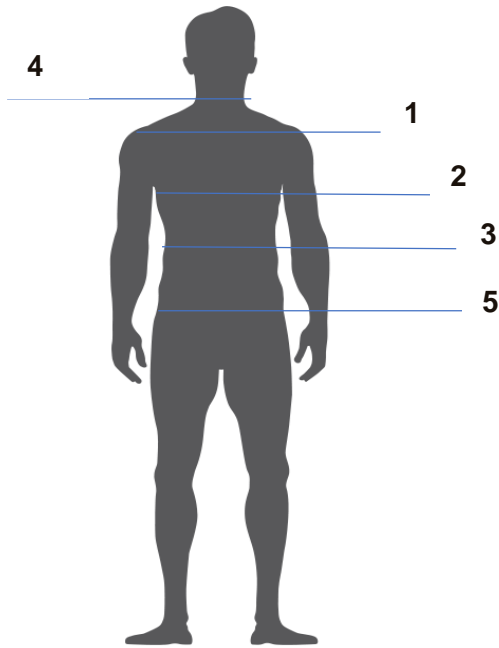


HOW TO MEASURE

With the help of a measuring tape, take the main measurements directly on the body, without tightening too much. If you are unsure between two sizes, choose the larger one

MAN TOP (immagine esempio da cambiare)



1. Shoulder width

Pass the tape measure straight across from the tip of one shoulder to the other, just above your shoulder blades

2. Chest

Pass the tape measure across your back, under your arms and over your breastbone at its widest point, taking care to keep the tape measure horizontal. It should sit snugly against your body, but should not be pulled too tight.

3. Waist

Pass the tape measure around your natural waistline, at the narrowest point of your waist. The tape measure should sit snugly against your body, but should not be pulled too tight.

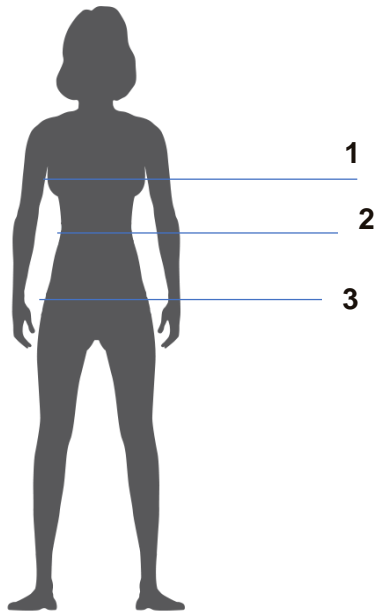
4. Neck

Pass the tape measure around your neck at its widest point (discounting the Adam's apple). Do not pull the tape measure too tight: you should be able to slip a finger between the tape measure and your neck.

5. Hips

Pass the tape measure across your hipbone, around the fullest point of your hips.

WOMAN



1 **Chest**

Measure the circumference of your chest. Place one end of the tape measure at the fullest part of your bust, wrap it around (under your armpits, around your shoulder blades, and back to the front) to get the measurement.

2 **Waist**

Measure the circumference of your waist. Use the tape to circle your waist at your natural waistline, which is located above your belly button and below your rib cage.

Don't suck in your stomach, or you'll get a false measurement. If you generally wear your clothes below your waist, take that measurement as well.

3 **Hips**

Measure the circumference of your hips. Start at one hip and wrap the tape measure around your rear, around the other hip, and back to where you started. Make sure the tape is over the largest part of your buttocks. Because making sure the tape is level back there can be hard, try to do it in front of a mirror.

