Print this file on a $100 \%$ scale.
To make sure the print-out is accurate, the above line should match the length of a credit card.

The squares on the left are to help you with the size of ring you need.

For best results, use a well-lit place with a mirror.
Cut the squares, following the dashed line.
Please note to cut the inner dashed line as well (inside the black line).

Place the two open ends of the black circle on top of your piercing holes inside your nose, one on each side.
Try to be as accurate as possible.

Continue until you find the best fitting size.

## 6 mm Curved

the black represents the ring
" $\|=\|=\| \quad$ the dashed line is the cutting guidelines

