

Taking Your Shirt Measurements



MOI | MÊME™

Moi-Même designs and tailors stylish custom career apparel for professional women. This printable guide will help you take all the measurements required to design our custom shirts.

You will take a total of 14 measurements – two garment measurements and 12 body measurements. Optionally, you may also choose to submit a photo of yourself – taken from the front – so our tailors may see the slope of your shoulders. Let's begin!

What You Will Need:

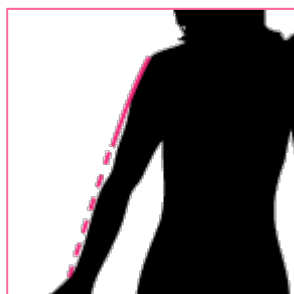
- 1. A helping hand.** It is not possible to take your own measurements. Please ask someone else – a friend, family member or local tailor – to take your measurements for you.
- 2. A centimeter measuring tape.** Measuring tape can be purchased at most corner drugstores or large retailers (think Walgreens, Duane Reade, Rite Aid, Target, etc.). All measurements must be provided in centimeters; most tapes display inches on one side and centimeters on the other.
- 3. A shirt.** Do not wear bulky sweaters and the like when having your measurements taken. Do wear a bra and shirt (you will use its seams, shirt length and sleeve length as a measuring guide).

TERMS

Apex – the most protruding point on the bust (i.e. a fancy way of saying “nipple”)

Shoulder seam – the seam of a shirt that runs along the top of the shoulder, from the sleeve seam to the neckline

Sleeve seam – seam that connects the sleeve to the body of the shirt; forms the armhole



Measure to the nearest 0.5 cm. Record your measurements in decimals (e.g. 25.5).

Short sleeve

$\frac{3}{4}$ -length sleeve

Long sleeve

cm

Sleeve Length

From sleeve seam (at the point where it meets the shoulder seam) to end of cuff, measured along the outside of a straight, extended arm. This will be the length of your sleeve. Measure for short sleeves, $\frac{3}{4}$ -length sleeves and long sleeves, according to your preferences.



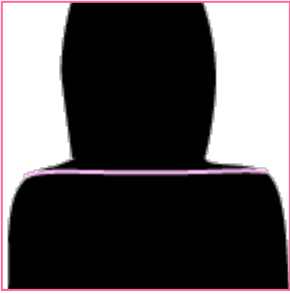
Tucked-in shirts

Untucked shirts

cm

Shirt Length

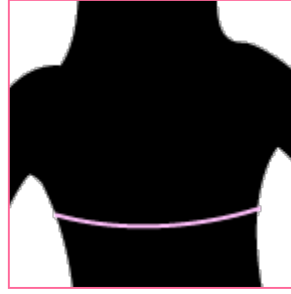
From center of shoulder seam, over apex and straight down (i.e. along the princess seams) to the point where you wish the hem of the shirt to lie. Typically shirts will be slightly longer in the center front and slightly shorter on the side seam. Your measurement – along the princess seam – will lie somewhere in between. For shirts that you will tuck into pants, take a longer shirt length; for shirts you will wear untucked, take a shorter shirt length.



cm

Across Shoulder

Place the tape measure on the point where the shoulder and sleeve seams meet. Run the tape across the back, around the neck, to the same point on the other shoulder. The tape will reflect the curvature of the back.



cm

Bust

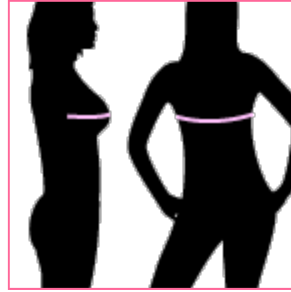
Around the body, at the widest part of the bust (i.e. over the apexes).



cm

Neck

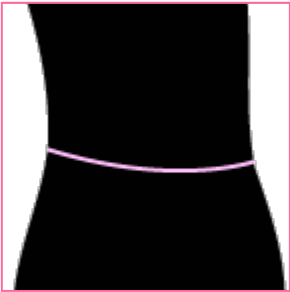
Circumference of neck, with tape rested gently on the shoulders.



cm

Front Bust

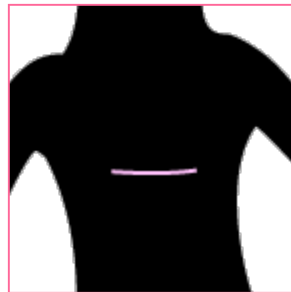
From side seam of the shirt, across the widest part of the bust (i.e. over the apexes) to the side seam on the other side of the body.



cm

Natural Waist

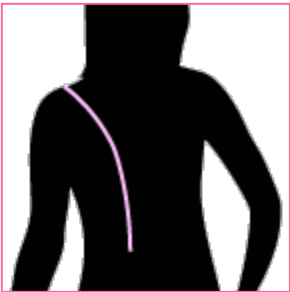
Circumference measurement taken at the natural waist – often the narrowest part of the body.



cm

Apex to Apex

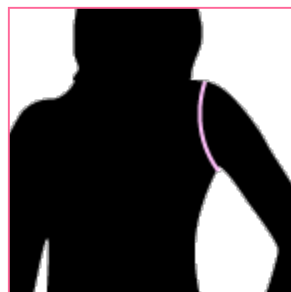
From the tip of one nipple to the other; used to determine the location of the front shirt darts.



cm

Shoulder to Natural Waist

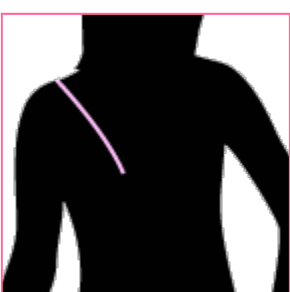
From center of shoulder seam, over apex and straight down to natural waist.



cm

Armhole

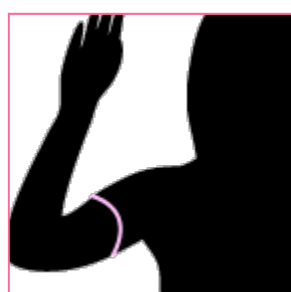
Around the armhole/sleeve seam. Begin measuring with arm slightly raised, then lower the arm over the measuring tape. Take measurement to the top of the shoulder to ensure the maximum circumference.



cm

Shoulder to Apex

From center of shoulder seam to apex.



cm

Flexed Bicep

Circumference at widest part of arm, when flexed.



cm

Center Back

From bone at the base of the neck straight down to natural waist.



cm

Arm Length

From sleeve seam (at the point where it meets the shoulder seam) to wrist bone, measured along the outside of a straight, extended arm.