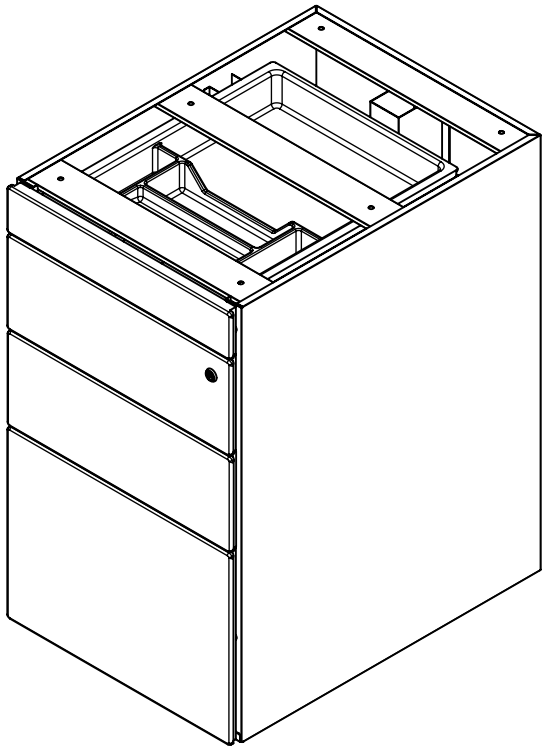
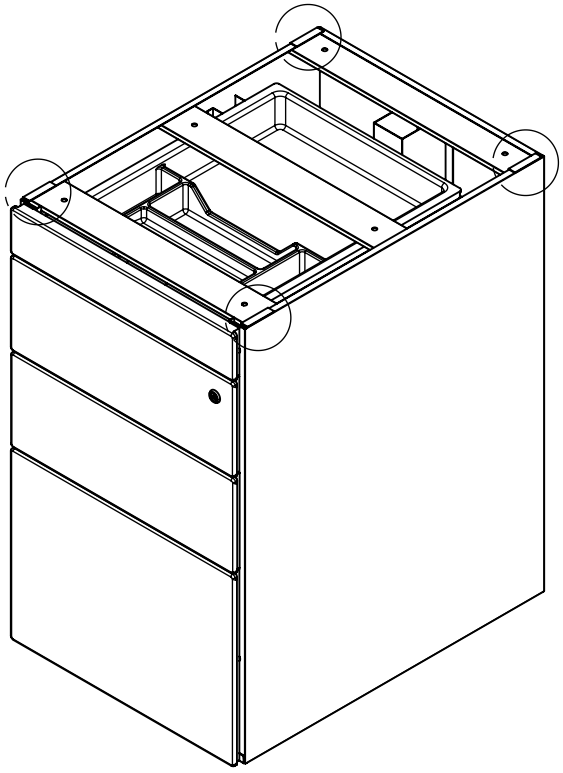
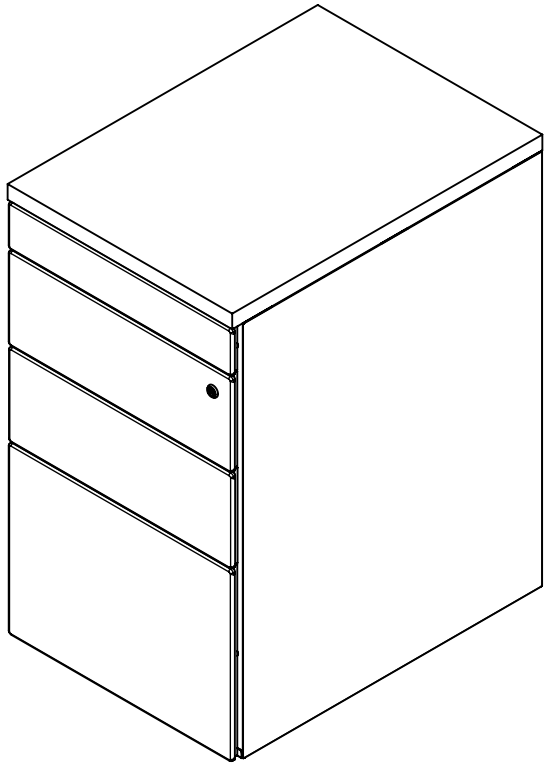
1.Clean:

Clean the surface with a mild cleaner.Allow to dry.

2.Stick:

Tear off the double-sided tape and stick it to the surface of the cabinet.

3.Stick:

Tear off the other side of the tape, place the panel on it, and apply pressure on the tape so that it sticks tightly to the cabinet.