## Measure With Ruler/Measuring Tape

You can print this page and use the ruler or you can use your own.

Use the millimeter part of the measuring tape.

9

8

T8mm

9mm

10mm

11mm

12mm

13mm

14mm

15mm

16mm

18mm

3

2

1

0

Count the lines in between the sides of your nails.

If you are in between lines, round up to the next line.

If you have flatter nail beds add 1mm.

If you have very flat nail beds add 2mm.

Make sure you measure the widest part of the nail.

## Measure With Tape

If you don't have a flexable ruler or measuring tape you can use tape and a sharpie.

Put the tape on your nails and mark the sides.

Hold the tape up to a ruler and count the lines inbetween where you marked.

## Measure With Nail Template

You can print off this page and use the pre-measured nail template on the right side of this paper.

Hold the tamplates up to your nails and find the closest match.

18mm: Size 0 16mm: Size 1 15mm: Size 2 14mm: Size 3 13mm: Size 4 12mm: Size 5 11mm: Size 5 10mm: Size 7 9mm: Size 8 8mm: Size 9

If you don't trust your judgment when measuring your nails then you have the option to order the nail sizing kit instead.

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