

# HOUSE OF DOMINIQUE

## SELF-MEASUREMENT & SUBMISSION GUIDE

All measurements must be taken in centimetres (cm).

### 1. How to Measure Yourself

- Use a flexible measuring tape.
- Stand upright in a relaxed, natural position.
- Wear light clothing or measure directly over your body.
- Keep the tape flat against your body without pulling it too tight or leaving it too loose.
- Ask someone to help you with measurements that are difficult to take alone.
- Record every measurement in centimetres (cm).

### 2. Circumference Measurements

Measure **all the way around** each body part (full circumference).

|                     |                                                               |
|---------------------|---------------------------------------------------------------|
| <b>Chest</b>        | Around the fullest part of the chest.                         |
| <b>Bust</b>         | Around the fullest part of the bust.                          |
| <b>Waist</b>        | Around the natural waistline (narrowest part of the torso).   |
| <b>Hips</b>         | Around the fullest part of the hips and buttocks.             |
| <b>Neck</b>         | Around the base of the neck.                                  |
| <b>Biceps</b>       | Around the fullest part of the upper arm.                     |
| <b>Cuff / Wrist</b> | Around the wrist or the point where the sleeve cuff will sit. |
| <b>Thigh</b>        | Around the fullest part of the thigh.                         |
| <b>Calf</b>         | Around the fullest part of the calf.                          |

### 3. Length Measurements

|                       |                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------|
| <b>Sleeve Length</b>  | From the tip of the shoulder down the arm to the desired sleeve length. Keep the arm slightly bent. |
| <b>Garment Length</b> | From the tip of the shoulder down to where you want the garment to end.                             |
| <b>Skirt Length</b>   | From the waist down to the desired skirt length.                                                    |
| <b>Pants Length</b>   | From the waist down to the desired pants length.                                                    |

### 4. Measurement Submission Form

Please complete the following details and submit them along with your measurements.

#### Customer Details

Full Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Order Number (if applicable): \_\_\_\_\_

Garment / Outfit Required: \_\_\_\_\_

Date Submitted: \_\_\_\_\_

#### Your Measurements (cm)

| Measurement | Size (cm) |
|-------------|-----------|
|-------------|-----------|

|                              |       |
|------------------------------|-------|
| Chest                        | _____ |
| Bust                         | _____ |
| Waist                        | _____ |
| Hips                         | _____ |
| Neck                         | _____ |
| Biceps                       | _____ |
| Cuff / Wrist                 | _____ |
| Thigh                        | _____ |
| Calf                         | _____ |
| Sleeve Length                | _____ |
| Garment Length               | _____ |
| Skirt Length (if applicable) | _____ |
| Pants Length (if applicable) | _____ |

## 5. How to Submit Your Measurements

1. Double-check that all measurements are accurate and recorded in centimetres.
2. Complete your customer and order details.
3. Submit your measurements through the communication channel provided by House of Dominique (WhatsApp, email, or attach the completed form to your order).
4. If you are unsure about any measurement, please ask for assistance before submitting.

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### Final Reminder

Accurate measurements help us create garments that fit you comfortably and beautifully. Please ensure that all circumference measurements go completely around the body part and that all length measurements start from the specified point.

*Thank you for choosing House of Dominique.  
We look forward to creating something beautiful for you!*