







	<ul style="list-style-type: none"> • Secure elastic straps around ears • Fit flexible band to nose bridge • Fit snug to face and below chin 	
	<ul style="list-style-type: none"> • Put a knot in each of the elastic straps to shorten the length of the strap • Secure elastic straps around ears • Fit flexible band to nose bridge • Fit snug to face and below chin 	
	<ul style="list-style-type: none"> • Make a loop in the elastic strap (at both sides) and put around ears to shorten the length of the strap • Fit flexible band to nose bridge • Fit snug to face and below chin 	
	<ul style="list-style-type: none"> • Make a loop in the elastic strap position over ears – this will give an 'X' shaped in the straps on the side of the face • Fit flexible band to nose bridge • Fit snug to face and below chin 	
	<ul style="list-style-type: none"> • Pull the straps to the back of the head, secure with button band, hair clip or hair band • Fit flexible band to nose bridge • Fit snug to face and below chin 	