

DRESS FORM SELECTION GUIDE

How to Choose a Dress Form

These forms are adjustable and will allow you to customize the unit more closely resemble you. A dress form is a great tool for making or altering your own wardrobe. It is shaped to imitate your own body shape. Pin on pattern pieces, check seam placements, hold constructed pieces or create drapes and design a garment. When purchasing a dress form, choose the size that most closely resembles you.

Tips

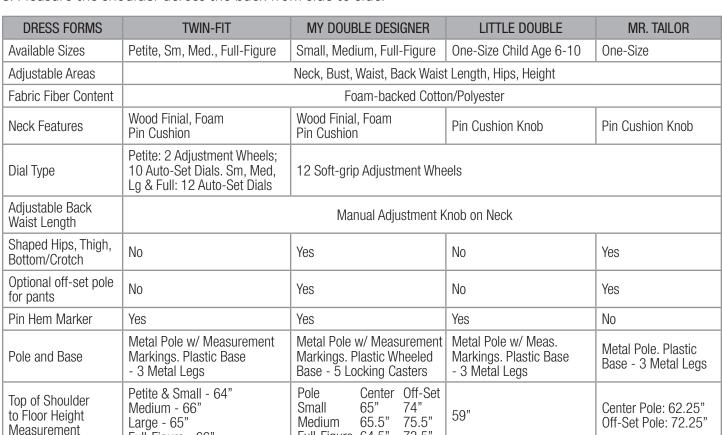
Wear the type of shoe and undergarments normally worn. For the most accurate measurements, have someone assist you. The tape measurement should be snug but not tight. Choose a form that matches or is slightly smaller than your measurements — you can always add padding to fit.

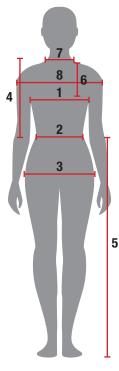
Take Your Body Measurements

- 1. Measure chest over the fullest part.
- 2. Measure natural waist the area where your waistband most comfortably sits.
- 3. Take hip measurement 7"-9" below the waistline. This should be the widest part of your hip area.
- 4. Measure back waist length from neck to natural waist.
- 5. Measure from waist to the floor. Add this to the back waist length to find the height from neck to floor.
- 6. Measure from the shoulder to the center of the chest.

Full-Figure - 66"

- 7. Measure around the base of neck.
- 8. Measure the shoulder across the back from side to side.





73.5"

Full-Figure 64.5"