

Ladies Corporate Wear Sizes

Size	6	8	10	12	14	16	18	20	22	24	26	28	30
Bust ins	30	32	34	36	38	40	42	44	46	48	50	52	54
Bust cms	77	82	87	92	97	102	107	112	117	122	127	132	137
Waist ins	23	25	27	29	31	33	35	37	39	41	43	45	47
Waist cms	59	64	69	74	79	84	89	94	99	104	109	114	119
Hips ins	32	34	36	38	40	42	44	46	48	50	52	54	56
Hips cms	82	87	92	97	102	107	112	117	122	127	134	137	142

Measuring Yourself Tips - Female

Where you need to measure

While very few women actually have 36-24-36 measurements, the three numbers are a good reminder of where you need to measure yourself for clothes. These are the points where a woman's body usually curves in and out the most.

Bust/Chest

Let your arms hang naturally at your sides.

Have someone measure you with the measuring tape parallel to the ground.

Have your friend measure under your underarms, around your back and over the fullest part of your bust.

Make sure the measuring tape is snug but not tight.

Waist

Bend over to one side to find the spot where your waist naturally creases.

Measure this spot; it should be right under your navel.

Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

Hip

Stand up straight with your feet together.

Have a friend measure over your hips and rear, around the fullest part.

Make sure to keep the measuring tape parallel to the floor.

