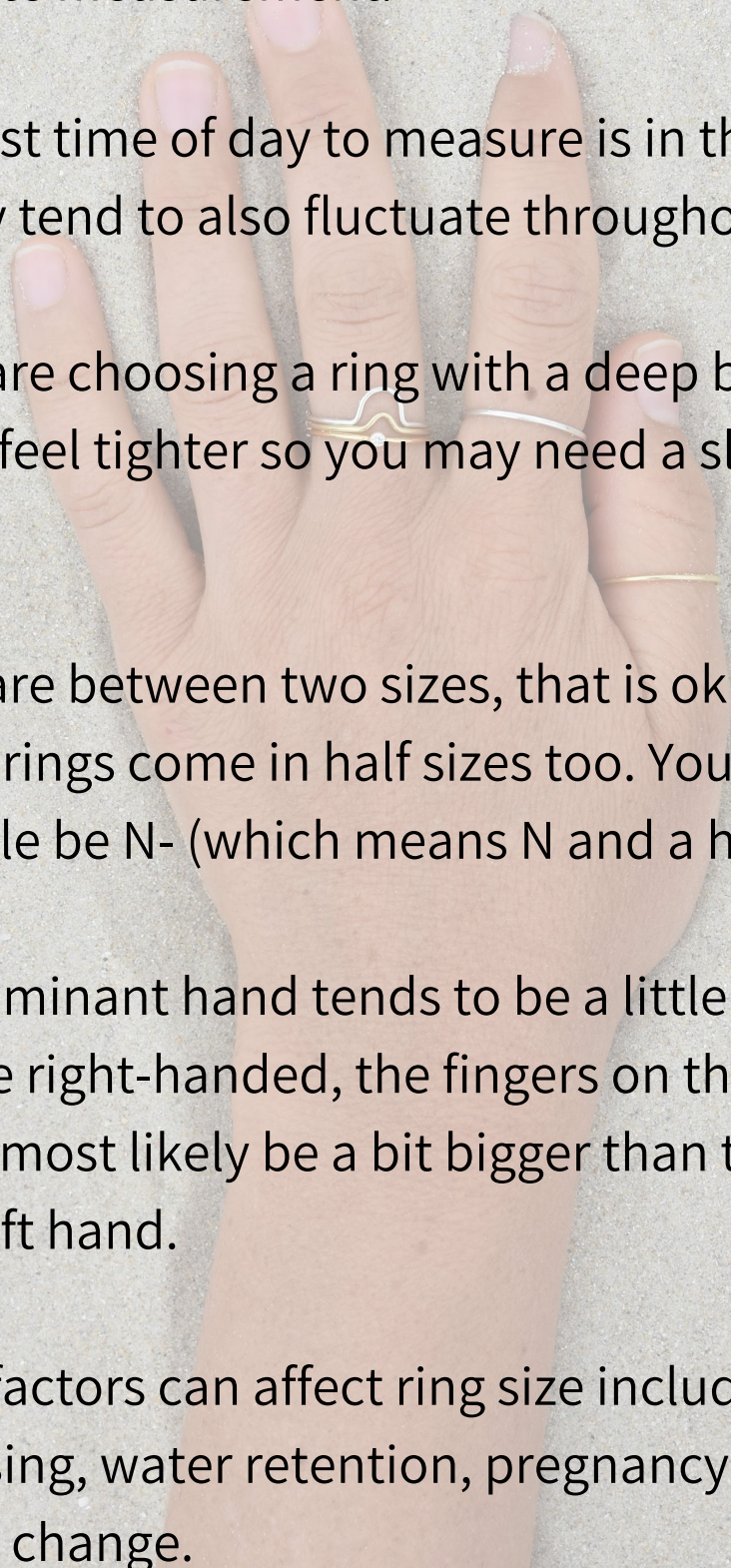


# WHAT TO KNOW TO GET STARTED

- Fingers can react to temperatures. When it is warm, they tend to swell and when it is cold, they will shrink. Avoid measuring your ring size on a particularly cold or warm day to get a more accurate measurement.
  - The best time of day to measure is in the evening as they tend to also fluctuate throughout the day.
  - If you are choosing a ring with a deep bandwidth, it may feel tighter so you may need a slightly larger size.
  - If you are between two sizes, that is ok. Just like shoes, rings come in half sizes too. You may for example be N- (which means N and a half)
  - The dominant hand tends to be a little bigger, so if you are right-handed, the fingers on that hand would most likely be a bit bigger than those on your left hand.
  - Other factors can affect ring size include exercising, water retention, pregnancy, ageing and weight change.
- 



## HOW ARE RINGS SIZED?

Rings are measured according to the circumference of your finger. In the UK, this is measured with the letters of the alphabet. A being the smallest size. Rings should fit comfortably, not too tight that they feel uncomfortable or not so loose that they can fall off!

