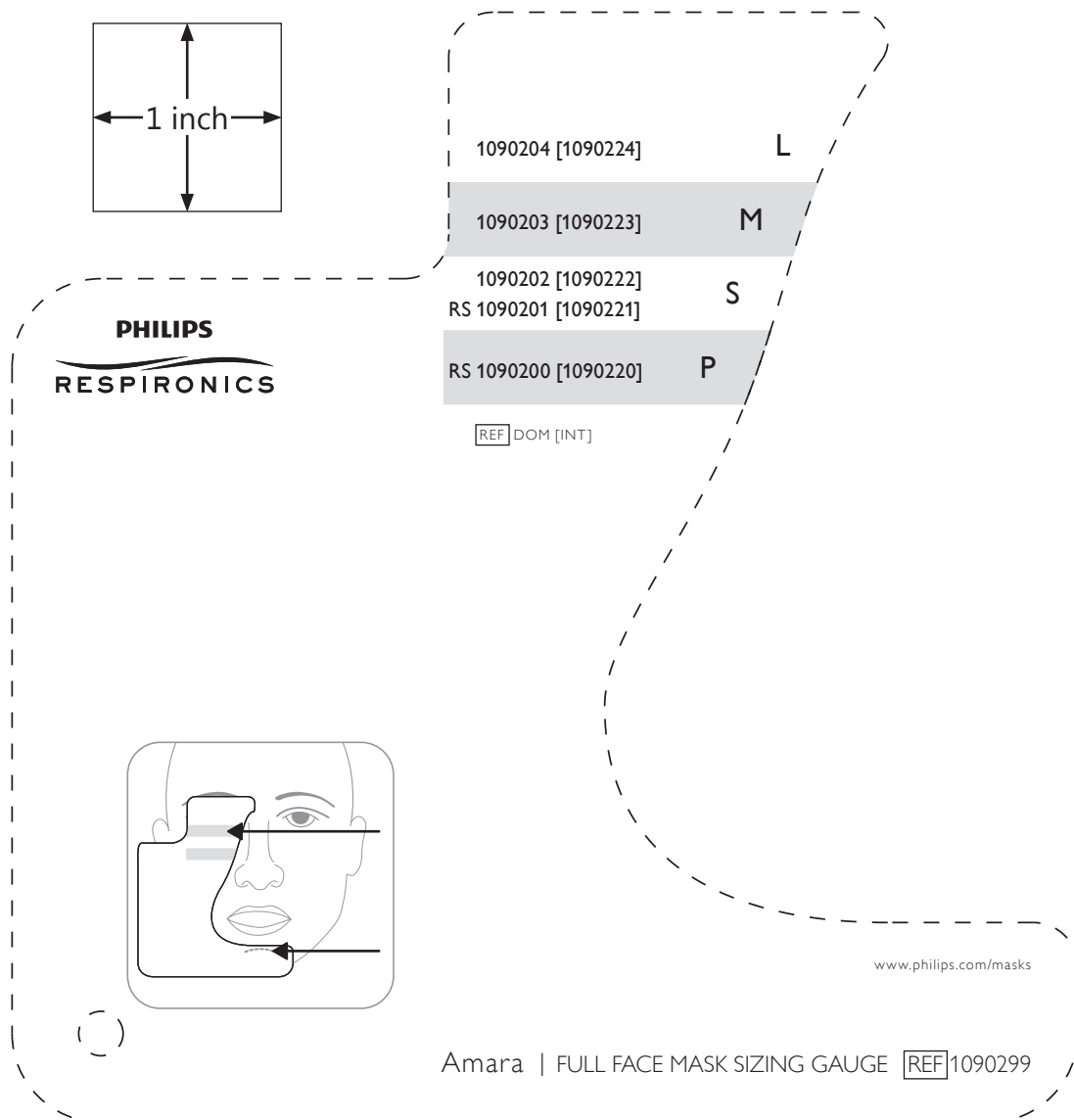


# Amara and Amara Gel Sizing Gauge



1. Print this page without any scaling (use the inch square box to ensure print size is accurate).
2. Cut out and place against the face as shown in the diagram.
3. If exactly between two sizes, it is generally better to go for the larger option.