

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 front of the system will end, or 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, down to your ears.



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 meets your growing hairline (or where you would like the hair system to stop) directly on the frontal guide on each side of your head.

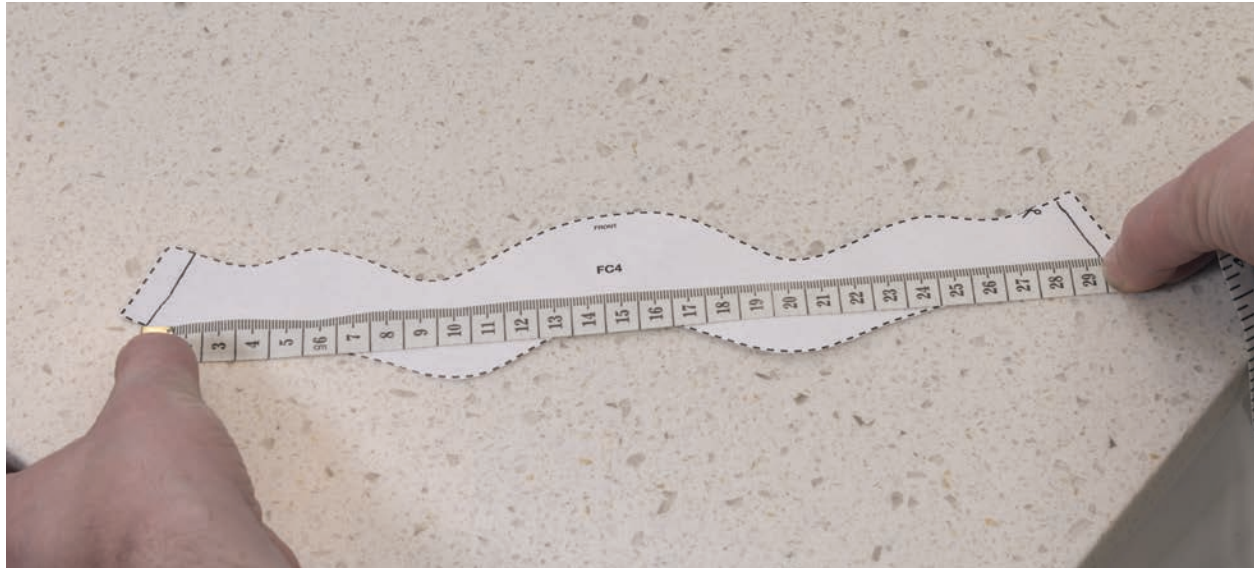


If you have no growing hair, mark the frontal guide at the point where your ear is attached to your head.



Step 4: Measure between the two points

Remove the frontal guide and place it on the counter. Place your measuring tape at the back edge of the frontal guide and extend it from one mark to the other.



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