

PUPILLARY DISTANCE MEASURING TOOL

1. Find your pupillary distance (PD) by standing in front of a mirror or asking someone else for help.
2. Place this PD ruler on your nose, make sure the “0” is on the centre of the bridge of your nose.
3. Look straight ahead and measure the distance for each eye between ‘0’ and the centre your pupil.

If you have any questions, please feel free to contact us at info@monclondon.com or give us a call at +44 (0)203 176 0259.

