

NIJAYS COUTURE

MADE-TO-MEASURE GUIDE

The perfect fit starts with precise measurements

Record every figure in inches. Use a flexible tailor's tape over light clothing, stand naturally, and ask someone to assist with shoulders, sleeves, shirt length, and trouser lengths.

BEFORE YOU BEGIN	
1	Keep the tape comfortably close—never tight enough to compress the body.
2	Keep circumference measurements level with the floor.
3	Measure twice and record to the nearest quarter inch.
4	For garment lengths, wear the shoes and waistband position intended for the finished look.

Complete measurement checklist

1. Neck

Wrap the tape around the base of the neck where a shirt collar naturally rests.

Fit note: Leave room for two fingers beneath the tape.

2. Shoulders

Measure across the back from one shoulder bone to the other, following the natural curve.

Fit note: Ask someone to help and keep the shoulders relaxed.

3. Chest

Circle the fullest part of the chest, under the arms and across the shoulder blades.

Fit note: Keep the tape level and breathe normally.

4. Sleeve

Start at the shoulder bone and follow the outside of a slightly bent arm to the wrist bone.

Fit note: Do not lock the elbow straight.

5. Shirt Length

Start beside the neck at the highest shoulder point and measure straight down the front to the preferred shirt hem.

Fit note: Stand upright and choose the coverage wanted when the shirt is untucked.

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MEASUREMENT INSTRUCTIONS

6. Waist

Measure around the natural waist or where the trousers will sit.

Fit note: Keep one finger beneath the tape and do not pull the stomach in.

7. Hips / Seat

With heels together, wrap the tape around the fullest part of the hips and seat.

Fit note: Check from the side that the tape stays level.

8. Wrist

Wrap the tape around the wrist bone where the shirt cuff will sit.

Fit note: Note if a large watch is regularly worn.

9. Thigh

Measure around the fullest part of the upper thigh, just beneath the crotch.

Fit note: Stand naturally with weight even on both feet.

10. Outseam

Measure from the top of the waistband down the outside leg to the preferred trouser hem.

Fit note: Wear the shoes intended for the trousers.

11. Inseam

Measure from the lowest point of the crotch straight down the inside leg to the desired hem.

Fit note: Use well-fitting trousers to confirm this number.

12. Trouser Length

Measure from the top of the trouser waistband straight down the side to the exact finished hem wanted.

Fit note: Wear intended shoes and note no break, slight break, or full break.

Final check

Confirm that Shirt Length and Trouser Length describe the finished garment lengths you want. These are distinct from Sleeve, Inseam, and Outseam measurements. Add any preferred shirt coverage or trouser-break details to your order notes.