

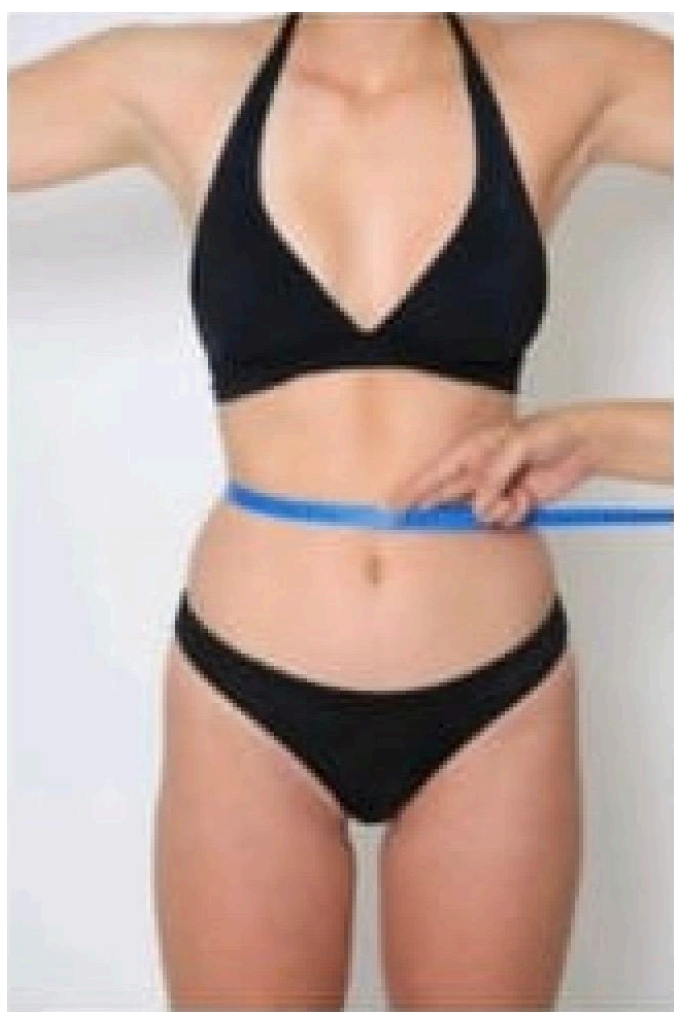
How to measure yourself

HEIGHT



In bare feet, stand tall and straight with your back against a wall. Have someone run a ruler or something that can be placed on the tallest part of your head straight back to the wall. Mark the wall where the ruler touches. Measure the distance from the floor to the mark on the wall.

WAIST



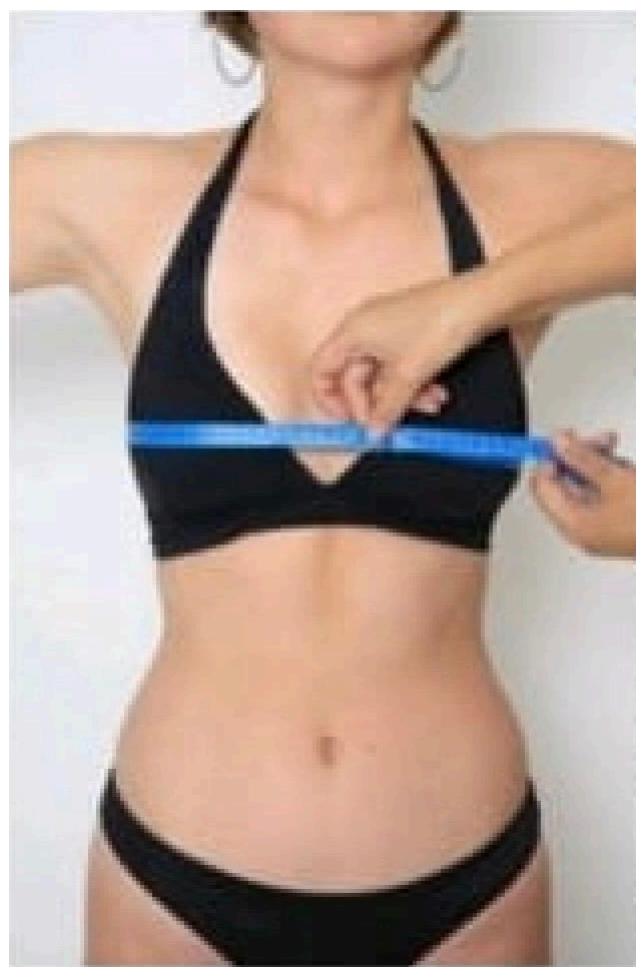
Just like your bust measurement, your waist measurement may be a little different from what you're used to. It's not your jeans size! A true waist measurement needs to be taken at the smallest part of your waist. This could be at your belly Button or even a few inches above it. Hold the tape snugly, but not too tightly, to find your natural waistline.

