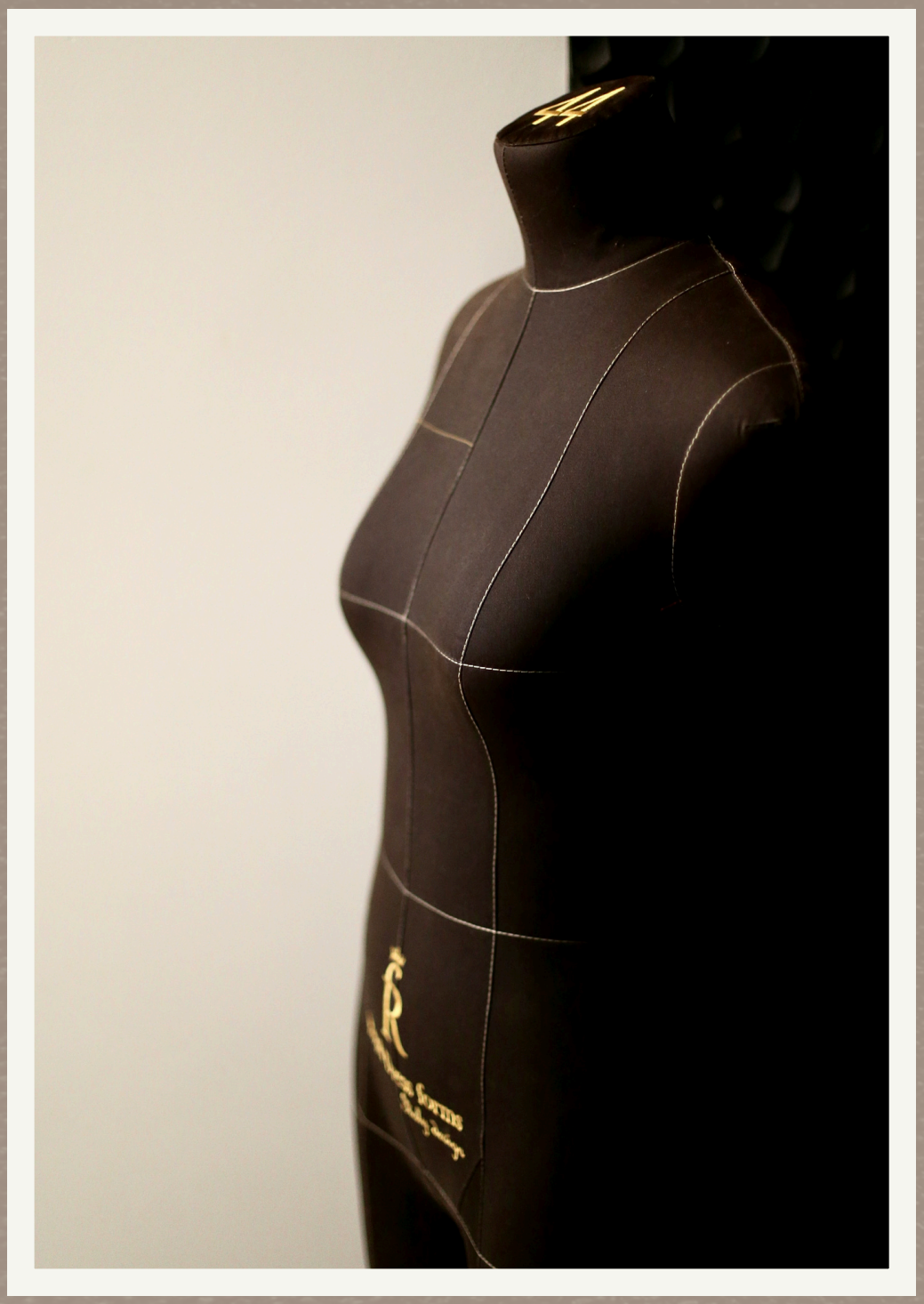
HOW TO MEASURE YOUR BODY



Discovering Your Horizontal Body Shape & Vertical Proportion

PART ONE:

MEASURING YOUR HORIZONTAL BODY SHAPE

Your horizontal body shape is determined by the relationship between three measurements:

Bust • Waist • Hips

For the most accurate results, take these measurements while wearing only your normal undergarments.

Don't pull the tape measure so tightly that it compresses your body. It should sit comfortably against you without hanging loosely.



1. MEASURE YOUR BUST

Wrap the tape measure around the fullest part of your bust, generally across the nipple line. Wear a regular, well-fitting bra.

Avoid a padded, push-up or minimiser bra because these can artificially alter the measurement.

Keep the tape measure parallel to the floor and stand naturally.

Write down the measurement.



2. MEASURE YOUR WAIST

This measurement requires a little more care because your natural waist isn't necessarily where your waistband sits.

Circle the tape measure around your middle.

Move it gently up and down until you find the point where your waist naturally settles.

Your true waist is generally: below the rib cage and above the navel.

Don't suck in your stomach or deliberately push it out. Simply stand naturally.

Write down the measurement.



3. MEASURE YOUR HIPS

Finally, measure around the fullest part of your hips and bottom.

