

## **How to measure for a mieder**

- The lady must wear a well fitting bra; one that she typically wears with Tracht
- Don't measure yourself
- Stand upright (don't look down); arms to the side
- Tie an apron snugly around your waist (the smallest point, where the skirt sits)
- Measure snug against the body

### **I need five measurements:**

- waist (around the smallest point of waist)
- bust (around the widest point of bust)
- front length (from waistband to nipple)
- back length (from first neckbone to waistband)
- body high (complete from head to toe)

Mieders are supposed to fit exactly at the waist and end at the nipple, so the front length is very important. Typically it is 17-19cm (7 inch). The back length is typically 39-41cm (15 ¾ inch).

If the front length is too long or short, the bust will either fall down or be covered. So please measure carefully.

Our mieders are made the traditional way using „Mehlpapp“ (flour glue). So you can't open the inside to repair something. If the mieder fits too low on the hip, the mieder and skirt will shift up to the waist and the stays will break at the waistline. Once a wooden stay is broken, you can not repair it.

(Look at “How to care Mieder”)

Mieders are always tailormade; they are not „off the shelf.“ So please understand that the delivery time will be several weeks.

Please let me know, if you have any questions. If you are not sure, just send me a picture while you are measuring a person.

Looking forward to making you a perfect fitting mieder! :)

Vroni