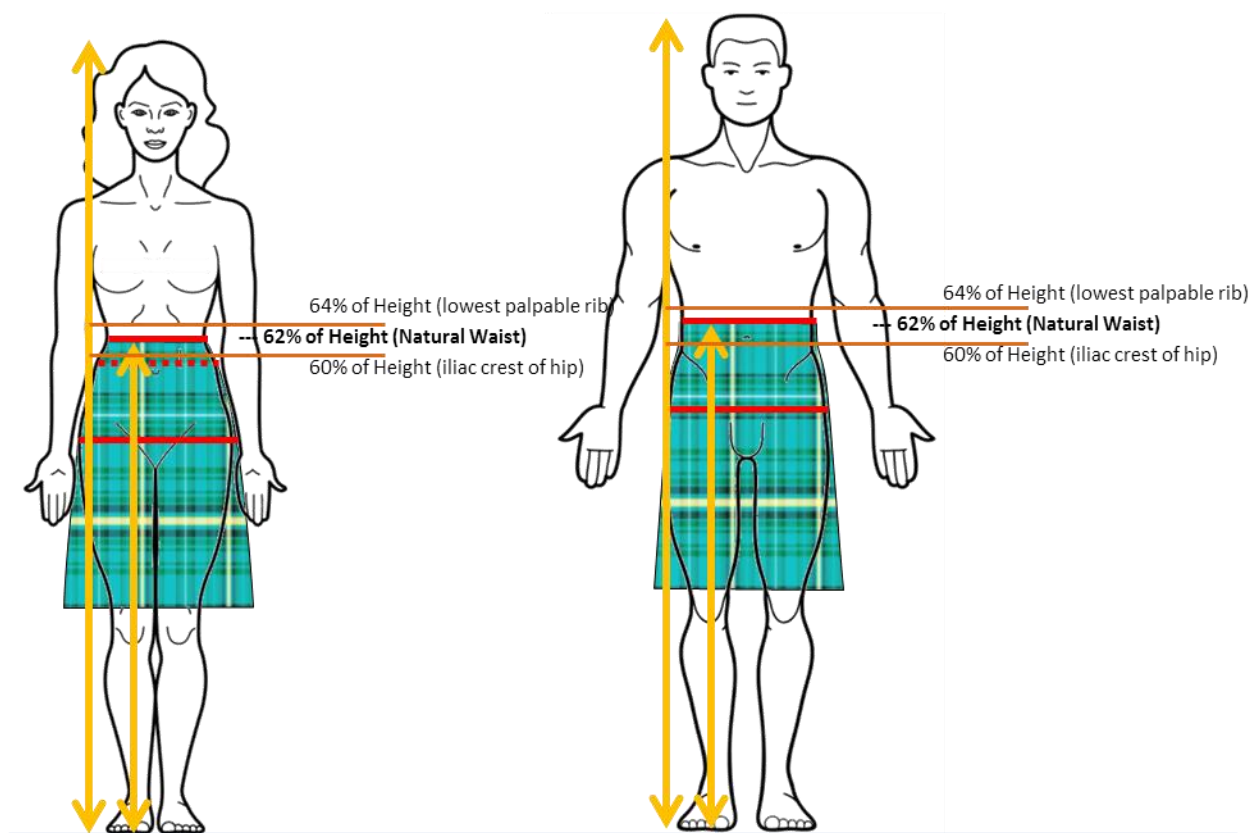


Where, oh Where, is my Natural Waist?



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The Natural Waist is located just near the middle of the space between the lowest palpable rib and the iliac crest ("horn") of the hip bone.

Studies using TC2 3D body scanners have placed those landmarks at about 64% and 60%, respectively, of an individual's height. So, the Natural Waist is usually found near a point that is 62% of one's height, though it varies a little from person to person.

There are several other ways to find your Natural Waist:

- poke your middle and ring fingers deep into the space above the iliac crest
- bend sideways -- the spot that creases is the Natural Waist
- synch a narrow belt tightly around your waist above the navel until it settles in between the two landmarks. The location of the belt's tongue marks the Natural Waist
- place your hand horizontally on your abdomen with the little finger covering the navel. The Natural Waist is near the center or top of the index finger.

(Note: kilt length is measured from the top of the index finger to give the required kilt rise of 2")

Approx. Height of Natural Waist			
Height	Waist	Height	Waist
(inches)			(cm)
5' 1"	37 3/4 "	155	96
5' 2"	38 2/4 "	157	98
5' 3"	39 "	160	99
5' 4"	39 3/4 "	163	101
5' 5"	40 1/4 "	165	102
5' 6"	41 "	168	104
5' 7"	41 2/4 "	170	106
5' 8"	42 1/4 "	173	107
5' 9"	42 3/4 "	175	109
5' 10"	43 2/4 "	178	110
5' 11"	44 "	180	112
6' 0"	44 2/4 "	183	113
6' 1"	45 1/4 "	185	115
6' 2"	46 "	188	117
6' 3"	46 2/4 "	191	118
6' 4"	47 "	193	120