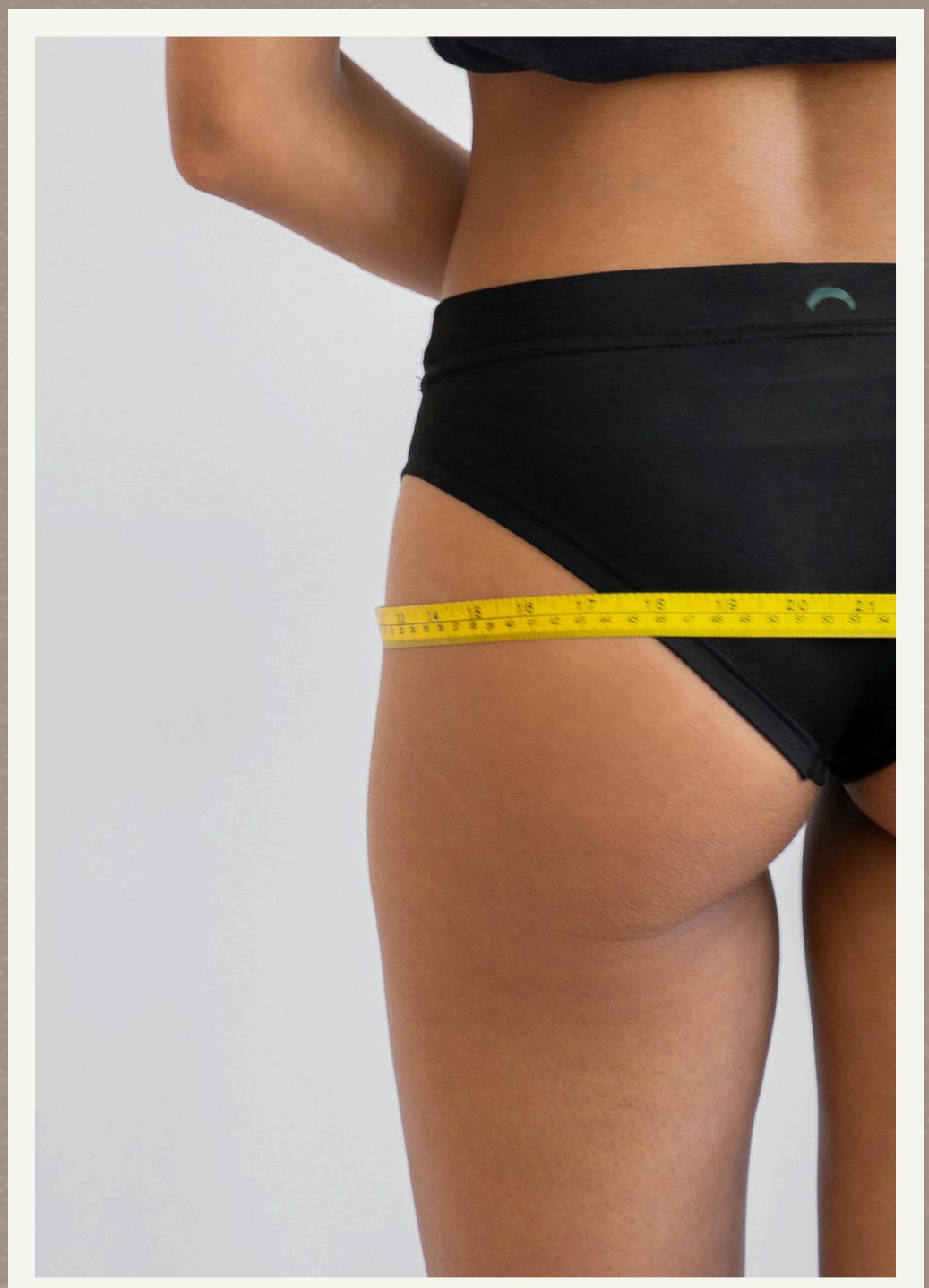
The tape should pass around the fullest part of your bum at the level of the hip bones.

Again, keep the tape measure parallel to the floor.

Write down the measurement. Now you have three numbers:

Bust: ____"
Waist: ____"
Hips: ____"

So what do they tell you?



YOUR HORIZONTAL BODY TYPE

The horizontal system I use identifies four basic types:

X — The Hourglass
Your bust and hips are approximately the same circumference, while your waist is significantly smaller.

As a general guide, your waist will be around 10 inches smaller, give or take an inch or two.

For example:
Bust 40"
Waist 30"
Hips 40"



A — THE TRIANGLE

Your bust is smaller than your hips.

The lower half of your body therefore has greater horizontal volume than the upper half.

This is often described as a pear or triangle shape.

