





## How to Use:

- 1. Find a ruler and a mirror.
- 2. Face the mirror and put the ruler horizontal to your face.
- 3. Measure from outer nostril to outer nostril.
- 4. Consult our size guide below.

Results will vary and this sizing guide will NOT guarantee the most optimal fit with the mask.

## Size Guide:

 Small:
 0 - 1.5 Inches
 0 - 3.8 cm

 Medium:
 1.5 - 1.75 Inches
 3.8 - 4.5 cm

 Large:
 1.75 + Inches
 4.5 + cm

**Note:** We find these measurments work with about 80% of our clients. Head shape, nose shape and nose density is also a factor. In person fitment is always recommended.



