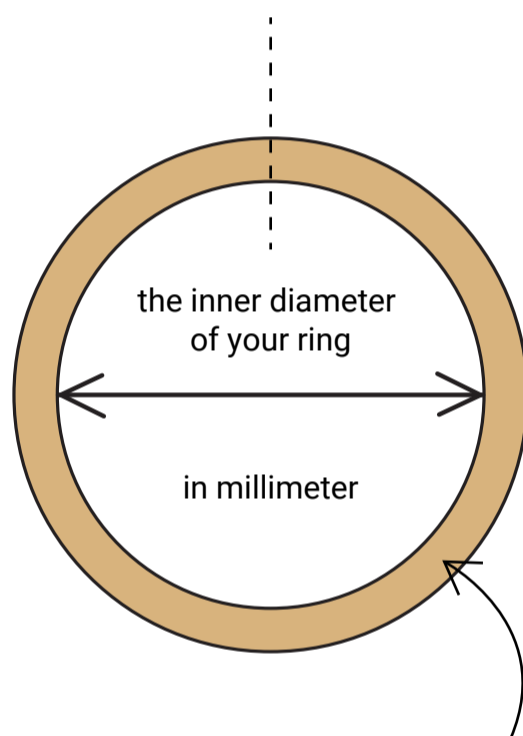


# HOW TO BEST DETERMINE YOUR RING SIZE ?

1. Go to any jewelry store and ask to have your fingers sized
2. Only if option 1 isn't available. Measure from a ring you own by following the chart below:

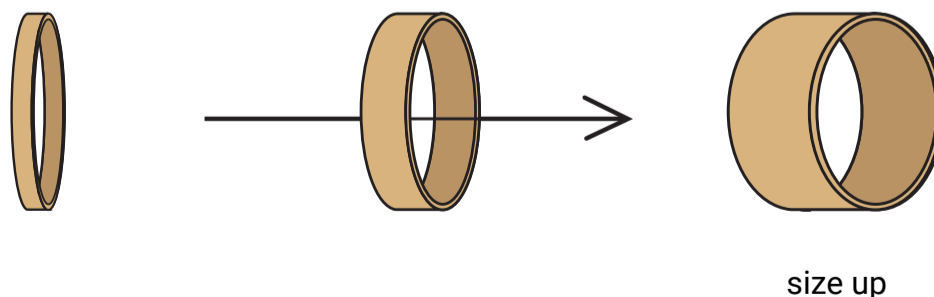
## PLEASE MEASURE



Use a ring you know fits you perfectly on the finger you want to wear your new ORA-C ring.

Inner diameter	ring size
14.05 mm	--- 3
14.45 mm	--- 3.5
14.86 mm	--- 4
15.27 mm	--- 4.5
15.70 mm	--- 5
16.10 mm	--- 5.5
16.51 mm	--- 6
16.92 mm	--- 6.5
17.35 mm	--- 7
17.75 mm	--- 7.5
18.19 mm	--- 8
18.53 mm	--- 8.5
18.89 mm	--- 9
19.41 mm	--- 9.5
19.84 mm	--- 10
20.20 mm	--- 10.5
20.68 mm	--- 11
21.08 mm	--- 11.5
21.49 mm	--- 12
21.89 mm	--- 12.5
22.33 mm	--- 13
22.60 mm	--- 13.5

EXTRA TIP: it is ideal to measure with a ring that has a similar width to the ring you want to buy. As the wider your ring is, your sizing will go up. (e.g. on the same finger a wider ring will need a bigger size than a skinny ring).



For any further assistance or questions please don't hesitate to get in touch with me.