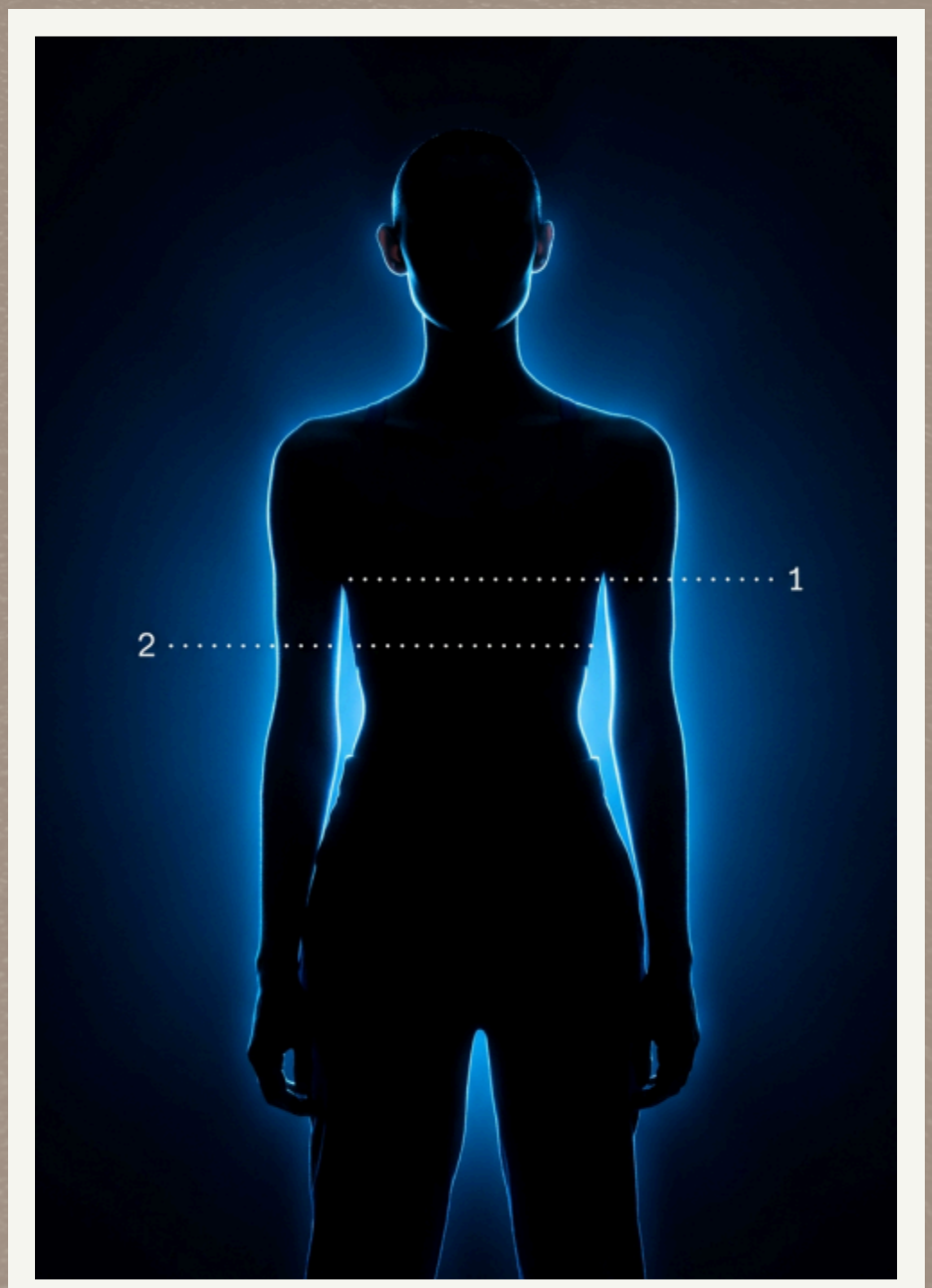


Y — THE INVERTED TRIANGE

Your bust is larger than your hips.

The upper half of your body therefore has greater horizontal volume than the lower half.

This is commonly described as an inverted triangle shape.

