

HOW TO DETERMINE YOUR RING SIZE

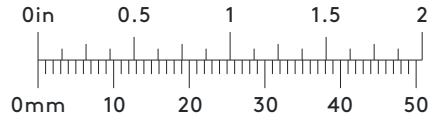


3 14.1mm	3.5 14.5mm
4 14.9mm	4.5 15.3mm
5 15.7mm	5.5 16.1mm
6 16.5mm	6.5 16.9mm
7 17.3mm	7.5 17.7mm
8 18.1mm	8.5 18.5mm
9 19.0mm	9.5 19.4mm
10 19.8mm	10.5 20.2mm
11 20.6mm	11.5 21.0mm
12 21.4mm	12.5 21.8mm
13 22.2mm	13.5 22.6mm
14 23.0mm	14.5 23.4mm

PRINT THIS PAGE

Print this PDF at a **scale of 100%**.

After printing, measure the bar below with a ruler to ensure the scale is correct.



MEASURE YOUR CURRENT RING

1. Select a ring that properly fits the intended finger.
2. Place the ring over the circles on the right, matching the inside edge of the ring to the circle nearest in size. The large number within each circle refers to the US ring size.
3. If your ring falls between sizes, we recommend ordering the larger size.

MEASURE YOUR FINGER

If you don't have a current ring to measure, you can measure your finger with flexible measuring tape, then convert your measurement to your ring size using our international ring sizing chart (page 2 of this document)

Please be aware that your finger size can change depending on the time of day and the weather.

1. For best results, measure your finger at the end of the day when your fingers are warm.
2. Measure your finger a few times to make sure you are getting an accurate reading.

NEED HELP?

If you have any questions regarding sizing, please contact us at info@heartofbone.com



HEART OF BONE

INTERNATIONAL RING SIZING CHART

CIRCUMFERENCE (MM)	DIAMETER (MM)	USA / CANADA	UK / AUSTRALIA	ASIA	SWITZERLAND
44.2	14.1	3	F	4	4
44.8	14.3		F-1/2	5	5.25
45.5	14.5	3.5	G		
46.1	14.7		G-1/2	6	6.5
46.8	14.9	4	H	7	
47.4	15.1		H-1/2		7.25
48	15.3	4.5	I	8	
48.7	15.5		J		9
49.3	15.7	5	J-1/2	9	
50	15.9		K		10
50.6	16.1	5.5	K-1/2	10	
51.2	16.3		L		11.25
51.9	16.5	6	L-1/2	11	12.75
52.5	16.7		M	12	
53.1	16.9	6.5	M-1/2	13	14
53.8	17.1		N		
54.4	17.3	7	N-1/2	14	15.25
55.1	17.5		O		
55.7	17.7	7.5	O-1/2	15	16.5
56.3	17.9		P		
57	18.1	8	P-1/2	16	17.75
57.6	18.3		Q		
58.3	18.5	8.5	Q-1/2	17	
58.9	18.8		R		19
59.5	19	9	R-1/2	18	
60.2	19.2		S		20.25
60.8	19.4	9.5	S-1/2	19	
61.4	19.6		T		21.5
62.1	19.8	10	T-1/2	20	
62.7	20		U	21	
63.4	20.2	10.5	U-1/2	22	22.75
64	20.4		V		
64.6	20.6	11	V-1/2	23	
65.3	20.8		W		25
65.9	21	11.5	W-1/2	24	
66.6	21.2		X		
67.2	21.4	12	X-1/2	25	27.5
67.8	21.6		Y		
68.5	21.8	12.5	Z	26	28.75
69.1	22		Z-1/2		
69.7	22.2	13		27	
70.4	22.4		Z + 1		
71	22.6	13.5			
71.6	22.8	13.75	Z + 2		