

## Option 1:

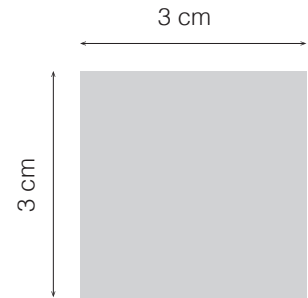
Print our size guide on an A4 sheet and follow the instructions carefully to make sure the size you are going to select is the one you need.

### 01

Print this page in actual size. If you don't have the option actual size, print in 100%.

### 02

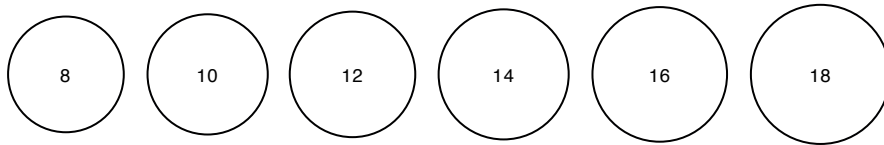
To make sure your document is in real size, please check that the square on the right measures exactly 3 x 3 cm.



### 03

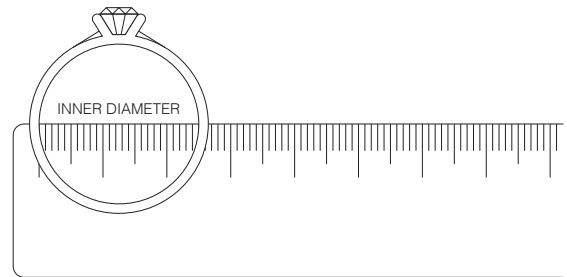
Take a ring of your own which you know is the right size and place it over the six different diagrams below.

Your ring needs to fit edge to edge with the outer line of the black circle.



## Option 2:

Choose a ring that suits you and measure its internal diameter. When you have the measure, check here the equivalence with our sizes. In case you fall between two sizes, we recommend you to choose the bigger one.



INTERNAL DIAMETER (mm)	15.3	15.9	16.6	17.1	17.8	18.4
SPAIN / ITALY ring size	8	10	12	14	16	18
FRANCE / GERMANY ring size	48	50	52	54	56	58
UK / AUS ring size	I - J	K	L-M	N	O - P	Q
US / CANADA ring size	4.5 - 5	5.5	6 - 6.5	6.75 - 7	7.5	8
JA / ZH ring size	8	9	11	13	15	17