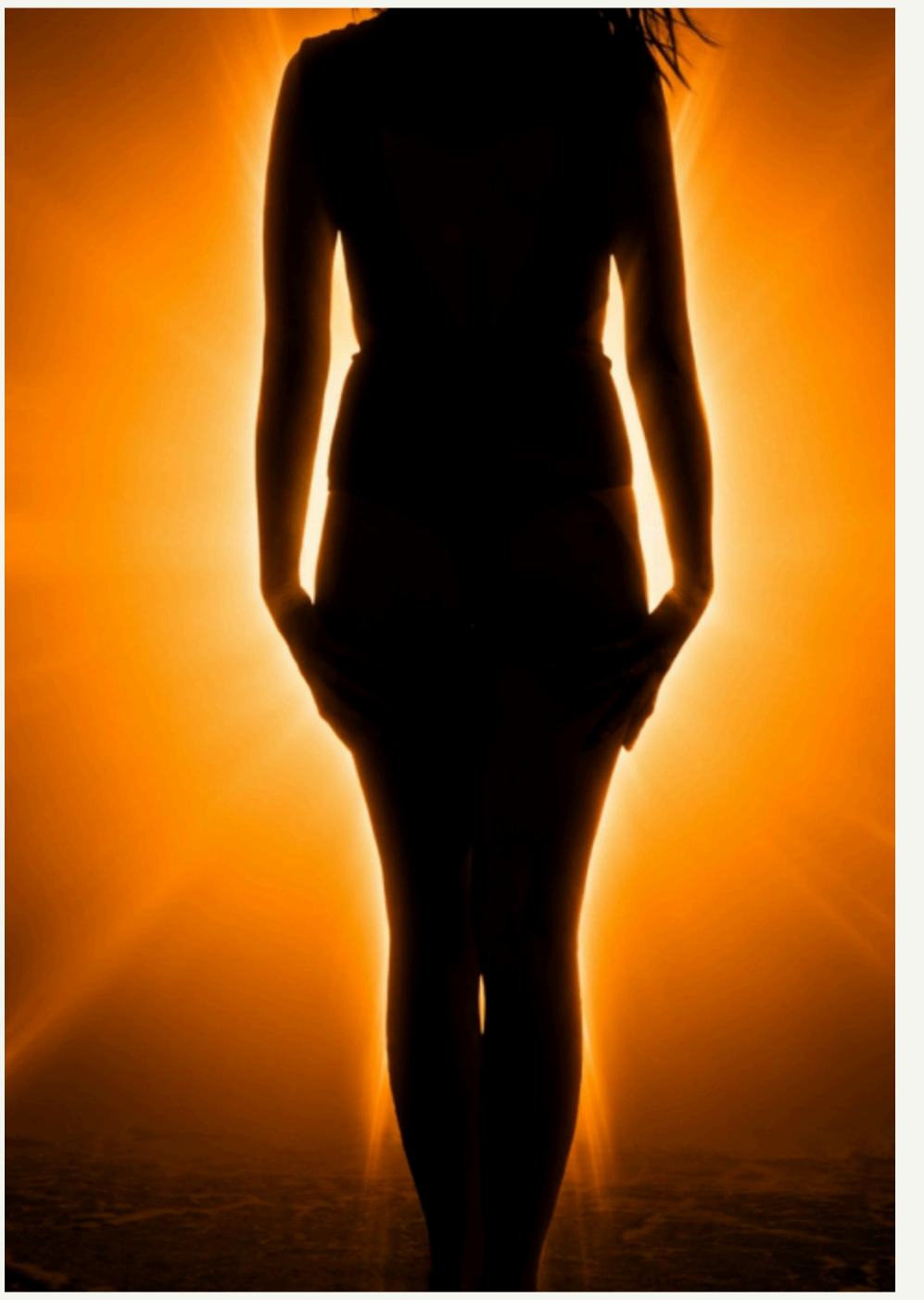


I — THE RECTANGLE

Your bust, waist and hips are relatively similar in circumference.

There isn't a pronounced difference between the three measurements, creating a straighter silhouette.

This is the rectangle or I shape.



BUT THERE'S ANOTHER QUESTION:

HOW LONG IS YOUR BODY?

This is where things become much more interesting.

Two women can both be an X, A, Y or I shape but require completely different clothing proportions.

Why?

Because horizontal shape doesn't tell us where your body length sits.

A woman with an I shape and a long torso may need very different clothing proportions from an I shape with a short torso and long legs.

This is why I also look at vertical body proportion.



STEP 1:
MEASURE YOUR LEG LENGTH

Take a piece of string and tie it around your hips at the fullest part.

The string should be parallel to the floor.

If your bottom is particularly high or low, use the low hip; approximately where the leg bone meets the pelvic girdle as your reference point.

Now measure the distance from the string at your hip to the floor.

Write down the number. This is your leg length.

