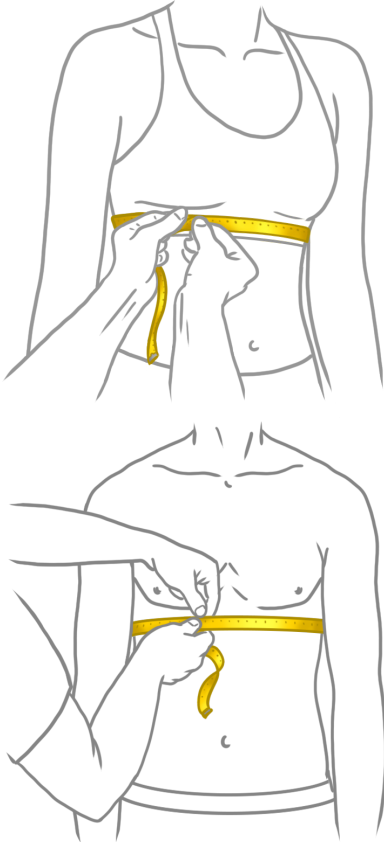




Finding your size

Oxa should fit **tightly**, in order to accurately measure your vitals.

You need a **flexible measuring tape, string, or rope**, at least 120 cm (4 ft) long.



1. Ask someone you trust to take your measurement. Measure **without a top/shirt**.
2. Measure your circumference at the **bottom of the breastbone**, where the rib cage joins together.
 - Measure in a **straight, horizontal line**. Tighten the tape so it doesn't slide down the back/front.
 - **Lower your arms and elbows** at your sides.
3. Note the **nearest centimeter / half inch** measurement.

To ensure the best fit for your Oxa bra or shirt:

- Maintain a **neutral posture**. Relax your shoulders.
- **Breathe softly**. Do not take deep breaths.

If you:

- are **alone?** Use a mirror to check your posture and horizontal measurement. Measure twice to be sure.
- **use a string?** Mark the measurement by hand, and measure the string after removing it from your body.