OUTER & INNER SEAM



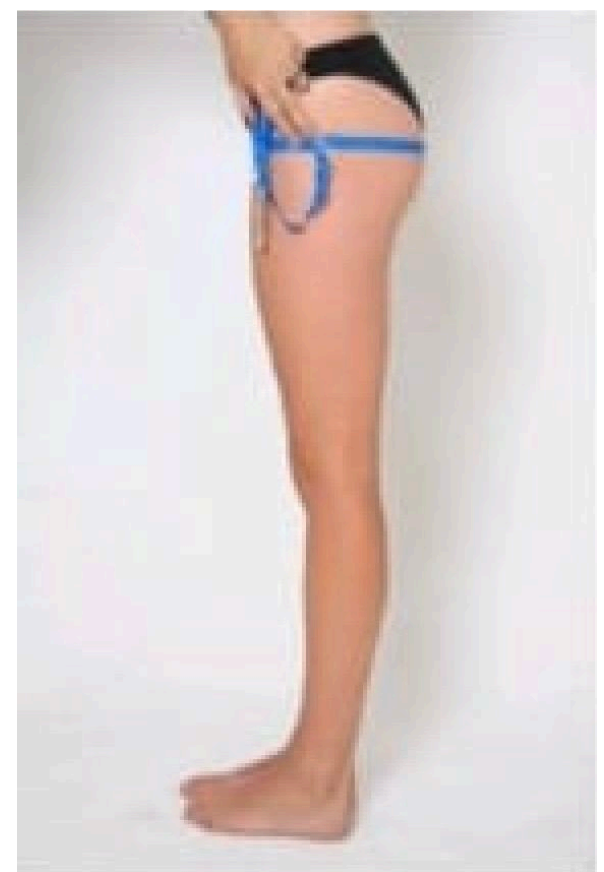
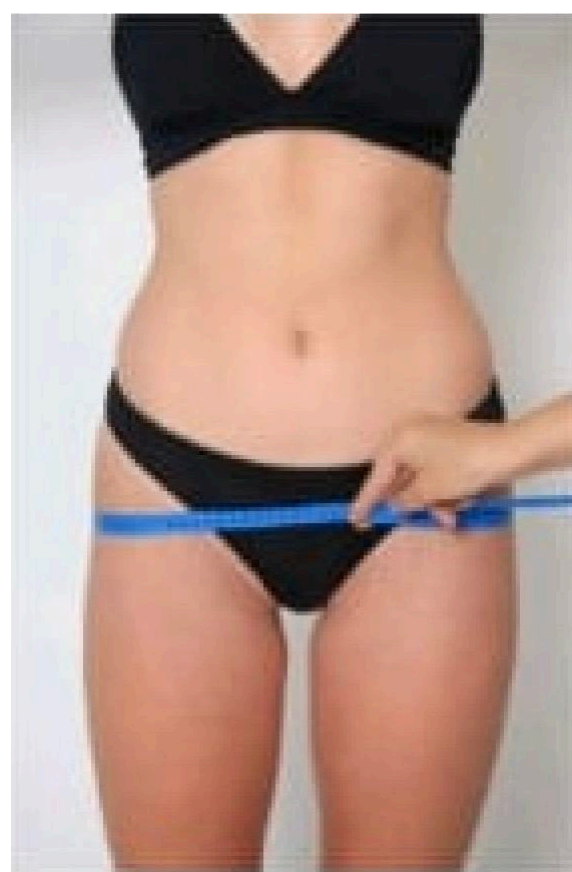
Take a tape measure and place the top on your waist at the point where you want to wear the top of the pants. Some people want their pants to ride high up on their waist, while some want hip-huggers that ride low. Run the tape measure down to your ankle or lower at the point where you want the bottom of the pants leg to end. Some people want their pants leg to reach just above their ankles, while some want it to cover the top of their shoes.

