Using the FIT GUIDE above, this is how you measure:

1. **Bust.** Measure over the fullest area of the bust & straight around the back.
2. **Underbust.** Measure directly under the bust & straight around the back.
3. **Waist.** The waist is below the abdomen between the rib cage and hips.
4. **Hip.** Measure the fullest part of the hip ensuring the tape is straight around the body.
5. **Crotch.** Measure distance in between your leg opening and at the lowest point of your crotch.