



Gina Renee Designs

Helping You Create Clothes that make You Feel Great
by providing Fashionable Sewing Patterns that Fit

Top 10 Tips in Measuring Yourself

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


"HOW DO I MEASURE MYSELF? AND CAN I DO IT WITHOUT A SEWING BUDDY AROUND?" WE ALL WANT TO ACHIEVE THAT PERFECT FIT AND IT STARTS WITH TAKING PROPER MEASUREMENTS.

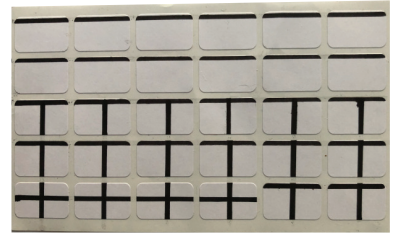
BY TAKING CORRECT MEASUREMENTS OF YOURSELF, YOU'LL BE ABLE TO CROSS CHECK YOUR EXISTING PATTERNS AGAINST YOUR MEASUREMENTS AND ALSO USE THEM IN DRAFTING PATTERNS LIKE A MOULAGE OR A SLOPER. THIS IS A HUGE PART OF HAVING A SOLID FOUNDATION FOR YOUR PATTERNS.

THESE TIPS ARE SPECIFIC IN MEASURING A PERSON, NOT A MANNEQUIN. AS YOU KNOW, MEASURING A PERSON IS WAY MORE DIFFICULT. SO, THESE TIPS FOCUS ON THE BIGGEST CHALLENGES WE FACE WHEN MEASURING A PERSON, LIKE MOVEMENT OF THE BODY, MOVEMENT OF THE SKIN, AND SOFTNESS OF THE MUSCLES/TISSUE.

Tip 1) Using white labels/stickers.

THIS IS MY FAVORITE WAY OF GETTING THE SAME POINTS OF MEASURE FOR MULTIPLE USES. WE WILL MARK THE WHITE LABELS/STICKERS WITH THE FOLLOWING:

- A) STRAIGHT LINES ALONG ONE SIDE. 
- B) CAPITAL "T"s 
- C) CROSSES/ X'S WITH THE CROSS POINT AT THE CENTER. 



WE'LL USE THESE LABELS AS GUIDES, PLACING THEM ON OUR BODIES FOR MEASURING POSITIONS. THESE LITTLE LABELS WILL BE A HUGE HELP IN ALWAYS MEASURING FROM THE SAME POSITIONS. IT'S WORTH TO \$2 FOR THEM FROM THE OFFICE OR CRAFT SUPPLY STORE! AND BY DRAWING THE TS AND XS, YOU'LL GET THE ACCURATE CROSS POINT (INTERSECTION) FOR STARTING YOUR MEASUREMENTS.

YOU'LL USE THESE STICKERS AS GUIDES AS A **QUICK REFERENCE ON THE BODY.**

Tip 2) Ribbon & Tape measure

YOU'LL TAKE YOUR RIBBON AND LOOP IT THROUGH THE END OF YOUR TAPE MEASURE THAT BEGINS WITH " 1 ". IF THE METAL TIP ON THE TAPE MEASURE DOESN'T HAVE A HOLE, YOU'LL NEED TO POKE A HOLE THROUGH YOUR TAPE MEASURE AND YOU SHOULD DO THAT ABOUT ½" UP (1CM) FROM THE END. YOU CAN POKE THE TINY HOLE WITH A SMALL SHARP SCISSORS OR AWL. THE RIBBON IS ESPECIALLY HELPFUL FOR MEASURING YOUR **LOWER BODY** LENGTH BY YOURSELF AND ALSO OFFERING A COUNTER BALANCE OF WEIGHT TO YOUR TAPE MEASURE.

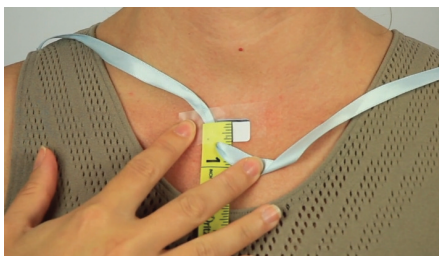


IT MIGHT TAKE A LITTLE TIME TO GET USED TO THE RIBBON, BUT AFTER YOU DO, I FIND IT REALLY DOES HELP WITH TAKING MORE ACCURATE MEASUREMENTS. EVEN IF YOU'RE HAVING SOMEONE HELP YOU TAKE YOUR MEASUREMENTS, IT CAN STILL BE HELPFUL.



