$$H(p) = \frac{1}{2\pi} \int_0^{2\pi} k_n(\varphi, p)\, d\varphi$$

where

- $p \in \mathbb{R}^3$ point on the surface
- $k_n \in \mathbb{R}, \mathbb{R}^3 \to \mathbb{R}$ normal curvature