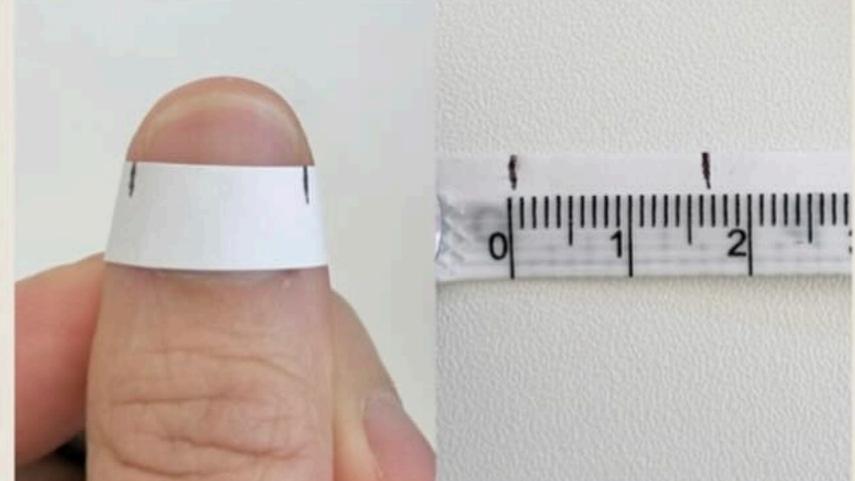


# HOW TO MEASURE





MEASURE IN MILLIMETER

#### METHOD 1

## Measuring Tape

Use a Measuring tape from one edge of your nail bed to the other across the WIDEST part of your nails.

## METHOD 2

### Using Paper/Tape

- Wrap a piece of paper across the Widest part of your nail
- Use a pen to mark the two edges
- Place tape or paper on a flat surface
- Measure with a Ruler