

Zenaswimwear.com Measurement Sheet

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| Name | Date |
| When Measuring yourself measure everything to the nearest ½ inch except the Tankini length, Shorts Inseam, Skirt length and | |
| We do have a tape measure you can print off on the web. | |
| Please wear your most comfortable underwire bra (Unpadded preferably) to get the most accurate measurements. <u>Please Note: Some measurements will be taken wearing NO BRA</u> | |

| Body Part | Instruction: See Women's, Men's or Girls Measure on the Internet for images | Inches |
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| Chest (No Bra) | Measure around the back with the tape measure meeting at the front. Make sure the tape measure slips under the arms and above the chest. Make sure the tape measure is parallel to the floor in the back. Hold tape measure snugly without it digging in. EXHALE! | |
| Bust | Measure over the fullest part of the breast using the nipples as guides. Make sure the tape measure is straight across the back. Take measurement snugly enough that the tape measure doesn't slip off the back | |
| Ribcage (No Bra) | EXHALE WHEN TAKING MEASUREMENT- this is critical as then there can be a discrepancy of about 3 inches! Measures around the back and under the breast (RIBCAGE) pull snugly. This is where your bra band sits. | |
| Cross Breast | Measure from where the breast begins (in the cleavage area) to where it ends, towards the arm pit (usually from center wire across nipple to outer wire). Measure this distance across the fullest part of the breast, usually at the level of the nipple. If your breast is firm and perky you can measure while standing up. If your breast is large or droopy the measurement is more accurate while you are lying down. Wear your best non padded UNDERWIRE bra. | |
| Waist/Belly | Measure at the smallest part of the waist (To find your true waist, place a piece of string around your torso parallel to the floor and tie it snugly but not too tight. It will naturally fall to your narrowest point) | |
| Hip | Looking in the mirror find the area between your waist and seat that is the fullest. (Usually (3-4) inches below your natural waist line)With heels together measure around the fullest part. This may be at your hip bone or at the fullest part of your abdomen. The placement will also vary for each person depending on your shape. Make sure that the tape is level all the way around and doesn't rise or dip in the front or back | |

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| Seat | Approximately (9) inches below the natural waist This should be whatever part of your body is the widest. For some this may be around the lower stomach area. Keeping the tape parallel with the floor, pull it snugly, but not too tight. Make sure the tape is level all the way around, and doesn't rise or dip in the front and doesn't rise above your buttocks in the back. USUALLY THE WIDEST MEASUREMENT | |
| Crotch Height | The best way to do this is standing in front of a mirror. Measure only in the front (START WHERE THE CROTCH DISAPPEARS UNDER THE LEG) pull tape measure upwards towards the waist. Take your desired height measurement. We do not need your total height all the way to the waist but what your preferred height you need for your bottoms. An example would be low riders usually have a 5-7 inch crotch height, while our classic style bottoms have a 8.5-11 inch height. (i.e.) you cannot have a low-rider bottom come up to your waist.... they would then be a totally different style! | |
| Shorts Inseam | This measurement is taken for the BOY SHORT STYLES. Take measurement from the center crotch following the leg line down to the desired length. Our default shorts have a 1" inseam. | |
| Tankini Length/Belly | Measure from the under bust (bra band) down to whatever length you desire. Make sure you are standing straight. Easiest standing in front of a mirror. Have someone help you if you cannot read the measurement. Measure to the nearest inch | |
| Skirt Waist | Measure around where you want your skirt to sit. It could be at your waist or at your hip. This is the measurement that you put into the skirt waist width box | |
| Skirt Length | Measure down from where you want your skirt to sit for the desired length. Measure to the nearest inch | |
| One Piece Body Length | For all one piece styles measure from your RIBCAGE or under bust to where your crotch starts to disappear. You should not curve your tape measure in-between your legs. | |

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| Here you can place all the options that you would like for your swimsuit, like fabric colors, trims, under wires, straps and much more! |
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