

How to measure your forehead width

Hold up a ruler against your forehead and measure the distance between your temples.

Width between front temples in millimetres
(in this example it equals 110 mm)



How to measure your eyebrow to cheekbone distance

Hold up a ruler against your forehead and measure the distance between your temples.

Eyebrow to Cheekbone height in millimetres
(in this example it equals 40 mm)

