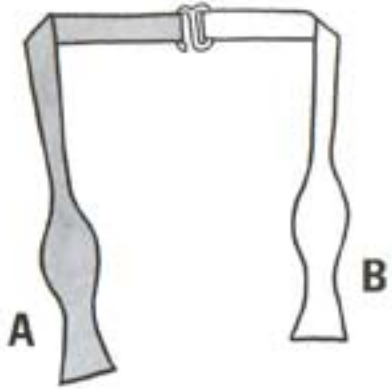


**How to tie your self tie bow tie**



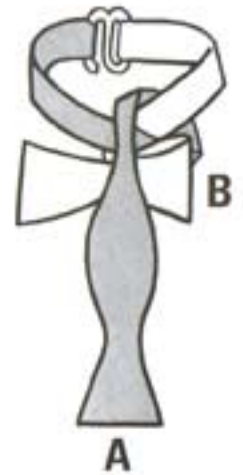
**1. Put the tie around the neck making side A 4cm longer than side B.**



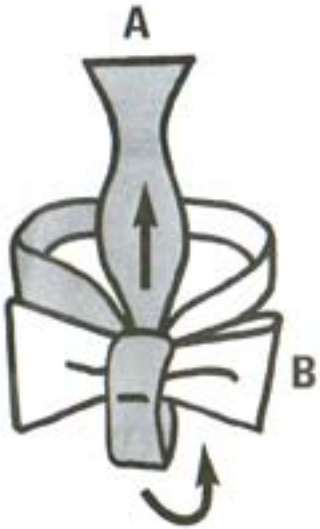
**2. Cross side A over and under side B to form a loop as shown**



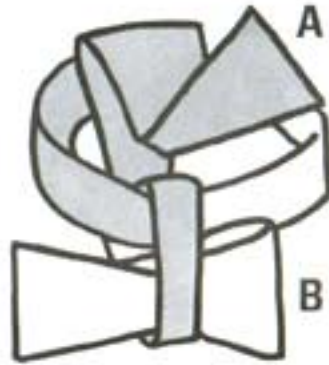
**3. Form the front wing of the bow tie by doubling up the wider part of side B and hold in place with index finger and thumb at the neck.**



**4. Drop side A over the top of side B**



**5. Pass side A underneath side B to form a loose knot**



**6. To form the second wing fold the wider part of side A in half as before**



**7. Now push side A through the front of the knot to form the left wing.**



**8. Adjust the bow tie to fit using the neckband slider.**