

Women's Sizes

XS	Fits up to 6" wrist comfortably
S/M	Fits up to 6.25" wrist comfortably
M/L	Fits up to 7" wrist comfortably
L/XL	Fits up to 7.5" wrist comfortably

Men's Sizes

S/M	Fits up to 6.5" wrist comfortably
M/L	Fits up to 7.5" wrist comfortably
L/XL	Fits up to 7.75" wrist comfortably

Kid's Sizes

KIDS	Fits up to 5.25" wrist comfortably
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Instructions

- Cut out the paper Wrist Sizer and follow the instructions below.
- Make sure that the numbers are on the outside of the paper Wrist Sizer and insert the pointed end through the opening you have cut at the other end of the Wrist Sizer where indicated (cut here). Place your hand through the Wrist Sizer and pull the pointed end until it fits comfortably on your wrist.
 - To ensure the correct sizing, use the side guide where you would like your bracelet to lay! For a snugger fit, you can measure where the base of your palm meets your wrist, and for a looser fit, you can measure just above your wrist bone.
- The number that lines up with the edges of the opening is the size of the wrist.
- You can also use a tape measurer but if you do not have one, take any small piece of ribbon or cord. Wrap it around your wrist and measure the length against a ruler.

To get the best results, you will need to go to the 'printing option' before printing and ensure that the page scaling option is set to 'non' in the print options box. The Wrist Sizer must be printed on an A4 (8.5 x 11 inches) page.

Please note that the LWP Wrist Sizer is an indicative guide only and therefore may not be the exact measure.