## HOW DO YOU MEASURE RING SIZE?

There are a couple of main ways that you can measure your ring size.

- First option would be to pop into a jewellers and ask them to measure for you using a ring sizer.
- Plastic cable-tie style sizers can also be bought online fairly cheaply and are the next best thing.
- Without either of these options, there are some other options available for you to do at home. We recommend measuring between three to four times to ensure you are accurate. See below for instructions.

## MEASURE YOUR RING SIZE WITH STRING OR PAPER

- Start by wrapping the string (dental floss is best) or a thin (no more than 4mm wide) strip of paper around the base of your finger where the ring will sit.
- Make sure it feels comfortable and not too tight or loose.
- Mark the point where the ends meet with a pen or simply cut it right there.
- Measure the length of this piece with a ruler in millimetres.
- Then check the chart to find the closest measurement. This is your ring size!
- If your knuckle is considerably bigger than the base of the finger, measure both and choose a size in-between.

You can also download and print out our ring measuring guide - it's even easier to use than the string or paper!

# UK RING SIZING GUIDE

RING SIZE	CIRCUMFERENCE (mm)	RING IZE	CIRCUMFERENCE (mm)	RING IZE	CIRCUMFERENCE (mm)
A	37.8	J	48.7	S	60.2
B	39.1	K	50.0	T	61.4
C	40.4	L	51.2	U	62.7
D	41.7	M	52.5	V	64.0
E	42.9	N	53.8	W	65.3
F	44.2	O	55.1	X	66.6
G	45.5	P	56.3	Y	67.8
H	46.8	Q	57.6	Z	68.5
I	48.0	R	58.9		



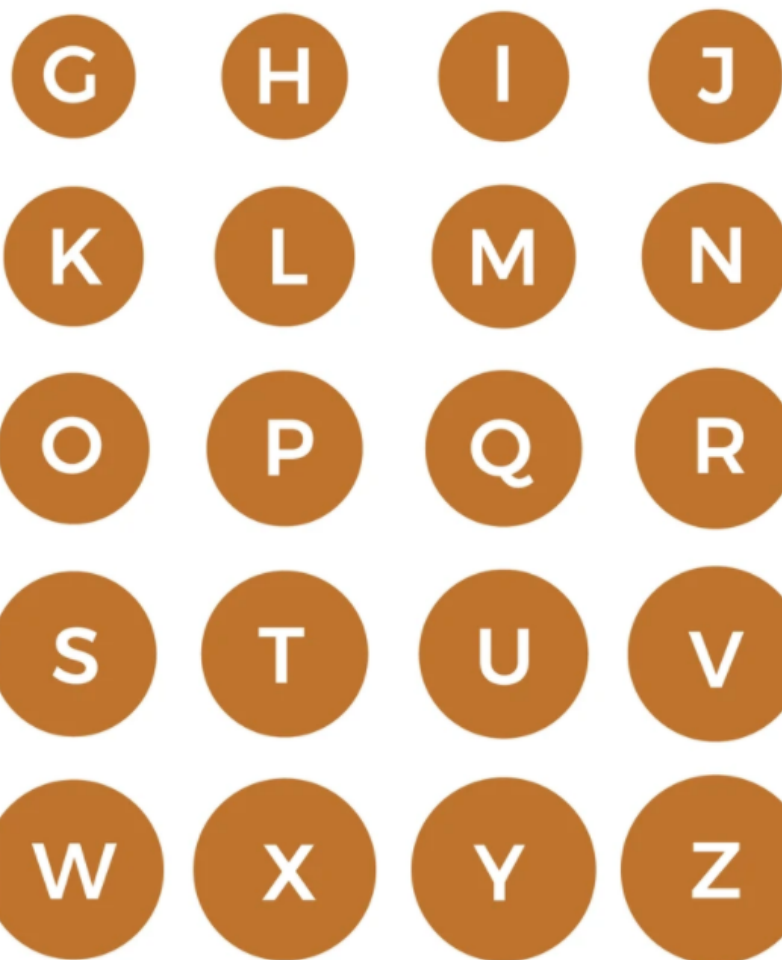
# UK RING SIZING GUIDE PRINT OUT

Print out this page. Make sure that you print at 100% - Actual size. 'Scale to fit page' or 'shrink to fit page' options should NOT be selected! Once printed, use a ruler to check that this line measures 5cm.



## MEASURE A RING YOU ALREADY OWN

Find a ring that's currently a good fit and place it over the circles one by one, starting with the smallest one. Move up the sizes until you find a circle that completely aligns with the edge of your ring.



## MEASURE YOUR FINGER

Wrap the sizer around your finger and pull the end through the slot until the sizer wraps comfortably around the base of your finger. Don't pull the end too tightly.

Now look at the letter the arrow is pointing to. That's your ring size! If your knuckle is bigger than the base of the finger, measure both and choose a size in between.

CUT OUT AND MEASURE

