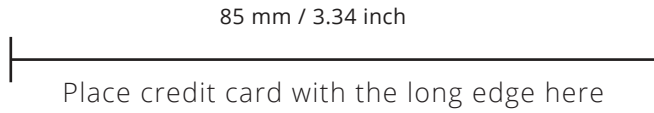


WRIST CIRCUMFERENCE MEASUREMENT GUIDE

Before printing, ensure this guide is set to print at 100% scale and that you are printing on standard A4 paper (210mm x 297mm). If you are unsure as to whether you have printed the correct size, or if you are measuring on a screen, place a credit card on the guide.



Cut out the paper measuring tape and make a cut along the dotted line indicated.

Thread the end of the measuring tape through the slit.

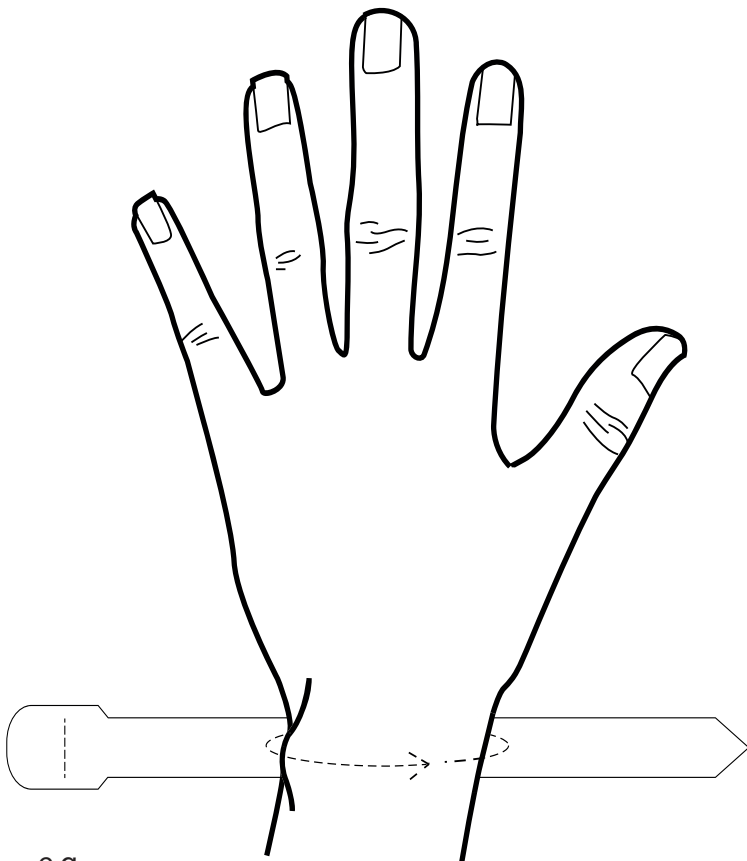
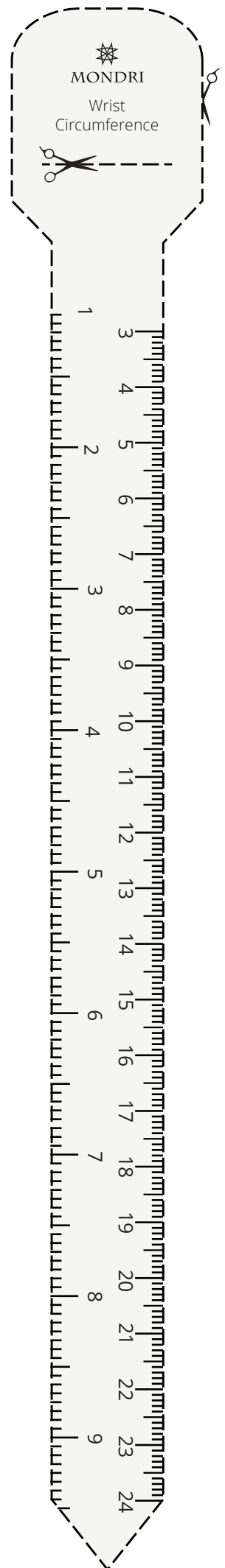
Place the measuring tape around your wrist and tighten it so that it fits snugly.

Measure your wrist several times to avoid inaccurate readings.

Evaluate the obtained result.

If the measured wrist circumference is a half size, such as 15.5 cm or 18.5 cm, etc., choose the nearest desired jewelry size.

If you prefer a looser piece of jewelry, choose the nearest larger size. If you do not want additional looseness, choose the nearest smaller size.



e.g.