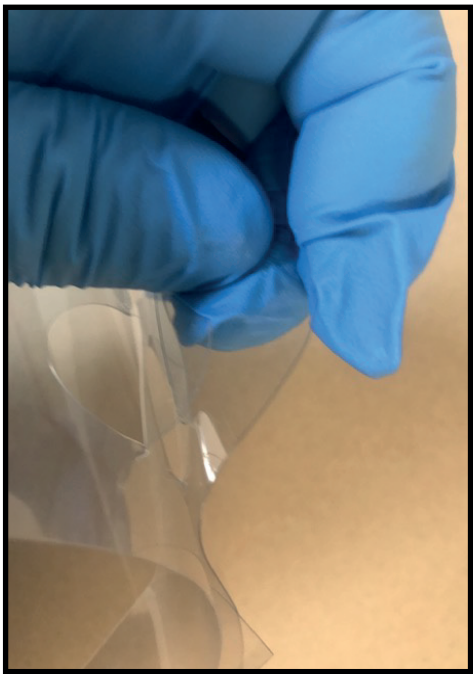
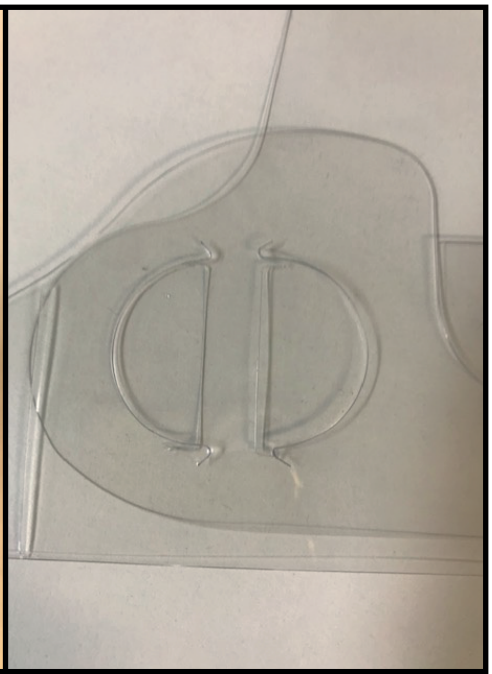
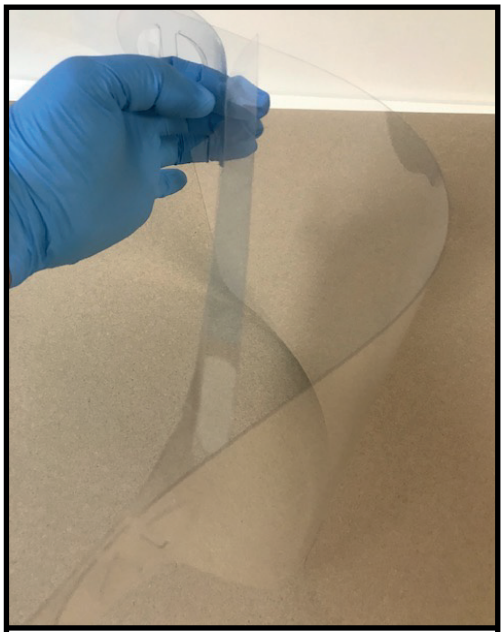
Doblar frontal por la mitad, con la obertura arriba

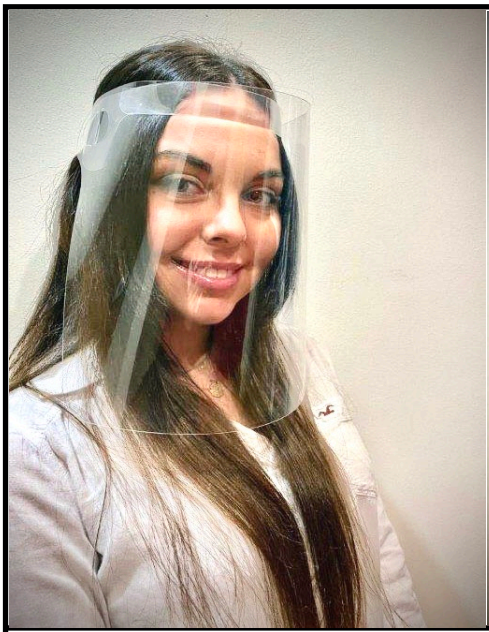




Anclar los dos extremos



Ajustar a la medida de la cabeza



Colocación correcta