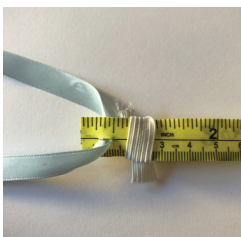
Tip 3) Scotch Tape

WHILE YOU'RE MEASURING YOURSELF FROM POINT TO POINT, NOT CIRCUMFERENCE MEASUREMENTS, YOU'LL **USE THE SCOTCH TAPE AT THE END OF YOUR TAPE MEASURE** AND TAPE IT TO YOUR BODY. ALIGNING IT TO THE POINT OF THE T OR CROSS STICKERS.



Tip 4) Elastic Holder

THE NEXT THING YOU'LL DO IS TAKE A SMALL PIECE OF THE ELASTIC AND WRAP IT AROUND YOUR TAPE MEASURE. TIE A KNOT. YOU WANT THE ELASTIC TO BE SNUG ON THE TAPE MEASURE SO IT STAYS ON THERE. **YOU'LL ONLY USE THIS ELASTIC FOR TAKING YOUR CIRCUMFERENCE MEASUREMENTS LIKE THE BUST, WAIST, HIPS AND ARMHOLE.** YOU CAN TAKE THE ELASTIC OFF FOR ALL THE OTHER MEASUREMENTS.



YOU WANT THAT ELASTIC TO HOLD THE MEASUREMENT IN PLACE ON ITS OWN. I SEE SO MANY PEOPLE ADDING A FINGER UNDERNEATH THE MEASURING TAPE OR ON THE CONTRARY HOLDING THE TAPE TOO TIGHTLY. THESE METHODS BOTH GIVE TOTALLY DIFFERENT MEASUREMENTS. THAT'S WHY I LIKE THE CONSISTENCY OF USING THE ELASTIC. IF IT FALLS DOWN, IT'S NOT TIGHT ENOUGH. THERE IS NO WAY YOU CAN BE TOO TIGHT OR TOO LOOSE AND THIS REFERS BACK TO THE SOFTNESS OF THE MUSCLES/TISSUE OF THE BODY.

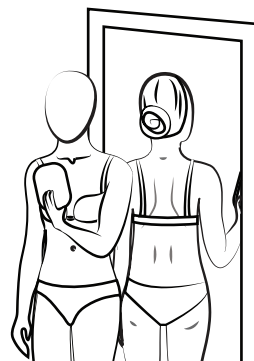
Tip 5) What to wear.

WHEN YOU MEASURE YOURSELF, YOU'LL WANT TO BE WEARING A STANDARD, EVERY-DAY BRA AND PANTIES. YOU DON'T WANT TO WEAR SHOES FOR YOUR INITIAL BODY MEASUREMENTS.

Tip 6) To See Yourself.

A HUGE THING THAT WILL HELP IS HAVING A **FULL-LENGTH MIRROR** DIRECTLY IN FRONT OF YOU. YOU'LL NEED TO BE ABLE TO STAND AS CLOSE TO THE MIRROR AS POSSIBLE IN ORDER TO SEE THE MEASUREMENTS. THIS HELPS SO YOU DON'T NEED TO BEND YOUR HEAD AS MUCH FOR READING MEASUREMENTS.

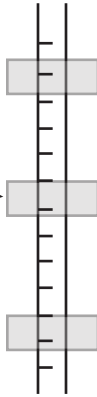
THERE ARE SOME POINTS OF MEASURE FOR THE BODICE WHICH YOU DO NEED A BUDDY TO HELP. TO BE EXACT IN MY METHOD OF MEASURING, 6 OF THE 30 MEASUREMENTS FOR A BODICE REQUIRE HELP FROM A 2ND PERSON. FOR EXAMPLE, BACK TORSO MEASUREMENTS ARE NEXT TO IMPOSSIBLE TO DO ON YOUR OWN.



