



# Arie® Full Face Mask Sizing Guide

## Sizing Instructions

- 1 Print the template at **100% scale (actual size)** and cut out the measuring tool along the dashed lines.
- 2 Stand in front of a mirror and hold the sizing guide vertically against your face.
- 3 Align the arrow on the sizing guide with the upper bridge of the nose as shown in the diagram.
- 4 Check which size indicator (**Small, Medium, or Large**) at the bottom of the guide aligns with the indicated area of your chin to determine your size.

## Print Accuracy Check

