

Read this before ordering made to measure:

Naucler Design prefers to do their own measurements, but if you due to distance or other reason decide to take your own measure measurements, or leave it to another professional, you should read the instructions carefully, since there are no returns on ill taken measurements.

First of all, no matter if you are *professional seamstress* or *tailor*, this is something **you should read to**, since there are different schools on how to and what to have in mind when taking measurements. One measurement may also have the same name as a measurement you know, but is placed in a different part of the body. If you intend to let a professional take your measurements, please let them read this first to as well as see the pictures.

Although this may seam difficult at first, **most people are capable of taking their own measurements** (perhaps with a help of a friend on some measurements) without consulting a professional if the instructions are read carefully.

What we need is you body measurements as they are today, so please do not send measurements you think you will have. If you intend loosing weight in the near future, we recommend you to wait to place the order. In other words do not add and or subtract **anything** or you will most likely have a garment that won't ever fit you!

Since it is you **body** measurement we want, we need the measure tape to go next to your body, with only little or no clothes on. The only exception is if you intend to wear a bra (or any other underwear changing your body shape), then of course you should have that on. However we recommend you using an unpadded bra when measuring the bust. For males we recommend using briefs. Other words of advice, the tape should be next to your body, not in it or with any gap.

Remember that the more accurate your measuring is, the better the outfit will suit you. This is especially true for you who use the imperial standard. We recommend that the measurements has no greater difference then +/- 0.5 cm (or 0.2").

When taking the vertical measurements we strongly recommend that you tie a cord or string around your waist line, since most measurements are taken from this point.

Measure 7 &8 are not necessary for male sizes.

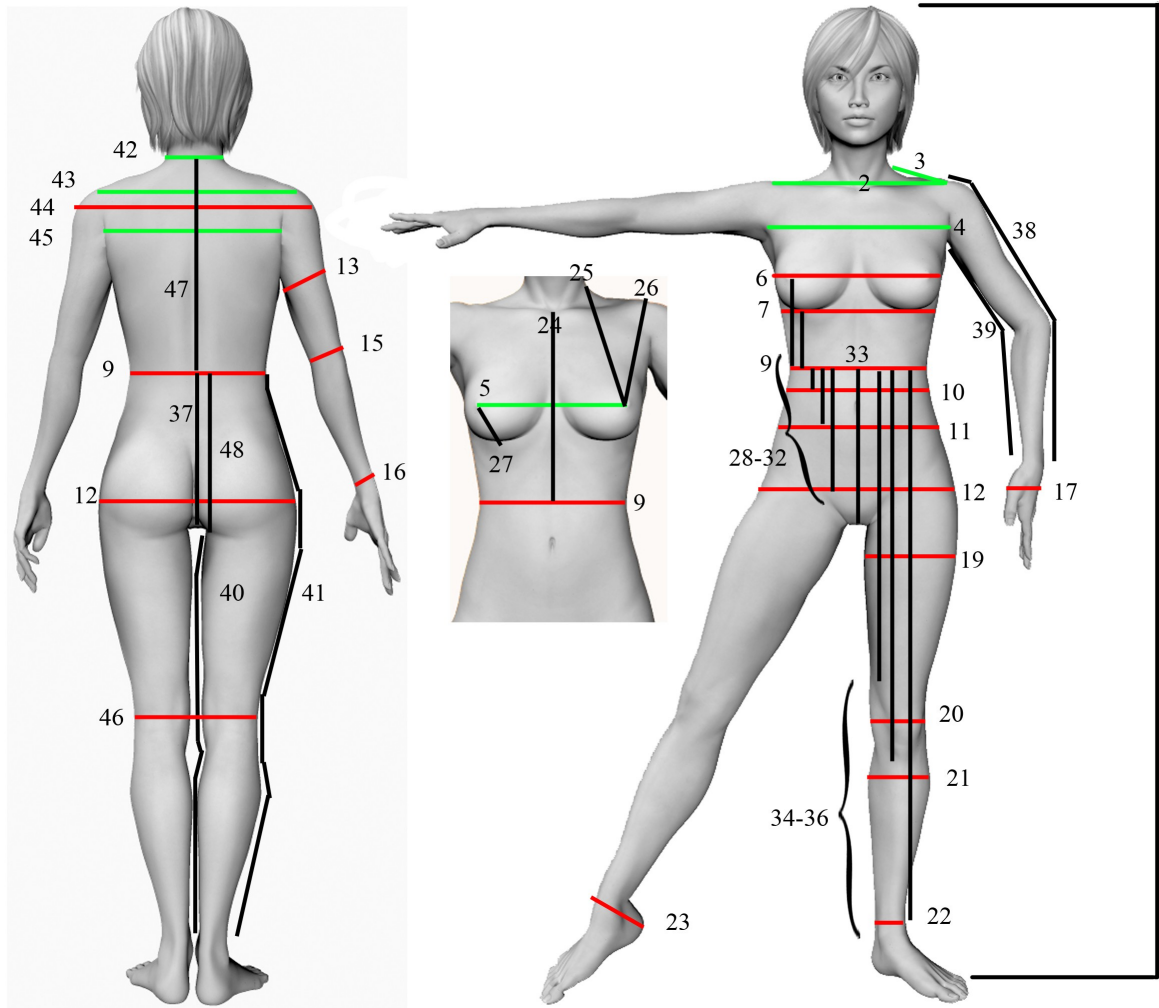
You are most welcome to send us your questions if there is anything unclear or something you want us to clarify or elaborate on.

