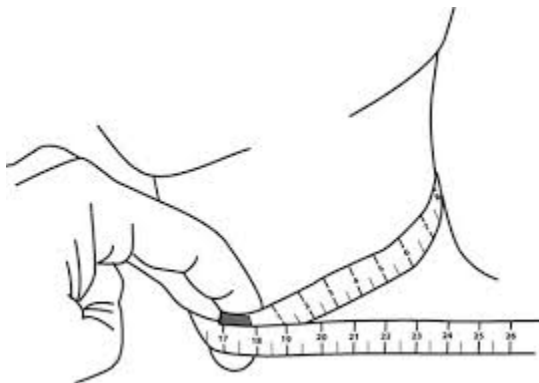
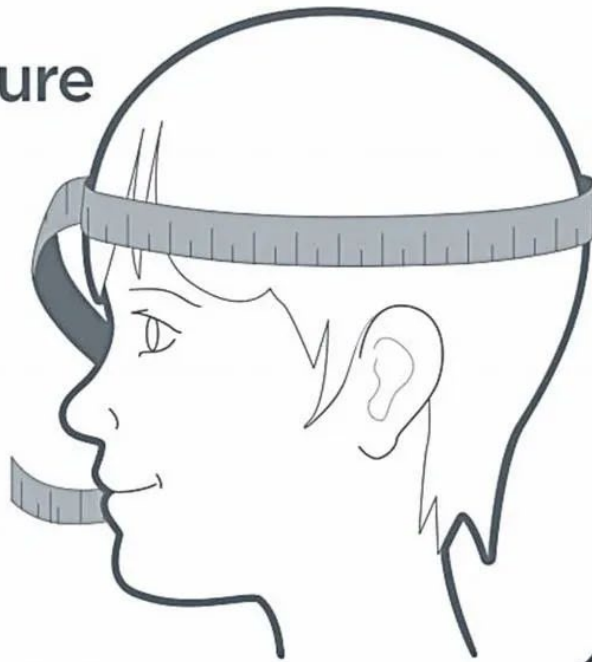


All measurements in centimetres.

Head

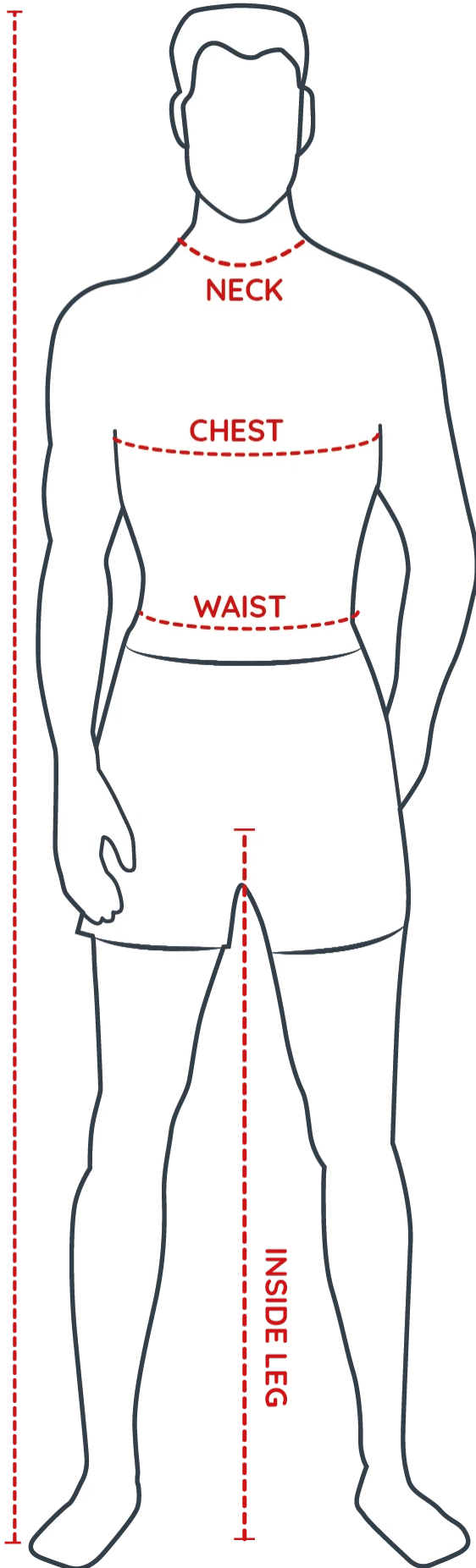
how to measure your head

- 1** Use a soft measuring tape to measure the circumference of your head about 1 cm above your eyebrows. Make sure the tape is at the same height all around your head when measuring.
- 2** If you do not have a soft measuring tape, use a string in the same way as indicated above to measure your head. Then lay the string straight and measure it with a ruler.



Neck

HEIGHT



HEIGHT

