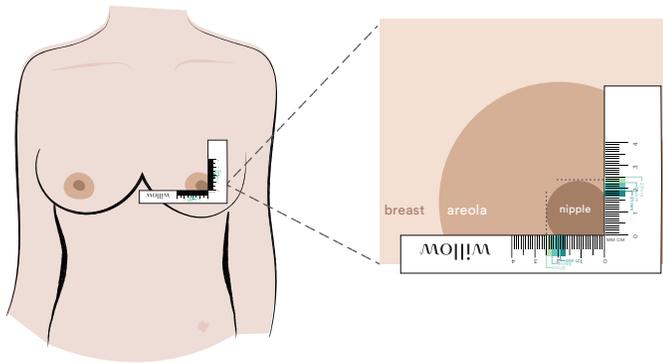


willow

NIPPLE MEASURE TOOL

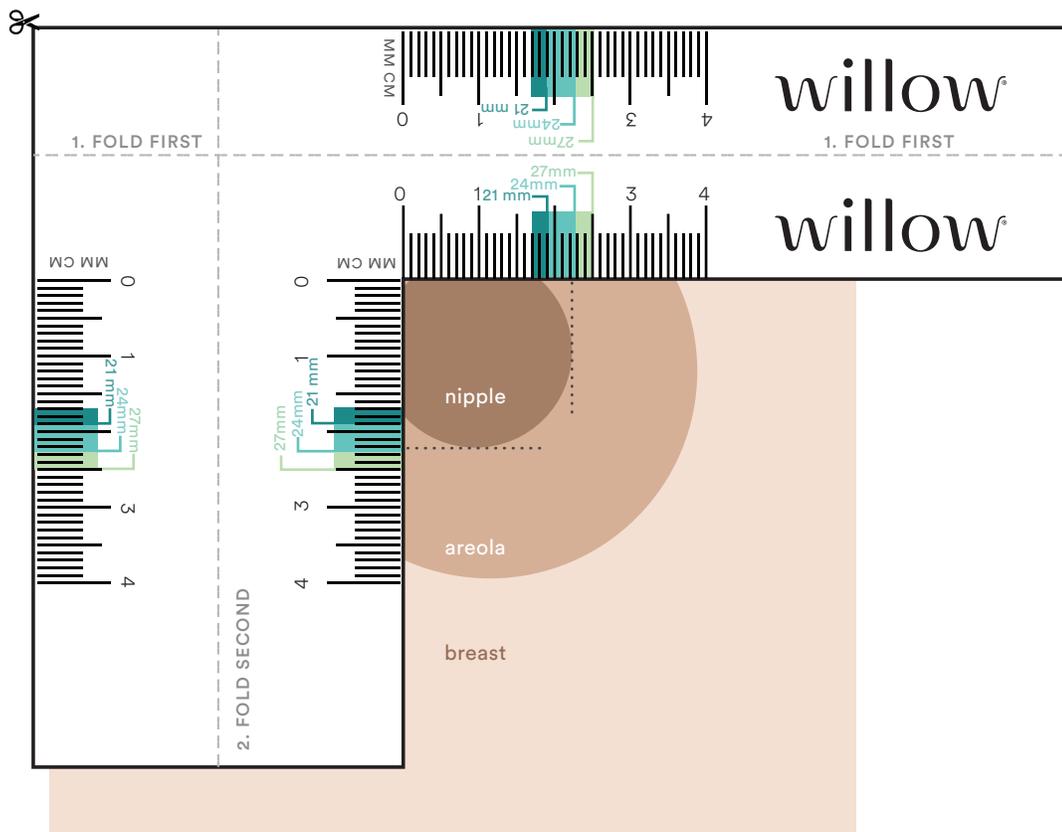


How to select your flange size

Nipple Measurement	Willow Size
17 - 19 mm	21 mm
20 - 22 mm	24 mm
23 - 25 mm	27 mm

HOW TO SIZE YOUR NIPPLES WITH THE WILLOW RULER

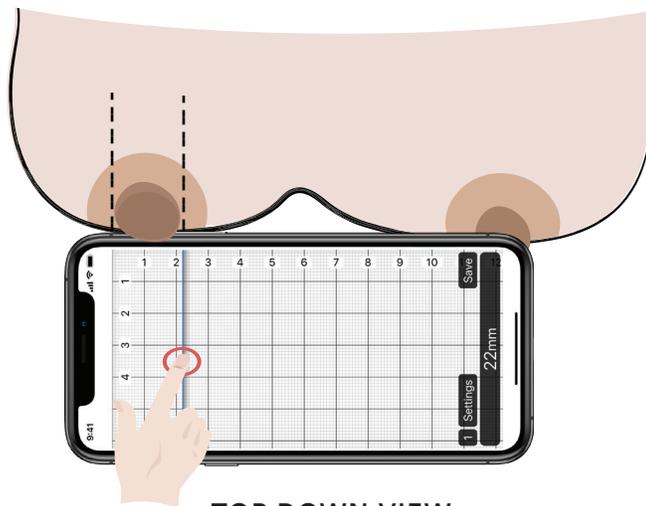
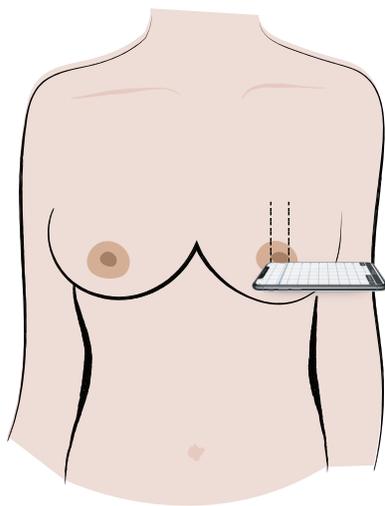
- Cut around the outside of the tool and fold twice
- Stimulate your nipple so it perks up
- Place the inside angle (where the zeros meet) on the point where your nipple begins to stick out from your areola; the very base of your nipple. Slide the paper measure in close so the nipple is nestled in the corner.
- Use a mirror or camera to help you get a measurement
- Use a flange that is 2-4mm larger than nipple measurement, (for example, if you measure 19mm, we suggest trying a 21mm flange)
- If your size falls outside of 17 – 25mm, please feel free to contact us.





HOW TO SIZE YOUR NIPPLES USING YOUR PHONE

- Download Ruler 2.0 for iOS or Millimeter for Android phones.
- In the app settings, make sure to set the measurement to mm.
- Stimulate your nipple so it perks up.
- Looking down at your phone and breast, allow your nipple to rest on your phone screen perpendicular to your chest. One side of the base of your nipple (where it begins to stick out from your areola) should line up with the zero-zero point on your screen.
- Move the sliding measuring bar on the screen to the other side of base of your nipple to get your measurement.
- Use a flange that is 2 – 4 mm larger than your nipple measurement, for example, if you measure 19mm, we suggest trying a 21mm flange.
- If your size falls outside of 17 – 25mm, please feel free to contact us.



TOP DOWN VIEW

Use your finger to slide the ruler line to measure nipple.

How to select your flange size

Nipple Measurement	Willow Size
17 - 19 mm	21 mm
20 - 22 mm	24 mm
23 - 25 mm	27 mm