



M.Ra COUTURE

## HOW TO MEASURE

- A: **Neck-** Around the neck.  
B: **Bust-** Around the largest part of the chest.  
C: **Waist-** Around the belly button.  
D: **Hips-** Around the hips. (With legs together.)  
E: **Arms-** From the shoulder bone to wrist  
F: **Inseam-** From the top of inner thigh to floor. (No shoes, feet flat.)  
G: **Back-** From neck bone to the middle of the buttocks.  
H: **Girth-** From top front right shoulder, through the legs, to the top back left shoulder.  
I: **Arm Bands-** Around the top, wrist, and length. Ex. 14/19/7

