

### Wrist measurement guide

The wrist guide must be printed on a full A4 page. To check that the wrist guide has been printed in the correct size, please measure on the scale below. It should be exactly 2 cm long.



### How to do your measurement:

1. Cut out the paper wrist measure.
2. Then cut a slit in the measure where indicated.
3. Insert the tip end through the slit.
4. Place your hand through the wrist sizer and pull the pointed end until it fits comfortably on your wrist.
5. The number next to the slit is the circumference of your bracelet.

Please note that our size guide is only a guideline

