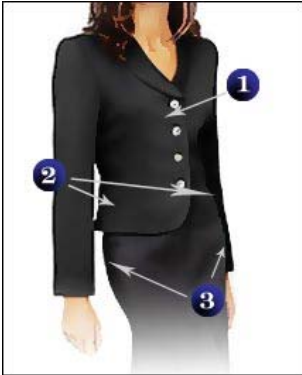


TIPS FOR WOMEN – THE PROPER FIT FROM (www.symsdress.com)

Because sizing varies by manufacturer use your measurements to determine your size. Manufacturers may have their own special fit and size tips. Keep the measuring tape comfortably snug, not tight. You will need a cloth tape measure. It is suggested to have someone help you.



1. Bust

Measure around the shoulder blades, under the armpits and over the fullest part of the bust.

2. Waist

Find your natural waistline and measure.

3. Hips

Measure the fullest part of the hip (usually about 7-9 inches below the waist) If your hips are two sizes or more larger than your waist, use your hip measurement to determine size.

Size Chart

This size chart will assist you in finding the correct size. As a reminder sizes will differ by manufacturer.

	X-Small		Small		Medium		Large	
Size	2	4	6	8	10	12	14	16
Bust	32	33	34	35	36	38	39	41
Waist	24	25	26	27	28	30	31	33
Hips	34 ½	35 ½	36 ½	37 ½	38 ½	40	41 ½	43
	X-Large		1X		2X		3X	
Size	18	20	16W	18W	20W	22W	24W	26W
Bust	43	45	43	45	47	49	50	52
Waist	35	37	35	37	39	41	43	45
Hips	45	47	45	47	49	51	52	54

Petite Sizes

Petite refers to your height and the length proportions for jacket, sleeve, skirt and pants. Women under 5'4" regardless of size are considered petite.

Tall Sizes

Tall refers to your height and the length proportions most often on jackets, sleeves, skirt and pants. Women 5'8" and over regardless of size are considered tall.

Plus Sizes

Whether you are petite, average or tall, plus size usually refers to sizes 14 and up.

- Try on your interview outfit ahead of time. Your interview clothes should be comfortable enough to wear for several hours. You may be walking, sitting or standing depending on the style of your interview.
- Wear something that fits correctly. Not too big or small. If it doesn't fit don't wear it. Blouses for the interview should be conservative. Button all the buttons on the blouse. A button front blouse should not have an open gap at the bust. Skirts are to the knee and hemmed to fall evenly all the way around
- Be sure after each wearing your outfit looks fresh. Take into consideration your schedule when planning what you need. You may be busy and not always have the time to get things cleaned.

Some special attention strategies that can give you a more polished look include a good antiperspirant to avoid underarm stains, a bra that fits well to avoid visible bra lines and having a good haircut and color. Don't forget to pay attention to your hands, have your nails trimmed, clean and neat. You might also consider using one of the bleaching products available to have your teeth look great too.