

How To Measure The Client



CONTOUR
LIGHT

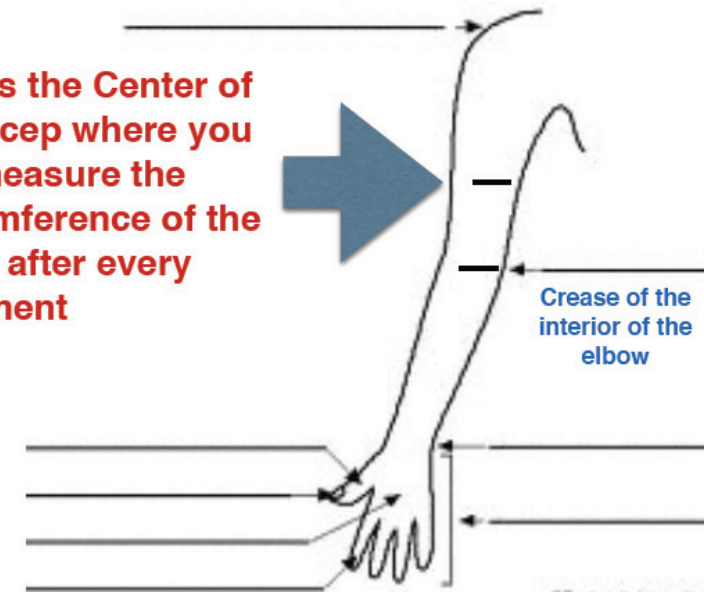


Measuring the Arms:

- From the crease of the interior elbow measure up to the center of the bicep muscle.
- Draw a horizontal line with marking pen
- Measure from the crease of the interior elbow to the marked line and keep this measurement in the clients file.

NOTE: This measurement location will be the same for this client every time and is the location where you will measure the arms circumference.

This is the Center of the bicep where you will measure the circumference of the client after every treatment

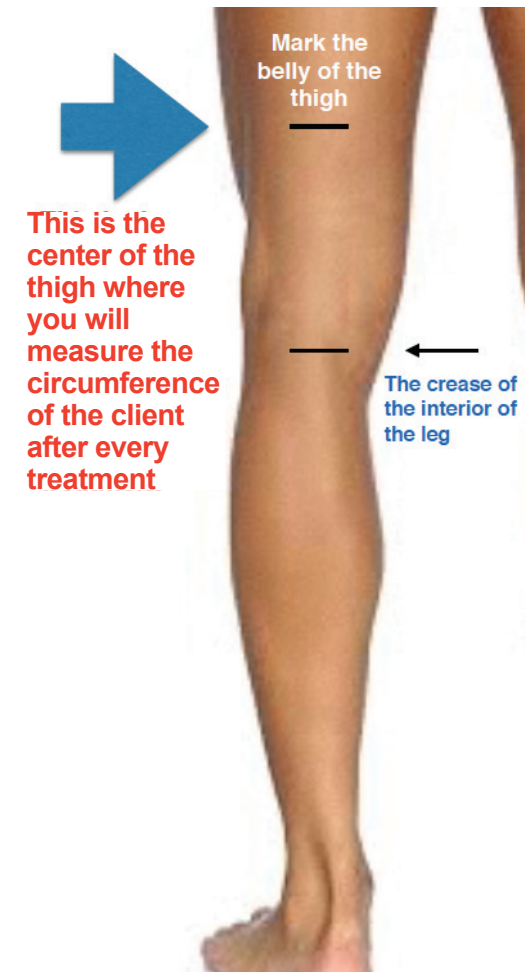




Measuring the Legs:

- From the crease of the posterior of the knee measure up to the center of the thigh.
- Draw a horizontal line with a marking pen.
- Measure from the crease of the posterior of the thigh to the marked line and keep this measurement in the clients file.

NOTE: This measurement will be the same for this client every time and this is the location where you will measure the thighs circumference.





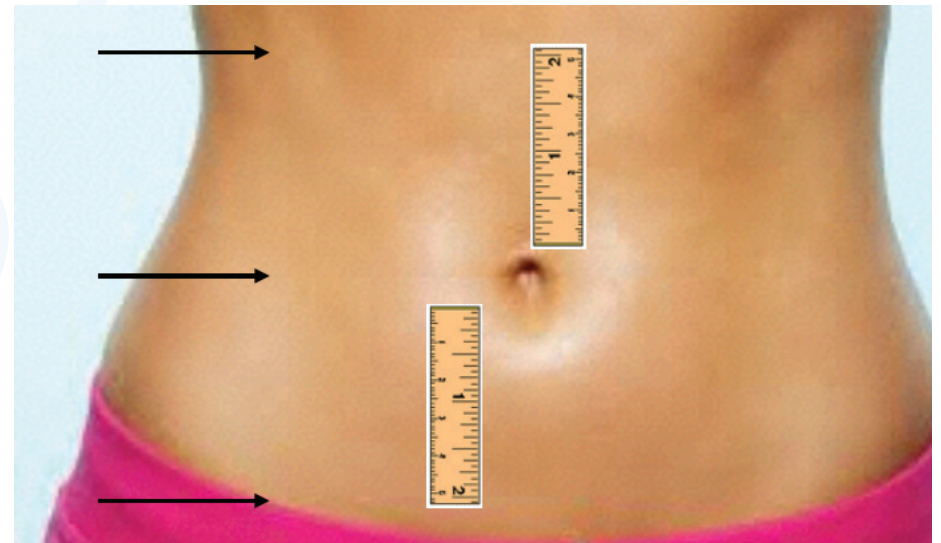
Measuring the Stomach:

- Step 1: Measure the circumference at the umbilicus
- Step 2: Measure 2 inches up from the umbilicus and measure the circumference
- Step 3: Measure 2 inches below the umbilicus and measure the circumference.

Step 2

Step 1

Step 3





CONTOUR
LIGHT

Measuring the Breast:

- Measure the circumference of the body just below the nipple.