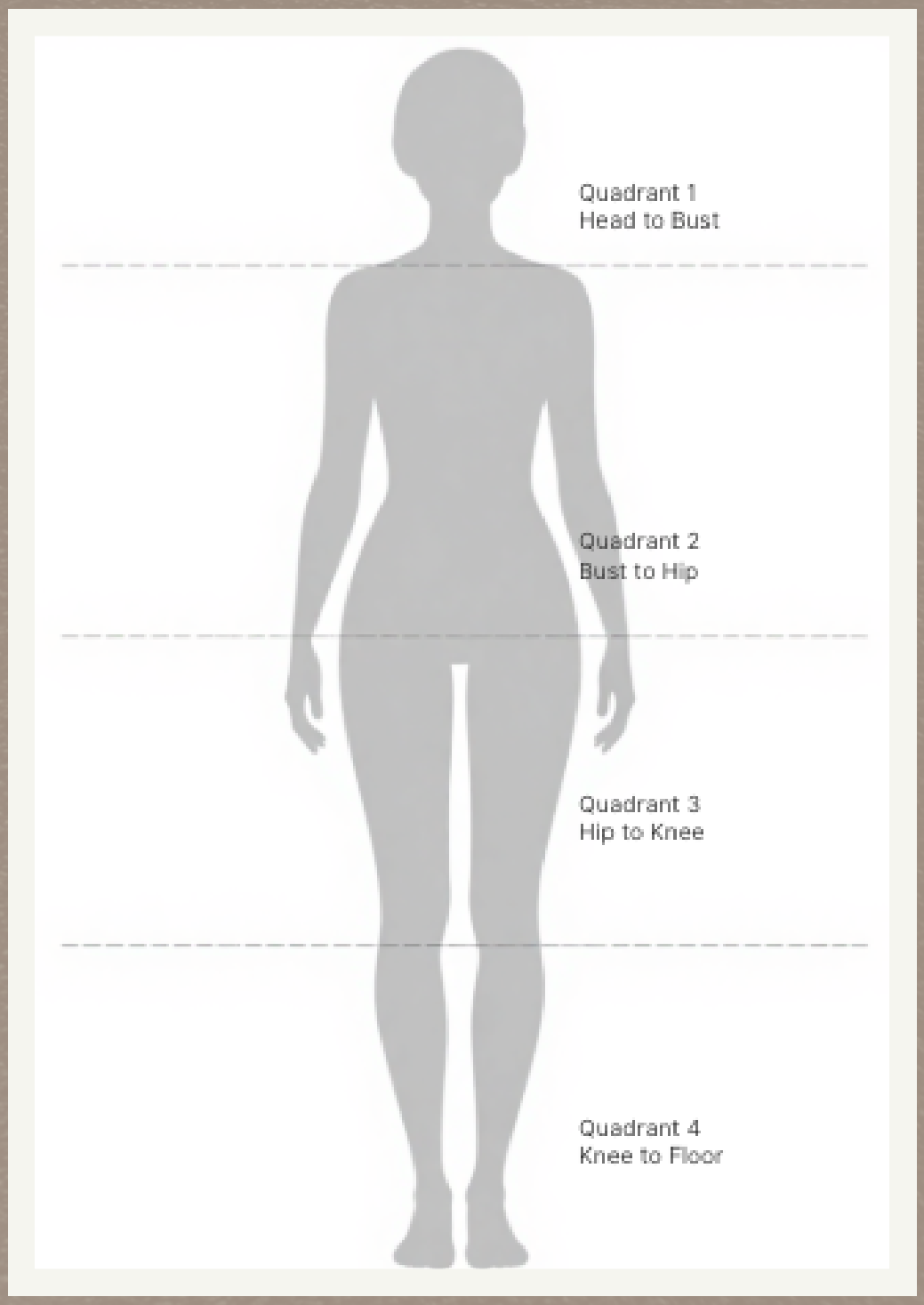
STEP 2: CALCULATE YOUR TORSO LENGTH

Take your total height and subtract your leg length.

Height – Leg Length = Torso Length

Write down the result.

This gives you the overall relationship between the length of your torso and the length of your legs.



STEP 3: MEASURE YOUR BUST-TO-FLOOR LENGTH

Take another piece of string and wrap it around your back and across your bustline at nipple level.

Stand naturally.

Measure from this string down to the floor.

Write down the number.

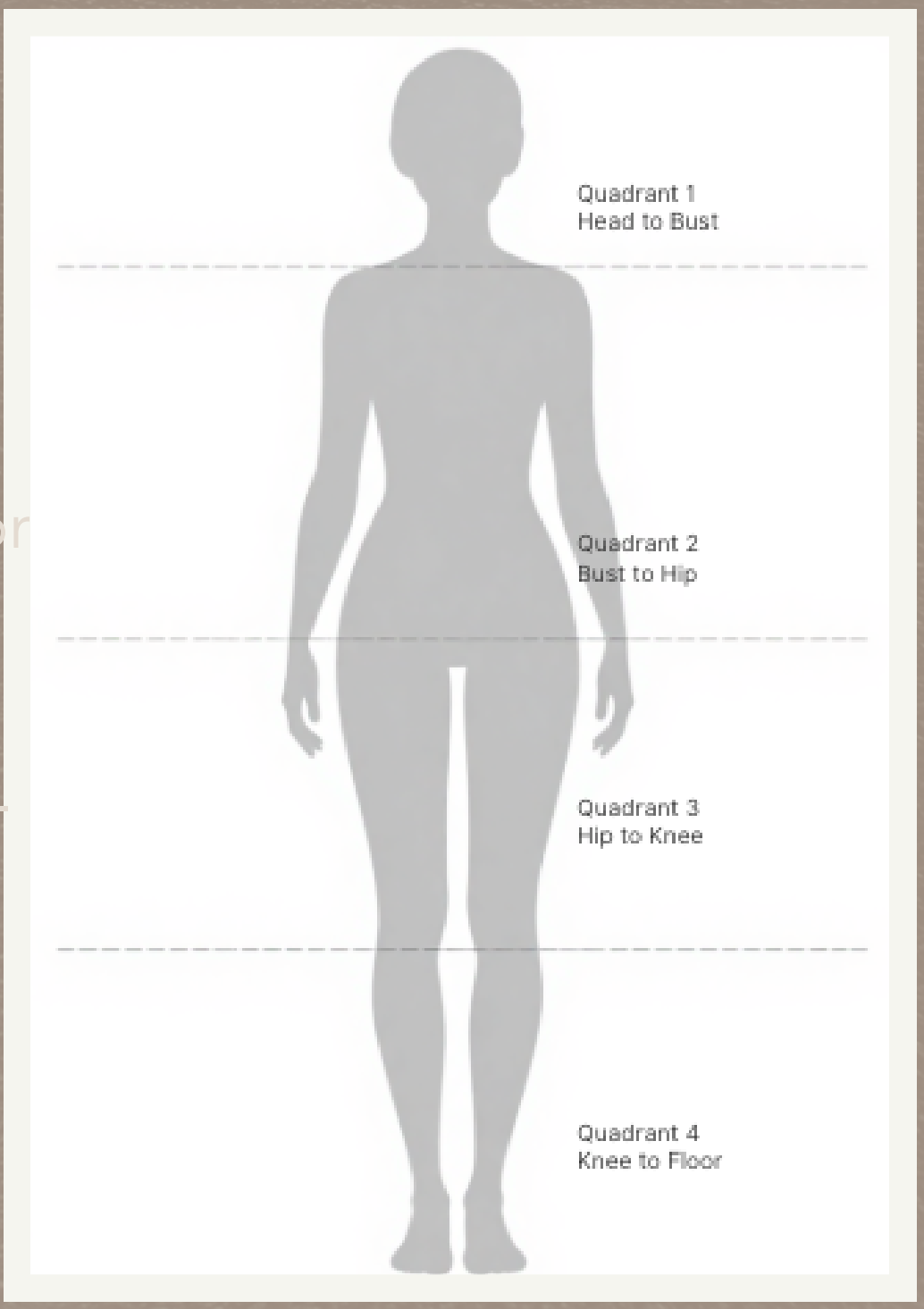
This is your bust-to-floor measurement.