Tip 6) continued.... For the back measurements where you need a helper!

WITH THESE TIPS, YOU CAN SELF-MEASURE THE MAJORITY OF YOUR MEASUREMENTS, BUT FOR BACK MEASUREMENTS, YOU'LL NEED A HELPER. I USUALLY HAVE THE HELPER TAPE THE TAPE MEASURE IN PLACE AND READ OUT THE MEASUREMENTS FOR ME. ANY TIME THERE IS A "WALKING" MEASUREMENT, MEANING YOU ARE **WALKING THE TAPE MEASURE DOWN THE BODY**, I JUST HAVE HIM TAPE THE TAPE MEASURE ON MY BODY THE WHOLE WAY DOWN.

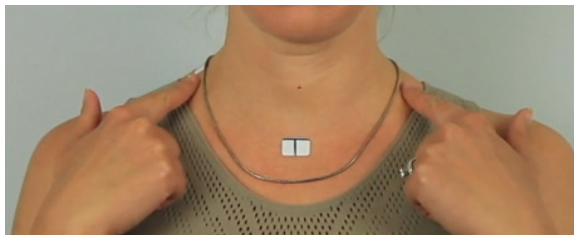
ASK YOUR BUDDY
TO TAPE AT
REGULAR INTERVALS
DOWN THE CENTER
BACK



Tip 7) The hardest Point to find.

LET'S FIND ONE OF THE HARDEST POINTS OF MEASURE TOGETHER WITH THIS TIP. THE HIGH POINT SHOULDER, WHICH WE REFER TO AS HPS. SOME PEOPLE SAY THEY DON'T HAVE A "DEFINITE" HPS, BUT ACTUALLY, TO BE HONEST, NO ONE HAS A PERFECT POSITION HERE AND IT'S ACTUALLY REALLY NOT A POINT AT ALL!

YOU CAN USE A CHAIN NECKLACE FOR FINDING THIS POINT. SO, YOU HAVE TO DO THE BEST YOU CAN WITH THIS METHOD. YOU'LL WEAR THE NECKLACE AND USE YOUR "T" STICKER TO PLACE THE TOP OF THE T WHERE THE NECKLACE RESTS. YOU SHOULD BE ABLE TO ONLY SEE THE LEG OF THE T BARELY FROM LOOKING STRAIGHT ON.



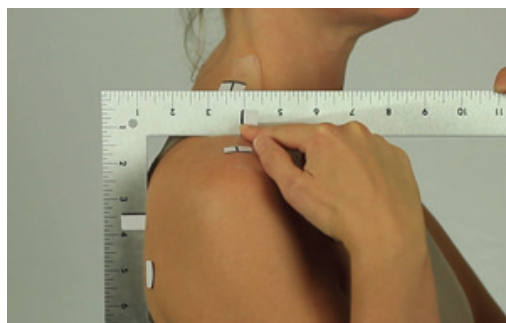
Tip 8) A Mini-level

THOUGH THIS IS OPTIONAL, I DO FIND IT HELPS WITH ACCURACY. YOU CAN FIND A MINI-LEVEL FROM YOUR HOME TOOLKIT OR A TOOL STORE (OR EVEN IKEA TOOLKITS). YOU CAN USE A MINI-LEVEL AT ANY POINT YOU NEED TO SEE IF YOU ARE PARALLEL TO THE FLOOR. **THE MOST IMPORTANT AREAS HERE WOULD BE DEFINING THE WAIST LINE, HIP LINE AND BUST LINE AS PARALLEL TO THE FLOOR.**



Tip 9) An L-square for measuring the curvature of the Back

AS FAR AS I KNOW, THE L-SQUARE IS ONLY USED IN MY METHOD. I'VE NEVER SEEN ANYONE ELSE USE IT IN THIS WAY, BUT I THOUGHT IT WOULD BE GOOD FOR YOU TO SEE THE METHOD. I USE THIS IN DETERMINING THE **CURVATURE OF THE BACK** BY MEASURING FROM THE SHOULDER BLADES TO THE IMAGINARY SHOULDER SEAM. I FIND IT THE MOST ACCURATE IN GETTING THE RIGHT DART DEPTHS FOR THE BACK.

