

Location	Ease Suggestions	Comments
Shoulders/Back	+2"	If you have large shoulders, then you have experience tightness in this region, and you might like more than 2" ease. The idea is to at least be able to hug someone without restriction.
Bust	+2"	Again if you are always feeling tight across the back in RTW, this might need to be a little larger. This alteration is the FBA, don't try to add more through the back to get comfort in the bust.
Waist	+1"	I have always had a tiny waist, and so this was where I had the least ease. Not today, when a small waist makes hips look larger. I have as much as 3" ease in the waist today, because of the fashion.
Hips	+2"	If you are sensitive about your hips, I really recommend more than 2". A garment that feels tight through the hips can feel restricting, whereas a nice ease through the hips makes your hips look OK.
Hem/Knees (Girth)	+4"	Constriction through the knees restricts walking. This is normal. Increasing this ease wouldn't be out of place. Always make sure that you can get in and out of a car with the ease you have at the knees.
Hem/Floor (Girth)	Slit or Vent	There shouldn't be any restriction here because you need it to walk, so a slit, godet, or vent with a small amount of fabric around the floor is perfectly acceptable.