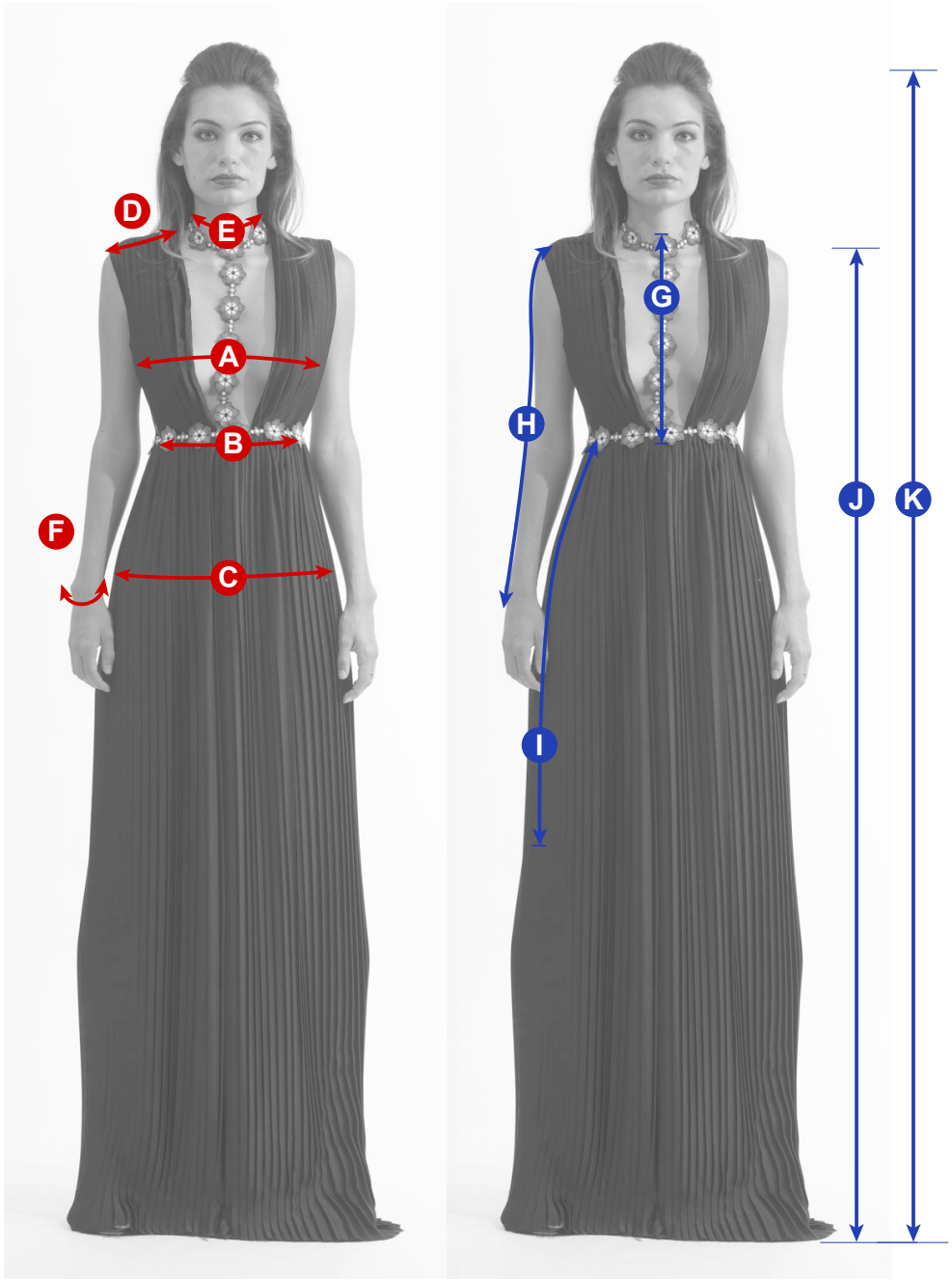
MEASUREMENT GUIDE & SIZE CHART



STANDARD SIZE CHART (Measurements in inches)

SIZE	XS		S		M		L	
	0	2	4	6	8	10	12	14
Bust	33”	33.5”	34”	35”	36”	37”	38.5”	40”
Waist	24”	24.5”	25”	26”	27”	28”	29.5”	31”
Hip	34”	34.5”	35”	36”	37”	38”	39.5”	41”

MEASURING: For best results we recommend taking your measurements wearing an unpadded bra and closefitting leggings or a leotard. If your measurements fall between sizes, we suggest going with a size up for a better fit. *If your measurements differ greatly please contact us for a custom size.*

A **Bust:** This is not your bra size! Take the measuring tape around your back and bring it across the fullest part of your bust. Your arms should be relaxed at your sides. Measurement should be taken with an unpadded bra.

B **Waist:** Measure around the narrowest part of your waistline, typically this is an inch above your bellybutton.

C **Hip:** Measure around the fullest part of your hip. Tape should go around your hipbone and the fullest part of your buttocks. Typically this is 7-8 inches below your natural waistline.

D **Shoulder:** Measure from the base of your neck to the tip of your shoulder

E **Neck:** Measure around your neck. Not too tight.

F **Wrist:** Measure around your wrist. Not too tight.

G **Neck to Waist:** Measure from the base of your neck (where the small indent naturally is) to your natural waistline.

H **Shoulder to Wrist:** Measure from the tip of your shoulder to your wrist.

I **Waist to Knee:** Standing up straight, measure from your waist to the middle of your kneecap.

J **Shoulder to Floor:** Standing up straight and wearing the heels you would with the dress take the measurement from your shoulder to the floor.

K **Height:** Your normal height without heels.

NANOUSH
México

©2020 NANOUSH ALL RIGHTS RESERVED