



## WRIST SIZER for THEELK® Bracelets

### HOW TO USE THEELK® WRIST SIZER

1. Cut out the ruler
2. Place ruler on your wrist and wrap around it tightly
3. The number that lines up with the edge of the ruler is the size of the wrist
4. Choose bracelet for your wrist\*

\*If you are between sizes then decide how you like to wear your bracelet.

If you wear it tightly choose the smaller size and if you like to wear it loosely take the larger size.

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