## Sizing Guide.

- **1.** Print this page at 100%. Do not scale to fit. (To make sure you printed at 100%, place a credit card in the right box. If it's an exact fit, you're good to go.)
- **2.** Cut the tool into 3 strips and stick the pieces together correctly.
- 3. Place it around your head 1cm above the ears and eyebrows to measure your length. There you have it!

Place a credit card here to confirm that the tool printed at 100%.

