

ZenaSwimwear's Personal

Measuring Guide Booklet & Tape measure

1

You will need a soft tape measure to take the measurements below:

If you do not have a soft Tape measure in your sewing box at home you can assemble the printable one in the back of this booklet. Not All the measurements and options below will refer to your suit choice, so just use the ones that you need! Standing in front of a Mirror will help with taking your measurements.

2

International Customers Only:

If you are an international customer and only have a metric Tape measure you will need to convert your CM into INCHES. To do this you will need to divide your CM measurement by 2.54.

****example****

Your waist is 72CM.

You will need to divide 72CM by **2.54**

This will give you 28.34 INCHES.

You can then round this number up to 28.5 inches.

3

**All
measurements
are recorded
in inches**

Print Name

Today's Date

Chest / Overbust



1. Chest / Over bust

Measure around the back with the tape measure meeting at the front; please make sure the tape measure slips under the arms and above the breasts. Exhale, as there can be a difference of about 3 inches in your measurement. Measure snugly, without it digging in.

- *Please Remove your Bra***
- *Exhale***
- *Pull Snugly when Measuring***
- *Measure to the nearest 1/2 inch***

Measurement

Bust



2. Bust

Measure around the back and over the fullest part of the breast using the nipples as guides; please make sure the tape measure is straight across the back. Take this measurement snugly enough so that the tape measure doesn't slip off the back.

- *Wearing your best non padded Bra***
- *Exhale***
- *Hold loosely when measuring***
- *Measure to the nearest 1/2 inch***

Measurement

Ribcage



3. Ribcage

Measure around the back meeting at the front, directly under the breasts (Ribcage). Pull snugly. Please Exhale, as there can be a difference of about 3 inches in your measurement.

- *Please Remove your Bra***
- *Exhale***
- *Pull snugly when measuring***
- *Measure to the nearest 1/2 inch***

Measurement

Cross Breast



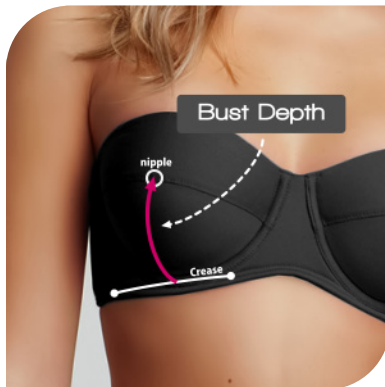
4. Cross Breast

Wearing your best non padded underwire bra Please measure the breast on the same side that you write. Measure from (inner crease across nipple to outer crease). Typically where the center wire begins (in the cleavage area) to where it ends, towards the arm pit. Measure this distance across the fullest part of the breast, at the level of the nipple. If your breast is firm and perky you can measure while standing up. If your breast is large the measurement is more accurate while you are bending forward so your breasts are facing the floor.

- * Wearing your best Non-Padded Bra*
- *Measure to the nearest 1/4 inch*

Measurement

Bust Depth



5. Bust Depth

Wearing your best non padded underwire bra, measure the breast on the same side that you write. Measure from the breast crease (at the ribcage)up towards the Nipple. Hold tape measure taut.

- *Wearing your best Non-Padded Bra*
- *Measure to the nearest 1/4inch*

Measurement

Tankini Waist



6. Tankini Waist

Measure at the smallest part of the waist this is where you body creases when you bend sideways. If you are still having trouble finding 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.

- *Measure to the nearest 1 inch*

Measurement

Tankini Hip



7. Tankini Hip

Please take the measurement at the point where you would like your Tankini hem to sit. Measure around the back with the tape measure meeting at the front. The tape measure in the back should be parallel to the floor. Pull snugly enough so that the tape measure doesn't dip in the front or the back.

- *Measure to the nearest 1 inch*

Measurement

Tankini Length



8. Tankini Length

Measure from the (bra band / ribcage) down to whatever length you desire. Make sure you are standing straight. It will be easier, standing in front of a mirror. Have someone help you if you cannot read the measurement.

****Measure to the nearest 1 inch***

Measurement

Natural Waist



9. Natural Waist

Measure at the smallest part of the waist this is where your body creases when you bend sideways. If you are still having trouble finding 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.

****Measure to the nearest 1 inch***

Measurement

High Hip / Abdomen



10. High Hip / Abdomen

Usually (3-4) inches below your natural waist line.

Looking in the mirror find the area between your waist and seat that is the fullest. 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. With heels together measure around the back to the front. Make sure that the tape is level all the way around and doesn't rise or dip in the front or back.

****Measure to the nearest 1 inch***

****Measure Snugly***

Measurement

Low Hip / Seat



11. Low Hip / Seat

Usually (8-9) inches below your natural waist line.

