

# Hat Sizing Chart

## Turtle Healing Energy

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Use the following chart to guide your purchase choices; also, please read Note below.

Size	Head Circumference and Height	Guide
<b>L</b>	23"-24" cir. 8.5"-10" height	<i>fits most adult males</i>
<b>M</b>	21"-22.5" cir. 8.5"-9.5" height	<i>fits most kids age 6+, teens and adult women</i>
<b>S</b>	19"-20.5" cir. 8-8.5" height	<i>fits most kids ages 3-5</i>
<b>XS</b>	18-19" cir. 7.5"-8" height	<i>fits most kids ages 1-3</i>
<b>XXS</b>	13-17" cir. 5.5"-7" height	<i>fits most newborns and up to 12 months</i>

**Note:** For the most accurate fit, especially with custom orders, **measuring the head circumference** [length around entire head, area over eyebrows and just above ears, all the way around] **and the head height** [length from very top of head down to bottom of one ear] **assures accuracy.**