naild.

the printable sizing strip

Before you measure

1. Print this page at 100% / Actual Size. Do not select Fit to Page or Scale to Fit.
2. Check the calibration box below with a ruler — it must measure exactly 20 mm.
3. Cut out the strip along the dashed line.
4. Tape a small piece of clear tape across the widest part of your nail and mark the edges.
5. Lay the tape flat along the strip, starting at 0, and read the width in millimetres.
6. Repeat for all ten nails — left and right hands can differ.

calibration — this box must measure exactly 20 mm × 20 mm

