

Measurement of the figure

Measuring your body is easy!

To choose the correct size, it's best to take fresh measurements and compare the basic dimensions (i.e. chest, waist, and hip circumference) with the Cadenza size chart.

Taking your own measurements without assistance is easier using a guiding string. Although the process might seem time-consuming at first, it ultimately results in faster and more accurate measurements.

Tie the string tightly at the measurement point with a secure knot that won't loosen. Then cut the string and measure it using any measuring tool.

1. CHEST CIRCUMFERENCE

Measure by running a centimeter or an auxiliary string across the widest point on the chest. For men this is usually the armpit area, for women it should be measured across the highest point of the breasts.

2. WAIST CIRCUMFERENCE

Lead a centimeter or auxiliary string around the waist. Read the measure on the centimetre where the two ends join.

3. SIDE GIRTH

First, we examine in the mirror which area of our hips is the widest. It's very individual. Then we put a centimeter or again an auxiliary string across the widest point.

4. HEIGHT DIMENSIONS

Cadenza garments have a basic length "A" - for small and medium figures and an extended length "B" - for figures up to 182 cm tall. It is also advisable to choose the extended length if you are of medium height but want to have your knees covered by skirts or dresses. The garment lengths shown in the catalogue are measured from the centre back to the bottom edge. They are averages, which means that generally small sizes are shorter and large sizes are longer compared to the length shown.

5. INDIVIDUAL CARE

If you do not find yourself in the tables and you decide for a "tailor-made" garment, we are ready to accommodate you. Ask for the so-called "measuring sheet", where everything you need is precisely described.

You have your basic measurements, what next? What is the guideline when comparing with the chart? If you are choosing a blouse or a dress, the chest and hip circumference is crucial to determine the correct size. Are you unsure because your hips are a size "M" and your chest is a size "L" or is it the other way around? Easy solution - in this case, choose the larger of the two sizes.

Pants are another case. Here, the circumference of your hips or waist, whichever is the larger one, is decisive. It is important to know that the table shows body measurements and each garment still has a reasonable margin for comfortable wear. This margin is smallest, for example in the case of ALBA trousers, where it is desirable that they are "body tight"! On the other hand, a medical coat has the largest reserve because it is treated as a "coat", i.e. over other clothing.

