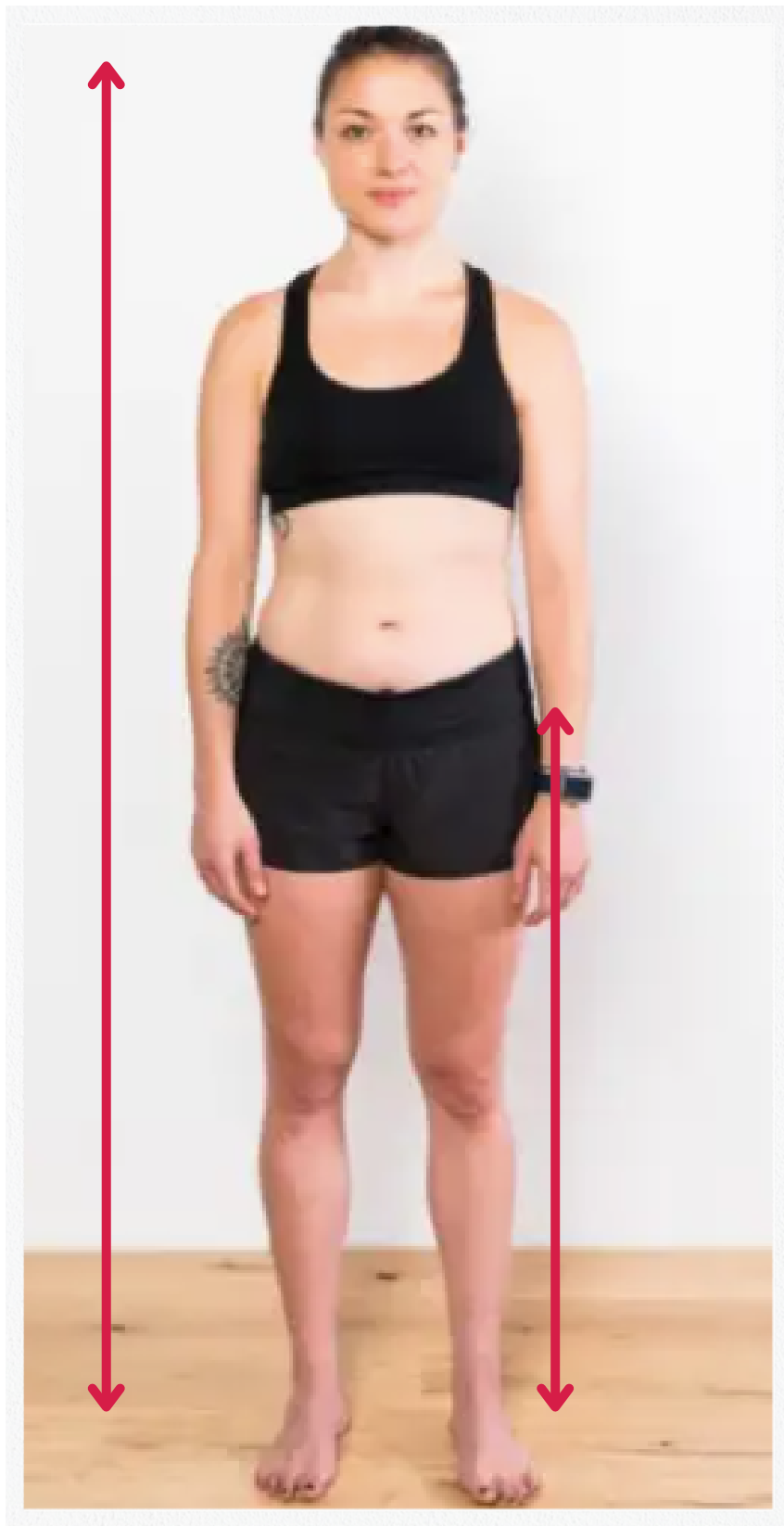
Bust - Measure around the fullest part of the bust, across the areolas

3

Waist - Measure around the narrowest part of your waistline. This will be above the belly button, but below the ribcage

4

Hips - Measure around the widest part of your hips



Vertical Measurements

1

Height - Measure from the top of your head to the floor, making sure that the tape measure is straight

2

Hip to floor - Measure from the widest part of your hip to the floor, making sure that the tape measure is straight

Note: Vertical measurements are more accurate when using a hard tape measure. If you do not have someone who can measure you, stand against a wall and mark the top of your head and your hip line then measure between the marks.



If you have any questions about how to measure for your body shape analysis then
drop me an email. I'm always here to help!

Alicia Tyler

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