

# THE STYLE COACH™

## Confidence In Style

22 Dec 2021

### Week 6: Part 2

#### How To Take Your Measurements

- Wear slim fitting clothes like leggings and a t-shirt
- Or, if comfortable, nothing at all
- Use a tailor's measuring tape that is flexible
- You may want the assistance of another person
- Stand relaxed, without tensing any muscles
- Measure the shoulders, bust, waist, hips, inseam, outer leg
- Take each measurement three times and take the average of the three measurements.

**Familiarise yourself with size guides online!**