## Xen Swimwear Cut to measure list

To achieve the best fit possible without seeing you, we require your current measurements as specified in the Measuring guidelines below. We accept that some information requested may not apply to the style you have selected or your personal requirements. Please know that your information helps us to select, adjust the swimwear pattern to as best as possible enhance your holistic body shape with superior comfort.

Accurate measuring is essential to enhance the fit to flatter your unique shape!

Should you have any queries, please do not hesitate contact your personal Fitting Advisor – billie@xen.co.za

Before measuring up, take few moments to stand in front of your mirror and Love Your Body! Have a think about your shape or curves, your flattering features and those you wish to support or enhance.

## Few tips: Don't rush this part!

You may find it easier to have someone help you with measuring but it's not essential. Keep lovely and relaxed

Resist the urge to hold your breath or suck in your tummy or clench your butt cheeks.

We recommend measurements are takenderectionly ie: not over your clethsuring your measuring tape is kept flush with the skin and level, not too slack or too tight.

## **BIOGRAPHICAL INFORMATION**

Your Name			
Age	16 - 20 : 20 - 30 : 30 - 40 : 40 - 50 : 50 - 60 : 60 +		
Over all Height			
Weight	If mastectomey Please state : Left / Right / Bilateral		
Body Shape Part 1  Please tick relevant shape	RECTANGLE PEAR APPLE STRAWBERRY HOURGLASS		
Shape of Bottom  Please tick relevant shape	Square Round Heart/Pear Inverted ('H' shape) ('O' shape) ('A' shape) ('V' shape)		

Body shape Part 2	Tick the box to show us more or less your shape.  The red line denotes the widest part of your lower hip / Bum / Butt.	
See red line level Round or bubble but		
Classic shape bum		
Sagging bum		
Flat bum The line C is widest Point of lower hip		

Body shape cont.	We do not see you nor can we do imagine your body shape through measurement. Please tick the Shape you are.	
Mothers Apron / Sagging tummy	Tummy sag can be the result of loss of weight or Baby. Always tell us as this affects the frontal leg and hip cut to ensure a smoother look	
Rounded tummy	Note There are varying degrees of tummy roundness some start at just below the rib cage other lower down.	
	Now we understand your body shape the next part of this schedule will tell us your torso sizes and the best pattern for your measurements. Understand to obtain perfection means we should do fittings but this is impossible due to cost. You will have best fit Swimwear designed for your unique Form which is not achievable with store bought commercial fit	

	<u> </u>
Waist	Measure around the body About 3cm above the belly button
Upper Hip	Upper is your hip bones, find these Then measure around your body level with Hip Bones.
<b>Lower</b> Hip	Taken level at the widest part of Butt / bum. On average this is just on your pubic line.
Torso	Required: To find your actual torso length to legs.  From throat / collar bone through legs up back to first bone on neck  WEAR PANTY to get correct measurement

Position of Measurement (circ.)	Measuring instructions	Measurements (CM)
	Please be as accurate as possible	Fit measurement 1
2	Fit 1 Measure Above bust on upper chest at armpit level.	Fit measurement 2
Chest / Band size	.Fit 2 Deep Breath in then measure.  Fit 3 measure tight tape breath out.	Fit measurement 3
	Measured around body at nipple level with no bra fitted. Obviously For soft bust a non padded bra correctly fitted is a must.	
Over Bust	DO NOT pull the tape measure tight over bust	
	Do you have Bust augmentation  around full chest and across nipple	YES NO
Bust structure	Lean forward This measures your bust Sag or softness. Make sure the tape cover the Nipples around back with a straight tape and gentle fit.	
Bust structure part 2  Custom swimwear and mastectomy patients  Need complete this part	To Ensure zero fall out on the beach We need you to measure the how much Your bust flattens. As with above Lie back with the tape around your body with Gentle fit at nipple level	
Back band Custom units  Custom swimwear and  Mastectomy patients  Need fiill this section too	From the root of the of the left breast, around the back to the root of the right breast  Please circle amputated side	
Bust individual  To ensure cup size fit.  For all customers	Take measurements horizontally over the fullest part of the Breasts From lateral breast root to sternum	Left:

	THE FOLLOWING IS Extra measurement FOR FULL BODY or 3/4 swimsuits or BURKINI SWIMWEAR	
NECK measurement	Measurement around you neck	
LENGTH of Arm	Measure from under arm to wrist. Please ignore red line for this	
LENGTH of Leg	For length of leg. <b>Measure inner leg from</b> <b>Crotch to ankle.</b>	
Your current underwear Label sizes  ALL clients must COMPLETE	. Please supply the following.  A Band or Bra size i.e. 32, 34, 36. etc  B] Current Bra cup size a,b. c. d. etc  C] Current lingerie Bottom / Panty size as per label.  Item B Manufacturer  Item C Manufacturer	ALL clients must COMPLETE  Item A  Item B  Item C

	Measuring instructions for your custom made Swimsuit bottom. Best measured without underwear.	Measurements (CM)
WAIST 3 – 5 cm Above your Belly Button	Tie a string or elastic at your waist. We shall now call this your waist band	
	Back straight Sitting on a flat hard surface such as a table top Measure from the waist Band to the pint where your leg creases at the hip	
True hip –	waist band to leg crease	
	Your Seat is another word for crotch, To find this remain sitting on the table and measure from the waistband to the table top	
The Seat	Seat - waist band to table top	
	ALL CLIENTS PLEASE CONFIRM YOUR ORDER	

Please confirm your order naming style and colour. Include changes or special instructions