info@nauclerdesign.se

Green lines are vertical lines for width for front or back only

Red lines are vertical circumference lines including both front and back

Black lines are horizontal width which may or may not include both front and back



1) Height	2) Front shoulder to shoulder	3) Shoulder length	4) Over bust, front
5) Nipple to nipple	6) Bust	7) Under bust	8) Bra size
9) Waist	10) Low waist	11) High hips	12) Full seat
13) Biceps, relaxed	14) Biceps, flexed	15) Elbow	16) Wrist
17) Hand circumference w/thumb	18) Hand circumference w/o thumb	19) Thigh	20) Knee
21) Calf	22) Ankle	23) Foot	24) Front length
25) Nipple – neck	26) Nipple - shoulder point	27) Nipple – end of breast	28) Waist – nipple
29) Waist – under bust	30) Waist – low waist	31) Waist - hip	32) Waist – full seat 33)
33) Waist – crotch (front)	34) Waist – above knee	35) Waist – below knee	36) Waist – ankle
37) Waist – waist (through crotch)	38) Arm length	39) Inner arm length	40) Inner leg
41) Outer leg	42) Back of neck	43) Shoulder to shoulder, back	44) Around shoulders
45) Across back	46) Around knees	47) Nape to waist	48) Waist to crotch (back)

- 1 Full height is your total height from floor to top of your head.
- 2 Shoulder point is measured from a point called the acromion, the first "bump" found on your shoulder if you follow your clavicle. Note that you should have your hands to your side when doing this measure.
- 3 From neck to the acromion (see description at 2)
- 4 Measure between the arms just above the armpits
- 5 Measured with a straight measuring tape.
- 6 The widest circumference you find around the bust
- 7 Measure around the body under the bust.
- 8 Please use both figure, letter and system you use (e.g. 60A, UK)
- 9 The lowest circumference you find around the stomach. Usually found just below the ribs.
- 10 This is found just above the hip bones. Normal cut pants end here.
- 11 The high hips circumference is located between low waist and full seat.
- 12 The full seat is largest circumference around the bottom.
- 13 Find the largest circumference around your over arm when your arm hangs relaxed.
- 14 Flex your over arm and measure where you find the largest circumference.
- 15 Measures around the elbow.
- 16 This is found just below the hand.
- 17 Fold your hand, trying to make it as small as possible, then measure the circumference you find
- 18 Measures around the knuckles when hand is relaxed. Only necessary when ordering mittens.
- 19 Find the largest thigh circumference and measure there.
- 20 Measure around one of your knees when standing straight.
- 21 The widest measure around calf, when standing relaxed.
- 22 Stand straight and relaxed and measure around the ankle.
- 23 Bend your foot and measure around heel and foot, as in picture.
- 24 Measure from the clavicle down to waist (*not low waist!*). Follow the shape of the breasts.
- 25 Take the measuring tape from right nipple to the middle of your neck muscle, just by your neck.
- 26 As 25, but ends at the acromion (see 2 for more details)
- 27 Put the measuring tape on your nipple and let follow the breast until it ends in a straight line.
- 28 Do not stretch the measuring tape when taking the measure.
- 29 From measure 9 to 7.
- 30 From measure 9 to 10
- 31 From measure 9 to 11
- 32 From measure 9 to 12
- 33 Just like 32, but continue until you have to measure between your legs to continue.
- 34 & 35 Stand straight and relaxed when taking the measure.
- 36 From measure 9 to 22
- 37 Measure from front waist, between your legs and up until you get to your back waist. Please follow your body shape.
- 38 Bend your arms and measure from the acromion (see measure 2 for more info), through the elbow and follow the arms until you reach your wrist.
- 39 As 38, but measure the inside of the arm. Starts with your back muscle next to your armpit.
- 40 Stand straight and relaxed and measure between your legs until you reach your ankle.
- 41 like 40, but for the outside. Starts at the low waist.
- 42 measure in a straight line between your neck muscles.
- 43 like 2, but for the back
- 44 measure the largest measure around your shoulders when both arms are hanging relaxed to your side.
- 45 Like 4, but on the back side.
- 46 Stand straight and relaxed, like you normally do, and measure around both knees.
- 47 from the third fetlock to waist.
- 48 like 33, but for the back. Remember to follow your body shape.