



1. MEASURE CIRCUMFERENCE



Start in front at your natural hairline and follow to nape of neck in back and all the way around to starting point.

2. MEASURE FRONT TO BACK



With hair lying flat, measure from natural hairline in front over your head and to the nape of your neck.

3. MEASURE SIDE TO SIDE



Start in front of ear where hairline ends. Bring tape measure over head to front of other ear.

HEAD MEASUREMENT GUIDE



1. Circumference



2. Front to Nape



3. Ear to Ear across forehead



4. Ear to Ear over top



5. Temple to Temple around back



6. Nape to Neck

	MEASUREMENT	SMALL SIZE	MEDIUM SIZE	LARGE SIZE
1	Circumference	21.5 inches	22.5 inches	23.25 inches
2	Front to Nape	13.5 inches	14.5 inches	15.5 inches
3	Ear to Ear across Forehead	11 inches	12 inches	12 inches
4	Ear to Ear over top	12 inches	12.5 inches	13.5 inches
5	Temple to Temple around back	13.5 inches	15.5 inches	16.5 inches
6	Nap to Neck	5 inches	5.5 inches	6 inches

YOUR HEAD MEASUREMENT DETAILS

Circumference: _____ inches

Front to Nape: _____ inches

Ear to Ear across Forhead: _____ inches

Ear to Ear over top: _____ inches

Temple to Temple around back: _____ inches

Nape to Neck: _____ inches

Your full name: _____

Date: _____

Your email: _____

Phone: _____

After completing the “Your Head Measurement Details” section, save this file, then email the saved file to marcey@lookbeyondbeauty.com.