STEP 4: CALCULATE YOUR HEAD-TO-BUST LENGTH

Now subtract your bust-to-floor measurement from your total height.

Height – Bust-to-Floor = Head-to-Bust

This is **Quadrant 1.**



STEP 5: MEASURE YOUR KNEE-TO-FLOOR LENGTH

Take another piece of string and tie it around the middle of your knee.

One way to find the centre is to bend your knee, position the string, then straighten your leg and secure it.

Measure from the string to the floor.

Write down the number.
This is your knee-to-floor measurement.

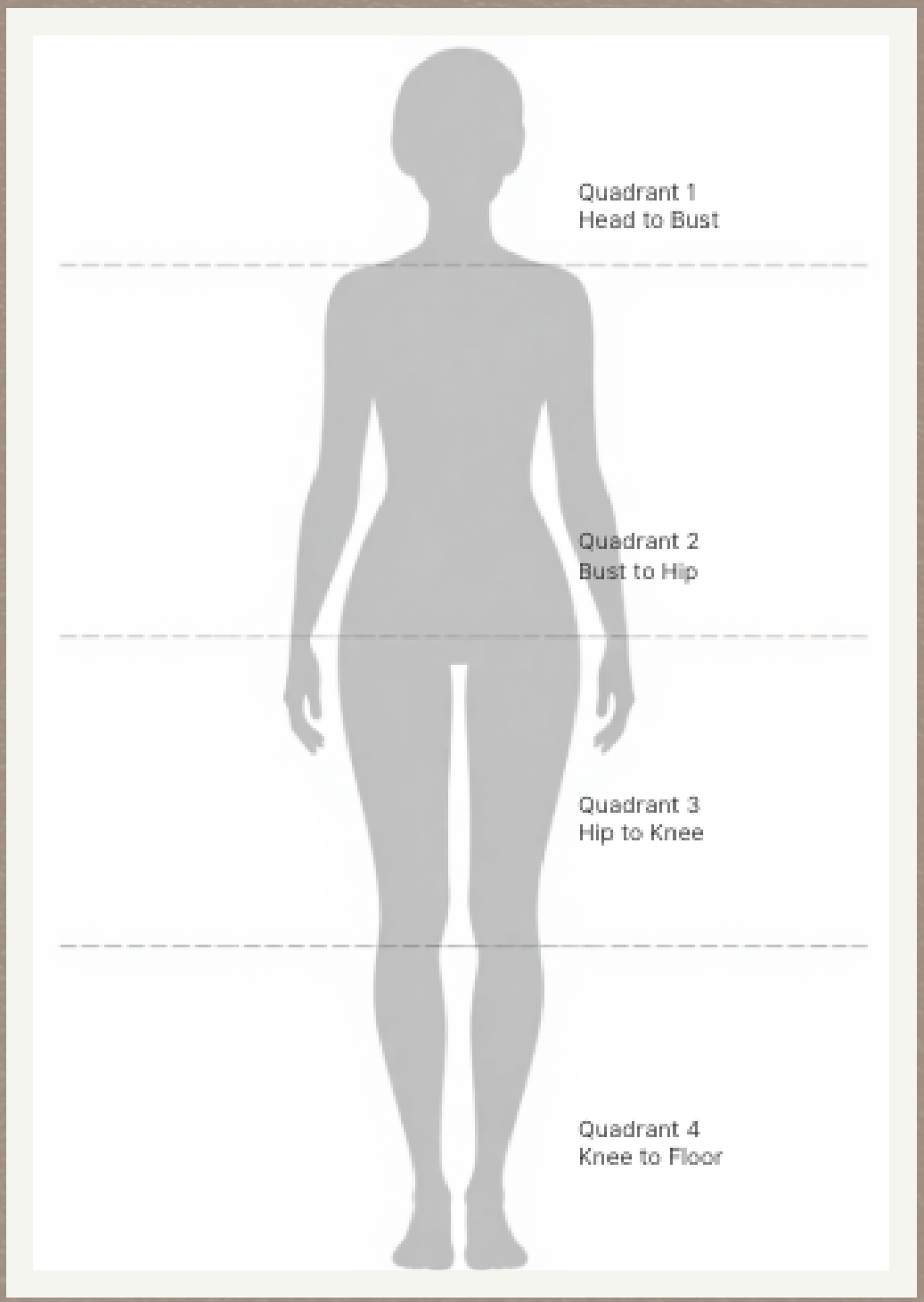
This becomes **Quadrant 4**.

