

## Mark and Measure Your Frontal Guide

In this step, you'll make two simple marks on your chosen frontal guide and measure the distance between them. This shows us where the system will meet your growing hair.

If you have any questions or concerns, please don't hesitate to contact us.

### *Supplies*

*Your chosen frontal guide*

*Flexible measuring tape with centimeters*

*Fine tip pen or marker*

*Wall mirror*

*Tape*

### Step 1: Apply tape to the frontal guide

Apply a few pieces of tape to the back of the frontal guide to hold it in place on your head.



## Step 2: Align your frontal guide in the proper position

*If you have no front hairline, follow these instructions:*

Place the frontal guide on your head and align the front center edge with the mark you made on your forehead. Make sure the guide is centered and pressed tightly against your scalp.



*If you plan to use your growing front hairline, follow these instructions:*

The shape of the frontal guide should match the shape of your hair loss pattern behind your front hairline, or the area you plan to shave. We recommend you place the guide no closer than 1/4 inch (0.6 cm) and no further than 1 inch (2.5 cm) behind your front hairline, depending on where it begins to thin.

When positioning the frontal guide, there should be no gap between the front edge of the guide and where you plan to place the front edge of your hair system. This will allow for the best blending. Make sure the guide is centered and pressed tightly against your scalp.



### Step 3: Mark the frontal guide

With your pen or marker, make a clear, visible mark where the frontal guide overlaps your growing hairline, directly on the frontal guide on each side of your head. This is where the hair system will meet your growing hair.



### Step 4: Measure between the two points

Extend your measuring tape from one mark to the other. Pull it snugly over the frontal guide.



Note the measurement. Return to *Gather*, then go to the **Menu** under **Frontal Guides** and choose **Mark and Measure**. Enter the measurement, in centimeters.