Vortex Measurement Aid

- Height
- Chest
- Top of hip bone to Throat Hollow
- Waist over navel
- Hip bone to hip bone, around the back
- Thigh
- Inseam
- Hip to Bum
- Top of Hip bone
Instructions

Height
Standing up straight against a wall, without shoes, to the top of the head, is easiest.

Chest
The usual, around the chest, high up

Upper Body
Measure from the top of the hip bone to the throat hollow between the collar bones.
on the same side, where the two collar bones form the hollow below the Adam's apple.

Hip bone to hip bone
Locate both hip bone high points and measure from one point to the other, around the small of the back.

Hip to bum
Locate the highest point of a hip bone and measure from there, over the nipple, over the shoulder to a point
on the same level as the start point on the top of the hip bone.

Waist
The usual, around the waist, over the navel.

Thigh
Measure from the top of the hip bone, around the thigh below the buttock, back to the
top of the hipbone start point.

Inseam
Standing up straight, without shoes, ask a friend to hold the tape next to your heel and
measure up to your crotch.