



# SIZE GUIDE

## HOW TO PRINT THIS SIZE GUIDE?

1. Print this page to estimate your wrist circumference for correct bracelet sizing. When printed with Adobe Acrobat Reader, please select "**Actual Size**" in "Page Sizing".
2. Compare the bracelet sizer with a ruler to ensure that the sizer printed at the correct scale, e.g. place a ruler at 0 and measure that the 12 cm mark is the equivalent.

## HOW TO MEASURE YOUR SIZE?

3. Cut out the entire bracelet sizer. Then place the sizer around the wrist to be measured. Pull the end through the slit "cut here".
4. Ensure that there is enough room left around the wrist to allow for an index finger to fit through.
5. Read the measurement as it appears through the slit. If you wish

Should you have any questions, please email [admin@ajooniretreat.com](mailto:admin@ajooniretreat.com)