BUST



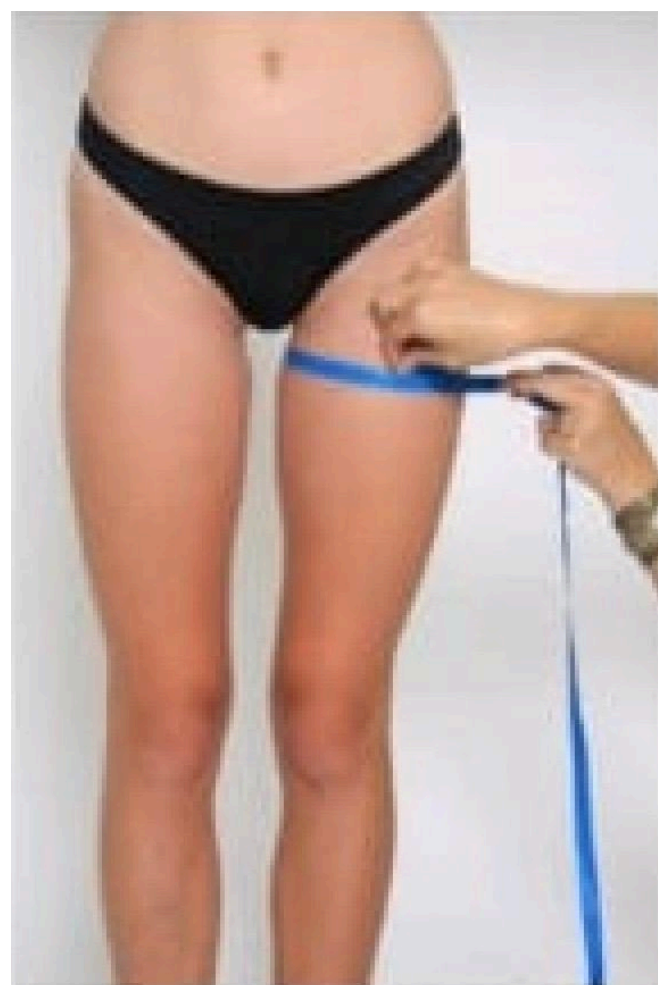
Many aspiring models aren't always aware that in modelling, your bust size is NOT your bra size. It's actually the fullest part of your bust! First, place the tape measure around the fullest part of your bust, at nipple level. Make sure the tape is parallel to the floor. Then, holding the tape measure, take a full breath in and out to allow the tape to slide to a comfortable, yet snug, position. This number is your modelling bust size.

HIPS



Many models incorrectly measure around their hipbones, resulting in a much smaller (and often impossible) hip measurement. Instead, standing with your feet together, measure around the fullest part of your hips and bum. This is the hip measurement agencies are looking for!

THIGH



Measure the circumference of the fullest part of your thigh. Wrap the tape measure around your thigh from front to back and then around to the front. You may be tempted to cheat by lowering the tape measure a few inches, but then you won't get an accurate measurement.