Looking in the mirror find the area that is the widest usually at the buttocks approximately 1 inch above the crotch line. The placement will also vary for each person depending on your shape. With heels together measure around the back meeting at the front. Make sure that the tape is level all the way around and doesn't rise or dip below the buttock area in the back.

****Measure to the nearest 1 inch***

Measurement

Crotch Rise



12. Crotch Rise

This measurement is always taken as your **preferred** height. For help, stand in front of a mirror and only measure in front. Please make sure you are standing straight. Place the starting point of your tape measure where your crotch starts to disappear (at the pubic bone). Try not to curve your tape measure in-between your legs. Measure from your (crotch line / pubic bone) up towards your waist, stopping at your **desired** panty height.

***Measure to the nearest 1 inch**

You're choice or Style of Bottom

Preferred
Measurement

All of Our Base Styles Are Customizable To a Degree

This Base Crotch Rise measurement is not concrete. We have taller and shorter women and everybody's bodies are different. This is why we allow you to measure yourself and give us a desired Rise that you would like to see on your body.

****An Example****

Let's say that you like the Classic High-rise style which has a 9-10" Rise bottom. However, what you would like is; for it to sit at the 8 " mark on your body. This new measurement is what you place into The Rise Select menu when ordering the bottom and ZenaSwimwear will customize your bottoms to this height.

Boy Short Inseam



13. Boy Short Inseam

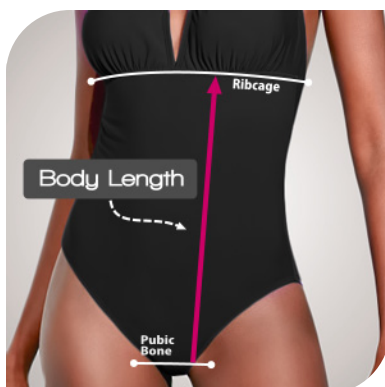
The inseam measurement is taken from the center crotch following the leg line down to the desired length..

***Measure to the nearest 1 inch**

***Customizable between 1" to 5"**

Measurement

One Piece Body



14. One Piece Body

For help, stand in front of a mirror and only measure in front. Place the starting point of your tape measure where your crotch starts to disappear (at the pubic bone). Try not to curve your tape measure in-between your legs. Measure from your (crotch line / pubic bone) up towards your Ribcage, stopping at your desired height. Please hold tape measure taut.

***Measure to the nearest 1 inch**

***Measure taut**

Measurement

Cover Skirts are measured in (2) two steps

1. Skirt Waist



1. Cover Skirt Waist

Measure your skirt waist at the point where you would like your skirt band to sit. It can be either at your high hip level or at your natural waist its up to you. Measure around the back with the tape measure meeting at the front. The tape measure in the back should be parallel to the floor. Pull snugly enough so that the tape measure doesn't dip in the front or the back..

****Measure to the nearest 1 inch***

****Pull Snugly***

Measurement

2. Skirt Length



2. Cover Skirt Length

Measure down from where you took your measurement for the skirt waist. Usually if you stand in front of a mirror and let the tape measure drop towards the floor you are able to get a more accurate measurement and it's much easier than trying to bend over and look. All Swim Skirts and Cover-ups have varying choices of lengths.

****Measure to the nearest 1 inch***

****Customizable between 8" – 15"***

Measurement

Cover Dress Length

Length



1. Cover Dress Length

Please take this measurement from your ribcage line or bra band. If you stand in front of a mirror and let the tape measure drop towards the floor you are able to get a more accurate measurement and its much easier than trying to bend over and look. All Dress Cover-ups' have varying choices of lengths.

****Measure to the nearest 1 inch***

****Customizable between 17" – 22"***

Measurement

Skirtini's or Swim skirts are measured in (3) three steps

1. Crotch rise



1. Crotch Rise

Swim skirts have an attached panty. To allow your skirt to sit at your desired height we need you to take this measurement first. This measurement will let us know where your skirt waistband will sit. For help, stand in front of a mirror and only measure in front. Place the starting point of your tape measure where your crotch starts to disappear (at the pubic bone). Try not to curve your tape measure in-between your legs. Measure from your (crotch line / pubic bone) up towards your waist, stopping at your desired height. Mark this point with either a safety pin or some sort of marking tool.

****Measure to the nearest 1 inch***

Measurement

2. Skirtini Waist



2. Skirtini Waist

Secondly we will need you to measure your skirt waist at the point you marked your desired skirtini crotch rise (in step 1). Measure around the back with the tape measure meeting at the front. The tape measure in the back should be parallel to the floor. Pull snugly enough so that the tape measure doesn't dip in the front or the back.

