



Please stand in front of a mirror with a friend to assist in taking measurements.

C= Waist measurement  
 D= High hip measurement. This should be measured 10cm below your waist.  
 E= Low Hip measurement. This is taken 10cm below your high hip measurement.  
 F= Hip at fullest point. The lowest and widest part of your hip and bottom.

	Description
<i>Diagram Position</i>	<i>Shoe Size</i>
<b>C</b>	<b>Waist (narrowest part of body)</b>
<b>D</b>	<b>High Hip (10cm below waist)</b>
<b>E</b>	<b>Low Hip (20cm below waist)</b>
<b>F</b>	<b>Widest part of your bum</b>

**Remarks:** Please give us the most accurate measurements you can in Centimetres. Cheating will only get you sent to the wrong casting and is a waste of time for all, please remember that you are more likely to get work if you are a normal shape and size...Barbie doesn't work here! We advise you stand in front of a mirror and get a friend to help obtain the best possible results when measuring.