Measure around your neck with the tape measure just below the adams apple. Place one finger between the tape measure and your neck if you would like some extra room.

Measure from one shoulder point to the other. NOTE: You will use the shoulder points as a base to measure your sleeve length. Your shoulder point(s) should be where the sleeve seam of a well fitting T-shirt would be.

Measure from your shoulder point (where you measured your shoulder width from) to the point at which you would like the shirt to end; this is usually the point where you measured your seat. Stand up straight and breathe normally.

Measure around the widest part of your bicep with your arm relaxed.

Measure from the top of your shoulders quite close to the neck, down the front of your body to the point at which you would like the shirt to end; this is usually the point where you measured your seat. Stand up straight and breathe normally. A rounded bottom (traditional or modern bottom cut) will be approximately 7cm’s (2.75 inches) shorter on the sides than the front & back. We strongly suggest trying on a shirt you already like and making note of where it ends.

Measure around the widest part of your chest; this is usually just beneath your armpits. Relax & breathe normally.

Measure from your shoulder point (where you measured your shoulder width from) down to the point you would like your short sleeve to end.

Measure around the widest part of your stomach; this is usually across your belly-button. Breathe normally & relax whilst taking this measurement.

Measure around the widest part of your stomach; this is usually across your belly-button. Breathe normally & relax whilst taking this measurement.

Measure around the widest part of your buttocks.

Measure around the widest part of your wrist, place a single finger between the wrist and the tape measure. If you wear a wrist watch, allow some extra room.

Measure from your shoulder point (where you measured your shoulder width from) along the outside of your arm down to your wrist. Ensure that your arm is bent to approximately 90degrees.
Women’s Body Measurement Guide

Measure around the mid section of your neck. Place one finger between the tape measure and your neck if you would like some extra room.

Measure around the widest part of your chest; Relax & breathe normally.

Measure from one side of your chest to the other, around the widest part of your chest; this is usually just under the armpits. Relax and breathe normally.

Measure around the waist across the belly button. Breathe normally whilst taking this measurement.

Measure around the widest part of your seat.

Measure from the top of your shoulders quite close to the neck, down the front of your body to the point at which you would like the shirt to end; this is usually the point where you measured your seat. Stand up straight and breathe normally. A rounded bottom (traditional or modern bottom cut) will be approximately 7cm’s (2.75 inches) shorter on the sides than the front & back. We strongly suggest trying on a shirt you already like and making note of where it ends.

Measure from one shoulder point to the other. NOTE: You will use the shoulder points as a base to measure your sleeve length. Your shoulder point(s) should be where the sleeve seam of a well fitting T-shirt would be.

Measure from your shoulder point (where you measured your shoulder width from) along the outside of your arm down to your wrist. Ensure that your arm is bent to approximately 90 degrees.

Measure around the widest part of your bicep with your arm relaxed.

Measure from your shoulder point (where you measured your shoulder width from) down to the point you would like your short sleeve to end.

Measure from your shoulder point (where you measured your shoulder width from) along the outside of your arm down to your wrist. Ensure that your arm is bent to approximately 90 degrees.

Measure around the widest part of your wrist, place a single finger between the wrist and the tape measure. If you wear a wrist watch, allow some extra room.

Please write your measurements here in cm’s or inches and refer to this card when ordering online.

Once measurements have been entered online they will be saved for future orders.

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Lay the shirt out flat and measure from the outer edge of the button hole to the centre of the button.

Lay the shirt out flat and measure across the front of the shirt at chest level; measure from one seam to the other right under the armpits.

Measure across the waist at the shirts narrowest point.

Measure across the waist at the shirts narrowest point.

Measure across the waist at the shirts narrowest point.

Lay the shirt face down. Measure at the top of the shirt from one shoulder seam to other.

Measure across the front of the shirt, from one bottom side seam to the other.

Measure from where the shirt ends up to the point in the centre of the neck opening.

Lay the shirt face up. Measure from the top of the shoulder where the body of the shirt meets the sleeve down to the end of the sleeve. If you have chosen a 3/4 sleeve; please measure only to your desired 3/4 sleeve length.

Lay the shirt face up. Measure from the top of the shoulder where the body of the shirt meets the sleeve down to the end of the sleeve.

Lay the shirt out flat and measure from one end of the cuff to the other.

Measure across the sleeve at bicep level. Do NOT measure the circumference of the bicep.

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