****Measure to the nearest 1 inch***

Measurement

3. Skirtini Length



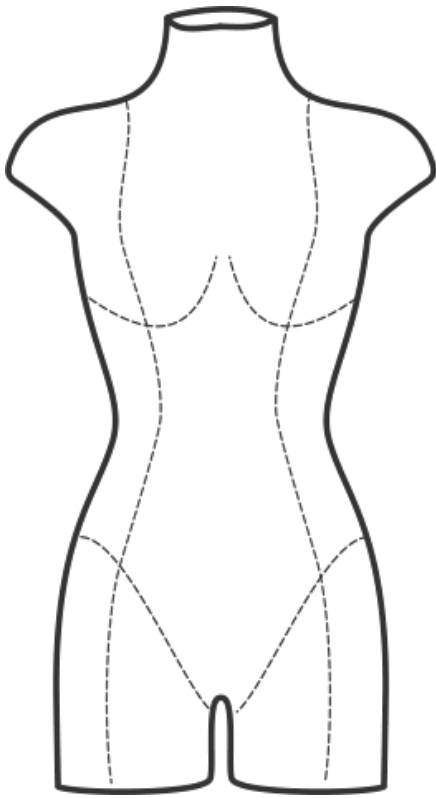
3. Skirtini Length

Thirdly measure down from the point you marked in step (1) and note down your preferred Skirtini length. All Swim Skirts and Cover-ups' have varying choices of lengths. Our skirts are customizable from (8" - 15") inches in length.

****Measure to the nearest 1 inch***

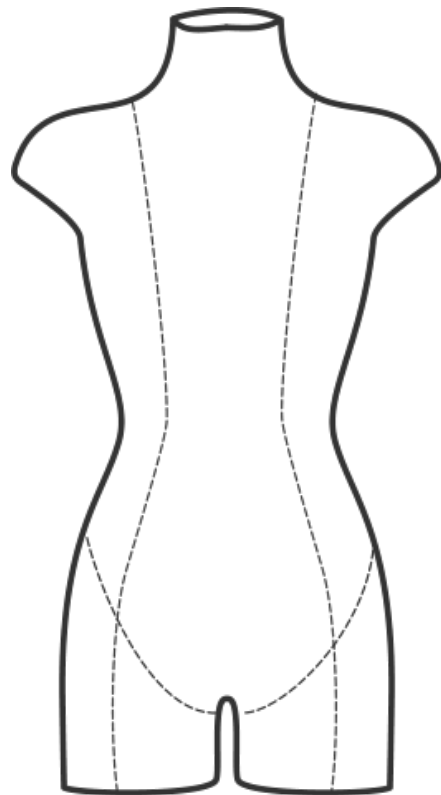
****Customizable between 8" – 15"***

Measurement



Notes: Here you can add styles, fabrics or options that you would like your custom swimsuit to have.

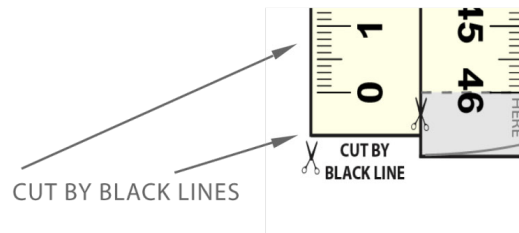
A large rectangular area with horizontal dashed lines for taking notes.



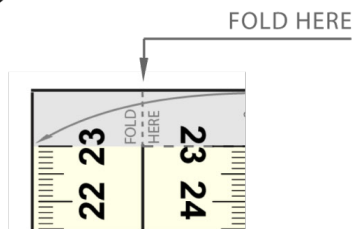
Tape Measure

INSTRUCTIONS

- ① Print these pages, and cut as shown. Simple.



- ② Fold where shown.



- ③ To get the perfect tape measure, staple the folds. Instead of stapling, you can use glue or adhesive tape.



Important Note:

Depending on your version of Acrobat Reader, be sure either “Fit to page” or “Shrink oversized pages to paper size” is NOT checked in the print dialogue box.

If you have

- ✓ **Acrobat Reader 9 or 10**, please ensure that “Actual size” is selected in the Page Sizing and Handling section
- ✓ **Acrobat Reader 6 or 7**, please ensure that “None” is selected in the drop down list next to “Page Scaling”.
- ✓ **Acrobat Reader 5**, please ensure that the Fit to Page” option is NOT checked.
- ✓ **Acrobat Reader 4**, please ensure that the following boxes are UNCHECKED in the print dialogue box:
 - Shrink oversized pages to paper size
 - Expand small pages to paper size
 - Auto rotate and Center

