## WRIST SIZE GUIDE

Please print this guide on A4 paper, set to Full page and scaled to $100 \%$.

Take a ruler and measure the scale bar below.

It should measure exactly
1 inch or 30 mm long.


## Instructions:

1. Cut the outline of the Wrist Sizer with a pair of scissors.
2. Cut a slit at the end indicated CUT HERE.
3. Insert the pointed end through the slit.
4. Pass your hand through the Wrist Sizer and pull the pointed end until it fits firmly on your wrist. (but not too tight)
5. The number that lines up with the slit is your wrist measurement.

## EXAMPLE:


6. Refer to the bangle chart to determine your size.


## BANGLE CHART

| Wrist Measurement (Circumference) | Size |
| :---: | :---: |
| 13.5 cm | Size 4 |
| 14 cm | Size 5 |
| 14.5 cm | Size 6 |
| 15 cm | Size 7 |
| 15.5 cm | Size 8 |
| 16 cm | Size 9 |
| 16.5 cm | Size 10 |
| 17 cm | Size 11 |
| 17.5 cm | Size 12 |
| 18 cm | Size 13 |
| 18.5 cm | Size 14 |
| 19 cm | Size 15 |
| 19.5 cm | Size 16 |
| 20 cm | Size 17 |
| 20.5 cm | Size 18 |
| 21 cm | Size 19 |
| 21.5 cm | Size 20 |
| 22 cm | Size 21 |
| 22.5 cm | Size 22 |
| 23 cm | Size 23 |

You can avoid resizing issues by visiting a Canturi Salon for a personalised size assessment.
For further assistance, contact shop@canturi.com