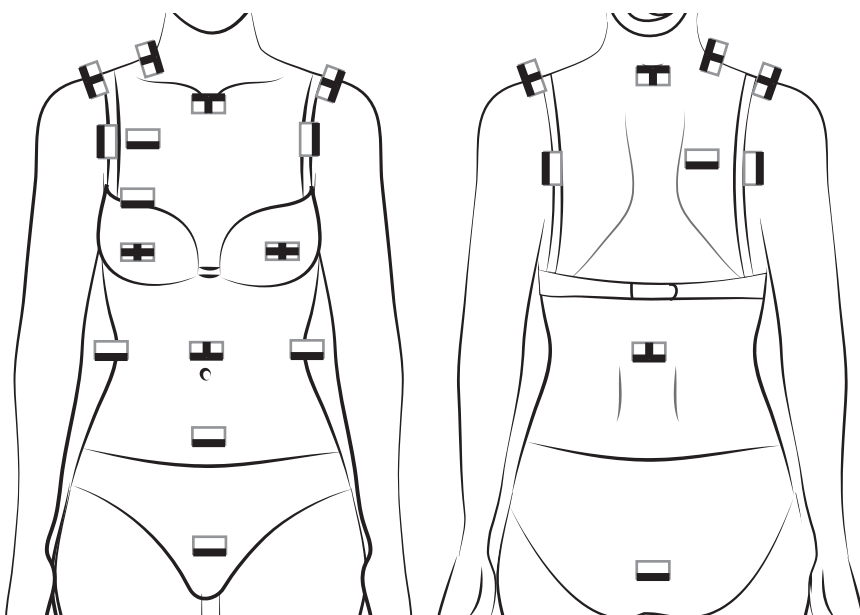


Tip 10) Arms and Elbows down & Relax

WHEN MEASURING YOURSELF, AS MUCH AS POSSIBLE, PUT YOUR **ARMS DOWN BY YOUR SIDE**, AT MINIMUM THOSE ELBOWS NEED TO BE DOWN. AND WHEN POSSIBLE, LOOK STRAIGHT AHEAD, ESPECIALLY WHEN YOU'RE TAKING YOUR CENTER FRONT TORSO MEASUREMENTS. YOU'LL READ THOSE MEASUREMENTS IN THE MIRROR LOOKING STRAIGHT AHEAD IF YOU'RE DOING IT ON YOUR OWN.

BREATH IN, BREATH OUT.

MOST IMPORTANTLY, AT EVERY POINT OF MEASURE, BEFORE YOU TAKE THE MEASUREMENT, YOU NEED TO BREATHE IN, BREATHE OUT AND RELAX YOUR BODY. YOU CAN'T TENSE UP, OR YOUR MEASUREMENTS WILL NOT BE ACCURATE. IF YOU HAVE TO TURN YOUR HEAD TO SEE A MEASUREMENT, YOU NEED TO TAKE CARE AS TO NOT MOVE THE REST OF YOUR BODY. THE MOMENT YOU MOVE, THE MEASUREMENT CHANGES AND THIS IS THE BIGGEST THING TO REMEMBER WHEN MEASURING A REAL PERSON.



Thanks for Joining Me!

WE'VE COVERED A LOT OF TIPS & I KNOW IT'S A LOT TO DIGEST. THERE'S A REASON PEOPLE SAY GETTING THE RIGHT MEASUREMENTS IS THE HARDEST PART! IT CAN BE VERY TRICKY, BUT I KNOW THESE TIPS WILL HELP YOU GET MORE ACCURATE MEASUREMENTS. REMEMBER, IN ORDER TO ACHIEVE THAT PERFECT FIT, IT ALL STARTS WITH TAKING PROPER BODY MEASUREMENTS. AND TO HAVE THE WARDROBE OF YOUR DREAMS, A HUGE PART OF LOVING THE CLOTHES YOU MAKE, IS HOW IT FITS.

THANKS FOR JOINING ME & I LOOK FORWARD TO SEEING YOU IN THE NEXT LESSON!



~ Gina Renee