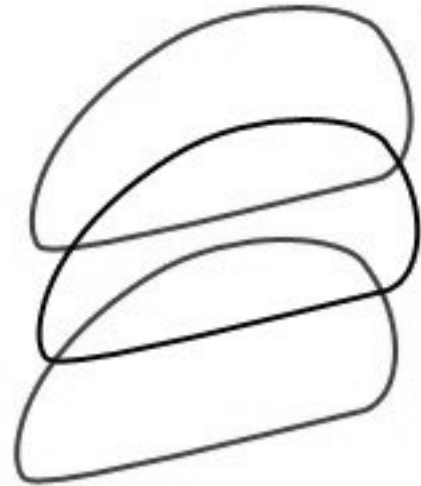
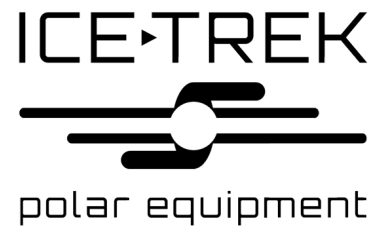


# GURU FACE MASK

## INSTRUCTIONS



- Regular
- Large



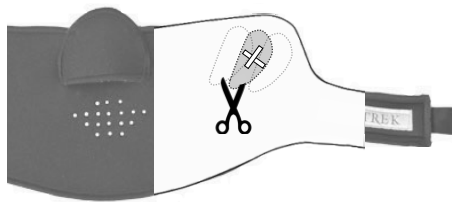
This template is also available at [www.icetrek.com](http://www.icetrek.com)

1.



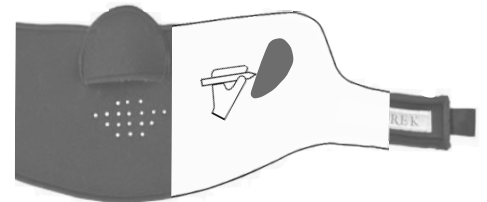
Place the mask on your face and secure the velcro tab ensuring skin contact throughout (don't wear the mask over collars or headwear). Use a pen to mark the position of your earhole on the outside of the mask.

2.



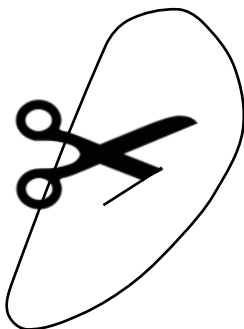
Cut out the paper template and align it over the outside of one half of the mask. Select hole cutout that is centred over your mark and use scissors to neatly cut it out.

3.



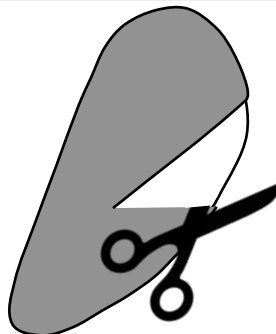
Lay the template back over the mask and trace the hole outline onto the mask.

4.



Remove the template and using sharp scissors, make a cut in the centre of the traced outline on your mask.

5.



Make your way to the edge and neatly cut out your first ear hole. Put the mask on and try the hole out for size.

6.



The hole should fit snugly around your ear without deforming it. If the hole is too small modify until you get the right fit then reverse the template and repeat the procedure on the other side.