STEP 6: CALCULATE YOUR HIP-TO-KNEE LENGTH

Take your total leg length and subtract your knee-to-floor measurement.

Leg Length – Knee-to-Floor = Hip-to-Knee

This is **Quadrant 3.**



STEP 7: CALCULATE YOUR BUST-TO-HIP LENGTH

Now we can calculate the section between your bust and your hips.

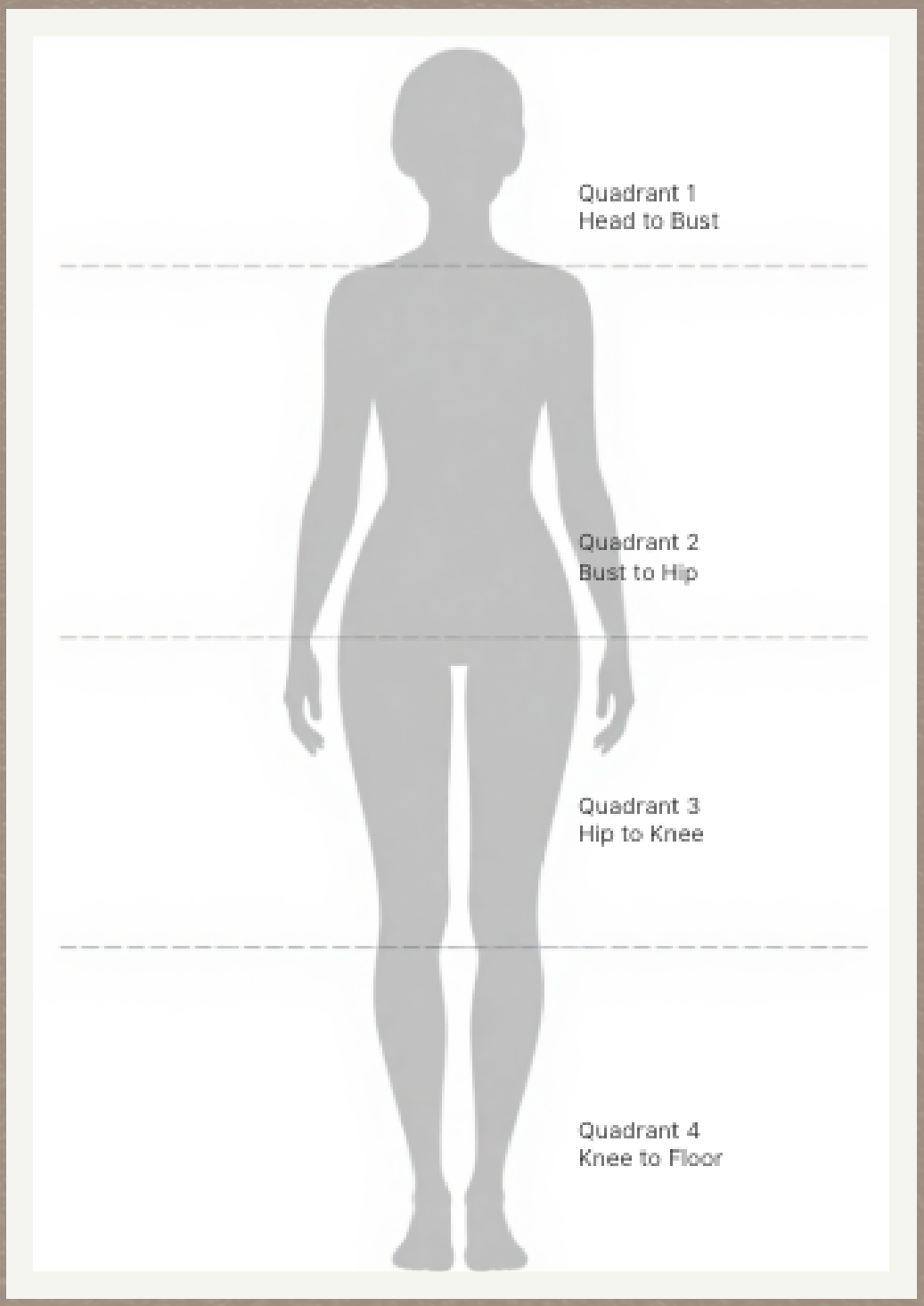
Add together:

Head-to-Bust + Hip-to-Knee + Knee-to-Floor

Then subtract that total from your overall height.

The result is your Bust-to-Hip measurement.

This becomes **Quadrant 2.**



UNDERSTANDING YOUR 4 QUADRANTS

You should now have four measurements:

Your body can then be viewed as:

Quadrants 1 + 2 = Torso
Quadrants 3 + 4 = Legs

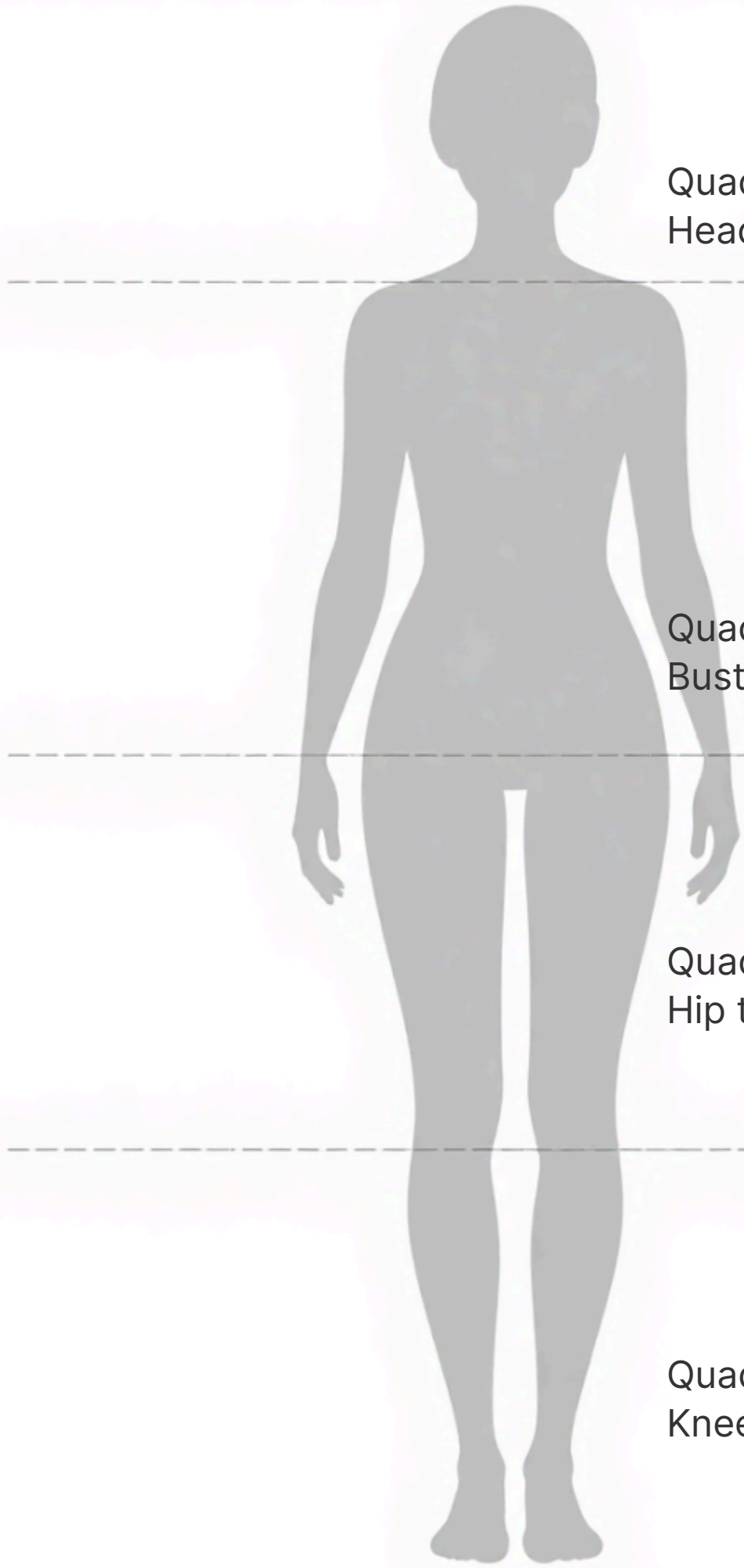
And:

Quadrants 1 + 2 + 3 + 4 = Your Height

This is the important part.

You aren't looking for one “perfect” number.

You're looking at the relationship between the sections.



Quadrant 1
Head to Bust

Quadrant 2
Bust to Hip

Quadrant 3
Hip to Knee

Quadrant 4
Knee to Floor

YOUR 4 VERTICAL TYPES

Once you understand the relationship between your torso and legs, your vertical proportion can broadly fall into one of four types.

VERTICAL TYPE 1 - BALANCED

Your four quadrants are relatively balanced.

Your torso and legs have a relatively harmonious relationship without a pronounced long or short section.

VERTICAL TYPE 2 - LONG TORSO/SHORT LEGS

Your torso is proportionally longer than your legs.

Clothing that visually lengthens the legs and manages the length of the torso can therefore become particularly useful.

VERTICAL TYPE 3 - SHORT TORSO/LONG LEGS

Your torso is proportionally shorter than your legs.
This is my own vertical type.

My body has a shorter torso in relation to my longer legs, which means that clothing proportions need to acknowledge that relationship.

For example, when choosing a blazer, I would look for a single-button blazer that finishes around the hip or a longer, straight blazer without buttons.

A cropped or very short blazer is less helpful for my proportions because it can visually exaggerate the shortness of my torso.

VERTICLE TYPE 4 — BALANCED TORSO & LEGS WITH SHORT MID-BODY

This is an important distinction.

Your overall torso-to-leg relationship can be relatively balanced, but the section between the bust and hips is proportionally shorter.

In other words, you don't necessarily have a “long torso” or “short torso” overall.

Instead, the compression occurs through the middle section of the body.

This is why simply describing someone as “long-legged” or “short-waisted” doesn't always tell the complete story.

WANT HELP INTERPRETING YOUR MEASUREMENTS?

Download the **The Body Proportion Workbook**. A personal guide to finding your measurements and interpreting what your proportions mean for you.

Message me or email me at
andrea@thecuratedeye.net.

Your body isn't a problem to solve.
It's simply a set of proportions to understand.



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